

Meeting the Challenges

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ON THE INTERNET @ www.LivingPartnership.org

...and @ www.vitalco.net *Vital Connections*

24 hours a day—EVERYDAY

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

The Healing Power of Music

Many people live each day with music in their ears, in their heart, but more importantly it would seem also in their brains.

Clinical studies over many years now are substantiating that healthy things happen when the brain resonates with rhythm and melody. “Rhythmic structures, chord progressions, and the way lyrics fit nicely” stimulate the left side of the brain, while “melody and emotional responses” are internalized by right brain function.

According to Harvard neurologist Dr. Gottfried Schlaug, music provides a unique way to reach areas of the brain injured by stroke and sometimes can restore impaired functions such as movement, memory, and speech.

Parkinson’s disease impairs a person’s movements and makes walking difficult, but some researchers have concluded that hearing music can help even advanced

Parkinson’s patients initiate walking. Music has been demonstrated to open up areas of memory for Alzheimer’s patients and improve mood and function for people suffering from dementia.

Other studies report that listening to music can:

- reduce chronic pain from a range of painful conditions, including osteoarthritis, disc problems and rheumatoid arthritis, by up to 21%
- reduce depression by up to 25%
- can decrease levels of stress-related hormone cortisol

(Continued on page 2)

“The power of music to integrate and cure is quite fundamental. It is the profoundest nonchemical medication.”

—Oliver Sacks
British neurologist and author

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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.

(Continued from page 1)

- decreases heart and respiratory rates when the music is relaxing
- reduces muscle tension and improves body movement and coordination
- can help a person “feel more optimistic and positive”
- can “calm and relax” before bedtime and help a person have a more restful night.

The work of researchers at the Chinese University of Hong Kong found that “By playing recordings of relaxing music every morning and evening, people with high blood pressure can train themselves to lower their blood pressure - and keep it low.”

A study at Willamette University concluded that listening to music can result in secretion of immune-boosting hormones and that this effect is increased by singing or playing a musical instrument.

According to Balfour M. Mount MD, Professor of Palliative Medicine at McGill University in Montreal, “Healing occurs when we are drawn into the present moment and away from the ruminations about past and future that consistently dominate our lives.” He continues, “Indeed, the healing power of music has been documented for millennia.”

Today, in the United States, there are more than 5,000 registered music therapists. According to the American Music Therapy Association, the purposes of music therapy are to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation.

The American Cancer Society writes that music therapy can help ease nausea and vomiting for patients receiving high-dose chemotherapy, when combined with anti-nausea medications. In addition, one study of hospice patients found that music therapy improved comfort, relaxation, and pain control. Another study found that quality of life improved in cancer patients who received music therapy, even as it declined in those who did not.

LifeMojo is a “Wellness company”, with a purpose of helping people to lead a healthier life. According to a recent article, the writers warn that it is important to select the right music for the effect that is desired. They say that:

- “Classical music has the tendency to calm the body and stimulate the mind. It has been found to reduce stress (even

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

for those for whom classical music is not the preferred genre) and enhance specific types of intelligence such as verbal ability and spatial-temporal reasoning.”

- “Music therapy based on classical ragas is being used or advised these days for the treatment of insomnia, migraine, chronic headache, hypertension, anxiety, etc. A study found that listening to Indian classical music can improve the quality of sleep in individuals with depression.”
- “Listening to rock music can give you an adrenaline rush like no other kind of music. If you don't prefer listening to rock, it can make you feel angrier and annoyed as well as increase your heart rate and blood pressure. However, if you enjoy and are used to listening to this type of music then it can help relieve stress without affecting your heart rate or blood pressure.”

A study, reported in the Journal of Sound and Vibration, investigated the effect of steady noise, fluctuating noise and music on circulatory function. The results were that an increase in the number of high-intensity peaks in music was associated with elevation in blood

pressure. The effects of music on blood pressure were also affected by the emotional responses of the listeners.

Research published in Alternative Therapies measured the effects of four types of music on subjects. Effects were measured after they listened to “grunge” rock, classical music, New Age music, and designer music. Designer music is music that is composed for the specific purpose of affecting listeners in specific ways.

- in the study grunge rock music affected listeners by increasing feelings of “hostility, sadness, tension, and fatigue”, and reducing feelings of “caring, relaxation, mental clarity, and vigor”.
- designer music affected listeners by increasing feelings of “caring, relaxation, mental clarity, and vigor”, and reduced feelings of “hostility, fatigue, sadness, and tension”.
- the study found the effects of classical and new age music to be “mixed”.

For those of us who might want to listen to music on our own for its healing effects, it is not clear to this point if or which specific types of music might be best for us. It would seem it can be the type of music, but can also de-

pend on what we are used to and what we like.

Professional music therapy is available in a variety of places. Music therapists work in psychiatric hospitals, rehabilitative facilities, medical hospitals, outpatient clinics, day care treatment centers, agencies serving developmentally disabled persons, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, correctional facilities, halfway houses, schools, and private practice. Since 1994, under specific conditions and when prescribed by a doctor, music therapy has been a reimbursable Medicare expense and is covered by Medicaid in some states. Private insurance companies pay for music therapy on a case-by-case basis when the therapy has been determined to be a medical necessity.

It does seem the evidence is strong that music has healing powers and all we really need to do to begin to benefit is to turn it on or sing in the choir or maybe even in the shower.

[SOURCES: Health Sciences Institute; Garvan Institute; eMedExpert.com; PubMed.gov; scena.org; lifemojo.com; American Cancer Society; Journal of Sound and Vibration; American Music Therapy Association]

BEFORE TAKING ANY PRESCRIPTION MEDICINE.....

The California State Board of Pharmacy cautions **“Be sure to know these things”:**

1. What is the name of the medicine and what does it do?
2. How and when do I take it — and for how long?
3. What if I miss a dose?
4. What are the possible side effects and what should I do if they occur?
5. Will the new medicine work safely with other medicines and herbal supplements I am taking?
6. What foods, drinks or activities should I avoid while taking this medicine?
7. If you have additional questions, ask the pharmacist!

Does the DMV Know?

Starting in 2006, insurance companies were required by law to electronically report private-use vehicle insurance information to DMV. This allows the DMV to monitor insurance coverage and take appropriate actions “through vehicle suspension” as required by law.

Expanded Tax Preparation Assistance

Seniors and low-to moderate-income taxpayers can now get their income tax returns prepared for free. This year, the Internal Revenue Service has expanded its partnerships with nonprofit and community organizations offering this free service at more than 12,000 sites across the country.

The IRS-sponsored Tax Counseling for the Elderly (TCE) Program offers free tax help to taxpayers who are 60 and older. As part of the TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. To locate the nearest AARP Tax-Aide site, call 1-888-227-7669 or visit <http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>

The IRS Volunteer Income Tax Assistance (VITA) Program offers free tax help to people who earn less than \$49,000. To locate the nearest VITA site, taxpayers can check the VITA California site list available online at <http://www.irs.gov/individuals/article/0,,id=233742,00.html> or call 1-800-906-9887.

Taxpayers who visit a free tax preparation center will need to present the following items to have their returns prepared:

- Photo identification
- Birth dates and valid Social Security cards for the taxpayer, spouse, and dependents
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year’s federal and state returns, if available
- Bank routing numbers and account numbers for direct deposit
- Other relevant information about income and expenses

Taxpayers also can seek free assistance at the 400 IRS Taxpayer Assistance Centers nationwide. Locations are listed on www.irs.gov

Finally, please note that this year, for the first time, the IRS is **not** mailing tax forms to every taxpayer. However, you can obtain any tax forms you need by calling 1-800-TAX-FORMS (1-800-829-3676) or by visiting <http://www.irs.gov/formspubs/article/0,,id=96760,00.html>



*A Few Numbers
Worth Jotting
Down and
Remembering...*

1-800-510-2020

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.

911

Call 911 for assistance with life or property threatening emergencies only.

Warning: Use of this number for non-emergency or prank calls is a criminal offense.

Coachella Valley

Non-Emergency Medical Transportation

The Desert Samaritans for Seniors can provide transportation assistance for seniors for trips to medical appointments and rides home after a hospital stay.

Transportation assistance may be provided if it cannot be provided by family, friends or by public transportation.

Rides are provided by either a Desert Samaritans' volunteer or by a paid transportation vendor including taxi services, the Senior Shuttle or Seniors Driving Seniors.

Both ambulatory and non-ambulatory seniors can benefit from this service.

Those eligible for service:

1. Must be over 60 years of age and live in the Coachella Valley
2. The need must be for a

medical appointment or laboratory test.

3. A maximum of four round trip rides per year per household using a paid transportation service is available

4. The client must first attempt to find other means of transportation, such as friends or relatives or to pay for their own taxi or shuttle service. If they use a wheelchair, they must sign up for Sun-Dial if they are eligible and in their service area.

Sundial requires a doctor's prescription and you must live with-in one half mile of an existing bus route.

5. 48 hours advance notice is requested.

For more information Desert Samaritan non-emergency medical transportation, call 760-837-9066.

SAVE THE DATE

On October 15th, we will celebrate our 20th anniversary of ...helping people to live independently in their homes... We would love to have you join us, if you can. Watch for more details of the planned celebration in the next issue of Meeting the Challenges.

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

Some Assistive Technology to Help Make Driving Easier and Safer

A larger rearview mirror will help to eliminate blind spots. It easily installs over your existing mirror. Different models of the **Panoramic Rearview Mirror** are available. The typical model for a car is 13 inches wide—larger mirrors are also available for trucks and larger



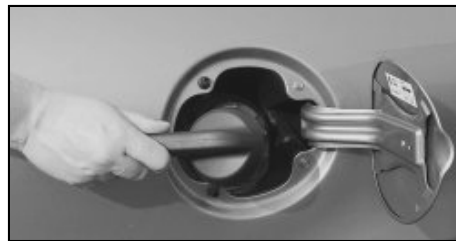
vehicles. On the internet a 13 inch mirror can be purchased for \$22.95 plus tax and shipping from: www.drivingcomfort.com The vender says the mirror can increase rearward vision by 300% and has an anti-glare coating to make night driving safer too. You can call them at: 800-675-5411.

A **Car Caddie** is widely available to assist drivers to get in and out of their vehicle. It attaches to the frame of car or truck door and has an adjustable nylon strap for strength and durability. It is available at the Walmart website for \$16.94 plus



tax and shipping and can be sent to the store nearest you or to your home. The Walmart web address is www.walmart.com—look in the Health and Beauty: Mobility Aids section.

The **Gas Cap Wrench** makes removing and replacing a gas cap easier for people with limited grip strength. It comes with two attachments to enable it to be used with any vehicle.



This handy tool can be purchased on the internet at: www.arthritissupplies.com for \$15.95 plus tax and shipping. Or call them at: 877-750-0376.

When to Stop Driving

- You are having accidents or close calls, scratches or dents
- Other drivers honk at you
- Your friends or family tell you that your driving is unsafe
- You get lost
- You are having difficulty seeing road and traffic signs

[SOURCE: aarp]

Spring Time is Coming

Spring is a special time of year for many of us. New leaves come back to the trees and somehow hope and new plans also emerge. We encourage you to take a little time to think or write about what the coming of Spring means to you.

Here are some suggestions of things you might want to write about:

- The smells of spring
- The sights of spring
- The sounds of spring
- The touch of spring
- The tastes of spring.

Maybe you have a special Spring memory? What is it?

What do you notice most as Spring days begin?

How do the mild days and freshness of spring affect your mood and outlook on life?

What do you think or feel when you take your first spring walk outside? What are three things that you enjoy most about the spring season?

What is it about Spring that you are most grateful for?

[Adapted from: Spring Writing Prompts at creativity-portal.com]

How to Safely Dispose of Unused Medications

The Federal Drug Administration's guidelines for the disposal of unused medications are interesting! We have all heard someone say "do not flush medications down the toilet". We all have concerns about environmental safety, but the FDA says that the main reason for drug residues in water is because we use them.

According to Raanan Bloom, Ph.D. at the FDA's Center for Drug Evaluation and Research, "Most drugs are not completely absorbed or metabolized by the body, and enter the environment after passing through waste water treatment plants."

Still the FDA warns that not all medications should be disposed of by flushing. The FDA's recommendation for disposal of unused medications include:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless this information specifically instructs you to do so.
- If no instructions are given, throw the drugs in the household trash, but first:

- Take them out of their original containers and mix them with an undesirable substance, such as used coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.
- Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.
- Take advantage of community drug take-back programs that allow the public to bring unused drugs to a central location for proper disposal. Call your city or county government's household trash and recycling service (see blue pages in phone book) to see if a take-back program is available in your community. Ask your pharmacist about other medication disposal services in your area.

If you have additional questions about disposing of your medicine, please contact the FDA at 1-888-INFO-FDA (1-888-463-6332).

[SOURCE: fda.gov]

Planning Travel by Bus

We may not have ridden a bus since we were kids, or maybe never? We know it might be possible to ride the bus today to the mall for a little shopping, but we know nothing about riding the bus where we live:

- Where are the bus stops?
- Does it go where I want to go?
- How much does it cost? How do I pay for the ride?
- I don't know if I can climb up the steps?
- Is it safe?

Transit operators understand that using a bus for the first time in maybe sixty years, or maybe ever, is a pretty challenging adventure on which to embark, so they have information and planning centers to help.

Riverside Transit Agency
Customer Information Center
951-565-2002

SunLine Transit Agency
SunBus Customer Service
800-437-8628

Palo Verde Valley Transit
General Information
and Deviation Scheduling:
760- 922-1140

And don't forget that calling 511 is another way to get transportation information.

Symptoms of a Thyroid Problem

There are two kinds of thyroid problems, hyperthyroidism, when your thyroid gland makes too much thyroid hormone, and hypothyroidism, when too little thyroid hormone is secreted. The symptoms for each are different.

Hyperthyroidism

- Difficulty concentrating
- Fatigue
- Frequent bowel movements
- Goiter (visibly enlarged thyroid gland) or thyroid nodules
- Heat intolerance
- Increased appetite
- Increased sweating
- Irregular menstrual periods in women
- Nervousness
- Restlessness
- Weight loss (rarely, weight gain)

Other symptoms that can occur with this disease

- Breast development in men
- Clammy skin
- Diarrhea
- Hair loss
- Hand tremor
- Weakness
- High blood pressure
- Itching - overall
- Lack of menstrual periods in women
- Nausea and vomiting

- Pounding, rapid, or irregular pulse
- Protruding eyes
- Rapid, forceful, or irregular heartbeat (palpitations)
- Skin blushing or flushing
- Sleeping difficulty.

Hyperthyroidism may be treated with antithyroid medications, radioactive iodine to stop the excess production of hormones, or surgery to remove the thyroid.

Hypothyroidism

Early symptoms

- Being more sensitive to cold
- Constipation
- Depression
- Fatigue or feeling slowed down
- Heavier menstrual periods
- Joint or muscle pain
- Paleness or dry skin
- Thin, brittle hair or fingernails
- Weakness
- Weight gain (unintentional)

Late symptoms, if left untreated

- Decreased taste and smell
- Hoarseness
- Puffy face, hands, and feet
- Slow speech
- Thickening of the skin
- Thinning of eyebrows

When hypothyroidism is diagnosed, the purpose of

treatment is to replace thyroid hormones.

Call your health care provider if you have symptoms of either hyperthyroidism or hypothyroidism.

[SOURCE: U.S. National Library of Medicine, National Institutes of Health]

Alternative Flea and Tick Control for Pets

Did you know that commercial flea and tick medicines are toxic poisons that can injure or kill pets? The Federal Drug Administration reports that the “EPA (Environmental Protection Agency) is intensifying its evaluation of these products due to recent increases in the number of reported bad reactions...(that)...range from mild skin irritation to skin burns, seizures, and, in some cases, death.”

The many alternatives to the use instead of these poisons include: give your dog a rosemary flea dip; place a few drops of lavender essential oil at the base of the tail and on the neck; or spray a 50/50 dilution of apple cider vinegar on your pet, being careful to avoid getting it in their eyes.

[SOURCE: fda.gov; care2.com]

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

...helping people live independently in their own homes...

Since 1991, ILP has been working to ensure the independence and dignity of the elderly and people with disabilities, their families and caregivers through education and access to empowering services and resources.

Through collaborative and cooperative partnering with public and private organizations, agencies and businesses, the programs and services of the Independent Living Partnership help people lead more satisfying and rewarding lives, often in spite of significant health and mobility challenges. The life enriching programs of ILP help to strengthen and rebuild social networks, assist individuals to access needed human and social services, and maintain a more healthy and independent life style.

Providing the means to keep people engaged and living successfully in our communities benefits us all. Individuals and families are enabled to have better lives. The efforts of health and human services providers are supported and strengthened. The business community has a larger consumer base for the sale of products and ser-

vices. When a population is more healthy and self-sufficient, municipal, county and state governments incur less supportive and institutionalization expenses.

A long time and very successful program of ILP is "TRIP", which has now provided over 13.5 million miles of assisted travel and 1.1 million free, escorted trips for more than 5,000 homebound and underserved people with disabilities in Riverside County California.

In 2009 the Beverly Foundation named TRIP as "the nations best volunteer driver model". Now ILP is working to help communities across the United States start and operate similar services to provide transportation assistance for older adults and people with disabilities who would not otherwise be able to get to their doctors, or the store, or to meet their basic living needs in any other way.

We have been publishing and distributing "Meeting the Challenges" to tens of thousands of readers since 1991. Each issue contains articles intended to provide insight and practical information on a variety of independent living subjects.

ILP administers an Assistive Technology Device Lending Library service, throughout California. The lending library service provides assistance for people, who may be considering AT devices, to test their usefulness before purchasing them.

The California Assistive Technology Coalition (CATC) is a collaborative effort of ILP, CSUF Ruby Gerontology Center, and the California Department of Aging. CATC brings together leaders from government, the AT industry, research institutions, AT associations, and organizations representing older adults and the disability communities in order "...to advance the development, testing and use of AT to help those who are aging and the disabled live independently in their homes and to age in place."

We have published the monthly TOOLS for Independence newsletter on the web at www.toolsforindependence.org since April 2009 to bring readers fresh news, reviews and updates on assistive and enabling daily living devices and gadgets that can assist us to more safely remain in their homes and communities.

ILP is 501(c)(3) non-profit organization. Charitable donations to support our work are tax deductible.

Long Term Care Ombudsman Services in Riverside County(800) 464-1123

Successfully Facing Change.....

We all know the truth of the words of the Greek philosopher Heraclitus, who lived 2,500 years ago, “Nothing endures but change”, and we may actually have seen them on a T-shirt at some point.

Still, it is hard to think that things will not always stay the way they are now. So, when confronted with big changes in our lives that we might view as unfortunate or worse, it can be very difficult.

There are several different ways we might react:

- a very common first response is to deny things have changed and just ignore what is happening—this usually results in a worsening situation
- we can be overwhelmed and withdraw into ourselves—sometimes it is necessary to have some time to adjust to and understand the implications of what has

“Could we change our attitude, we should not only see life differently, but life itself would come to be different.”

—Katherine Mansfield
writer (1888-1923)

happened

- some might immediately try to understand what has happened and begin to plan the best response to minimize the possible bad effects of the change or to think about ways to recover what we can from the event.

Some positive ways to approach the problem that the life-change might cause are to:

- try to think of the “problem” instead as a “challenge”
- try to distance emotions from the challenges and concentrate on the identification of possible solutions
- find out as much as you can about the situation you find yourself in and how others have met similar challenges
- discuss the challenge you face with professionals who might be able to advise about possible options
- make the first plan of action, that you might want to change later as life continues to change
- try to move forward with confidence that success will be achieved in making things better
- set manageable goals that can be attained as the plan is advanced

- share your plan with trusted friends
- continue to do everything you can to enlarge your social support network
- rely on your beliefs and spiritual support for strength
- monitor the success of your plan and adjust the plan as necessary.

All we can do is all we can do, and then to keep trying. Success is as impermanent as the world we lived in before things changed for us. A good thing to think continually is that if I have done my best, I have that as one measure of my success.

[SOURCES: familydoctor.org; global development research center; managementhelp.org; studygs.net]

Why Shop at a Farmer's Market?

- The produce is fresh—even the tomatoes taste good!
- It can be less expensive.
- Egg shells are not thin and yolks are yellow!
- Having lots of fresh vegetables around is a great way to improve our diet.

Safe Driving Tips for Volunteer Drivers

Question: Is “keep right except to pass” a law in California?

Answer: In many states, Keep Right Except to Pass is a law and it especially applies on roadways having one lane in each direction. In California, the DMV handbook states:

“If you can choose among three lanes, pick the middle lane for the smoothest driving. To drive faster, pass, or turn left, use the left lane. When you choose to drive slowly or enter or turn off the road, use the right lane.”

Question: Is it true that I could get a ticket for not

having my headlights on if I am using my windshield wipers?

Answer: In California we are required by law to use headlights 30 minutes after sunset and leave them on until 30 minutes before sunrise. Headlights must also be turned on if snow, rain, fog require the use of windshield wipers. The DMV driver handbook goes on to say “If weather conditions require you to use your windshield wipers, you must turn on your headlights.” Driving without having headlights on when operating windshield wipers is a ticketable offence and will add one point to your driving record.

Adjust Driving Habits to Prolong Safe Driving

The key to prolonging safe driving is to adjust when changes happen! Adjustment could be as simple as doing the following:

- Drive only in familiar surroundings
- Drive in low speed areas
- Drive in non- rush hour traffic
- Drive in daytime rather than night time
- Drive only in good weather conditions
- Wear glare reducing sun glasses
- Not driving a poorly maintained car
- Get regular eye examinations
- Get fit or stay fit

[SOURCE: safeaging.com]

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!!

How to Find a Volunteer Driver

Whether you are an existing member of the TRIP Program, or newly enrolled in the program, or you just need a ride to a doctor's appointment someday soon, here is some advice about how to get a volunteer driver.

Every year the TRIP Program has between 700 and 1,000 volunteer drivers assisting TRIP passengers get to doctor's appointments, go grocery shopping or get to other needed destinations. TRIP passengers recruit their own volunteer drivers from among friends and neighbors.

We asked some of the TRIP volunteer drivers what their rider said to them that convinced them to become a volunteer? Here are some of the typical things the volunteers told us:

- “I need help since I no longer drive. It would be of benefit to us both, and TRIP will help with the gas money.”
- “She told me that she needed help with going to the doctors and other trips.”
- “She asked if I could help her.”
- “She said I would be helping her in a tremendous way - she wouldn't feel so

home bound.”

The common thread is that the rider asked for help. Sometimes in not such a direct way, like this one:

“She asked if I knew anyone who lived in her area, and could pick her up for Church and sometimes other errands. I decided that I could be that ‘someone’”.

Then we asked the volunteer drivers, “If things were different and you wanted to ask a neighbor or friend to volunteer to be your TRIP driver, what would you say to them?” Here are some of the things that volunteer drivers told us they would say if they needed a driver:

- “Could you help me by giving me a lift to where I need to go?”
- “I would tell them that I can help with gas.”
- “I can no longer drive - can you help me? You will be helping someone remain part of the community.”
- “That it's a wonderful feeling to help someone get the basic needs, and to open your heart to love and help someone who is alone.”

It may help a little if you can offer to help pay for the gas, either with TRIP Program assistance or a few dol-

lars of your own. But the fact is that people are very willing to help if they are asked. People volunteer because they care about friends and neighbors. If a friend or neighbor asked you for help to get to their doctor, and you could, would you say NO? Not likely.

Here are some of the places that volunteer drivers on the TRIP Program have come from in the past:

- A long-time friend
- The sons, daughters or grandchildren of friends
- People their son or daughter work with
- People they used to work with themselves
- Neighbors
- People who live near them
- People they met at church
- People recommended by their priest, pastor or rabbi
- Their caregiver
- People volunteering for other things
- People who are active in a senior or community center
- Who else can you think of?

“I've seen and met angels wearing the disguise of ordinary people living ordinary lives.”

—Tracy Chapman,
singer-songwriter

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



Special Transportation Services for Seniors & People with Disabilities

RTA “Dial-A-Ride” is a curb-to-curb advanced reservation transportation service for seniors and persons with disabilities in Western Riverside County. Dial-A-Ride vehicles travel to areas within three-quarters of a mile of an RTA local route. Not all locations are served by Dial-A-Ride.

Before applying for service, call 1-800-795-7887 to verify that your home is

within the Dial-A-Ride service area. If you have any questions about RTA’s ADA services or policies, please call 1-800-795-7887.

Banning, Beaumont, Corona and Riverside operate their own Dial-A-Ride services:

- *Banning Dial-A-Ride*
951-922-3252
- *Beaumont Dial-A-Ride*
951-769-8532

- *Corona Dial-A-Ride*
951-734-7220
- *Riverside Special Transportation*
951-687-8080

SunLine Transit Agency provides a similar “SunDial” curb-to-curb service in the Coachella Valley. Call 1-800-347-8628 to find out if your home and destinations are within SunDial’s pick-up and drop-off zones.

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

*Como Deshacerse de Medicinas
No Usadas de Forma Segura*

Los procedimientos de la Administración Federal de Drogas para deshacerse de medicinas no usadas son interesantes! Todos hemos escuchado a alguien decir “No heche los medicamentos en el inodoro.” Todos tenemos preocupaciones sobre la seguridad del medio ambiente, pero la FDA dice que la razón principal de los residuos de medicamentos en el agua es porque nos tomamos dichos medicamentos.

Según, Raanan Bloom, Ph.D en el Centro de la FDA para Evaluación de Drogas e Investigación, “La mayoría de las drogas no son completamente absorbidas o metabolizadas por el cuerpo y entran al medio ambiente después de pasar por el residuo de agua de las plantas.” Sin embargo, la FDA advierte que no todos los medicamentos se deben de tirar en el inodoro. La recomendación de la FDA para la eliminación de medicamentos no usados incluyen:

- Siga las instrucciones de eliminación en la etiqueta del medicamento o en la información incluida para el paciente. No tire la medicina en el inodoro a menos que esta información le in-

dique que haga eso específicamente.

- Si no le dan instrucciones, tire la medicina en la basura de su casa, pero primero:
- Saque de sus envases originales y mezcle con una sustancia indeseable como los granos de café usados. El medicamento será menos atractivo para niños y mascotas, e irreconocible a las personas que intencionalmente buscan en su basura.
- Póngalos en una bolsa que se puede cerrar, en una lata vacía, u otro contenedor que prevenga que el medicamento se escape o se salga de la bolsa de la basura.
- Aproveche los programas de su comunidad que permiten al público a entregar medicamentos no usados a una locación central para su eliminación adecuada. Llame a su oficina local de reciclaje (busque en las páginas azules de su directorio) para ver si un programa está disponible para llevar sus medicinas. Consulte con su farmacéutico acerca de otros servicios en su comunidad.

Si tiene preguntas adicionales de cómo deshacerse de su medicina, por favor llame a la FDA al 1-888-463-6332.

*Asistencia Para
La Preparación
De Impuestos*

Las personas mayores y de bajos ingresos, ahora pueden obtener sus declaraciones de impuestos de forma gratuita. Este año, el Internal Revenue Service ha ampliado sus asociaciones con organizaciones de la comunidad que ofrecen este servicio gratuito a más de 12,000 sitios por todo el país.

El programa de Asesoría Fiscal patrocinado por el IRS para las Personas Mayores (TCE) ofrece ayuda gratuita a los declarantes de impuestos que tienen 60 años o más. Como parte del Programa AARP ofrece el programa de consejería Tax-Aide en más de 7,000 sitios por todo el país durante la temporada de impuestos. Para localizar el más cercano AARP Tax-Aide, llame al 1-888-227-7669 o visite <http://www.irs.gov/individuals/article/0,,id=233742,00.html> or call 1-800-906-9887.

El programa del IRS Asistencia Voluntaria al Contribuyente (VITA) ofrece ayuda gratuita a personas que ganan menos de \$49,000. Para localizar el sitio más cercano VITA, los contribuyentes pueden verificar el sitio VITA de California disponible en la

pagina web <http://www.irs.gov/individuals/article/0,,id=233742,00.html> o por telefono 1-800-906-9887.

Los contribuyentes que visitan un centro de preparación de impuestos gratuito tendrán que presentar los siguientes documentors para que sus impuestos sean declarados:

- identificación con foto
- Fechas de nacimiento y tarjetas de Seguro Social válido para el contribuyente, su cónyuge y dependientes
- Declaración de ingresos (s) de la Forma W-2, W-2G, 1099-I, de todas las empresas en cuales a trabajado
- Declaraciones de intereses y dividendos de los bancos (Formularios 1099)
- Una copia de las declaraciones federales y estatales del año pasado, si disponible número de rutas del banco y números de cuenta para depositar el dinero electrónicamente en la cuenta bancaria.
- Cualquier otra información pertinente a los ingresos y gastos.

Los contribuyentes también pueden solicitar asistencia gratuita en cualquiera de los 400 Centros de Asistencia al Contribuyente a nivel nacional. Lugares cotizan en www.IRS.gov

Los Síntomas de Problemas del Tiroides

Existen dos tipos de problemas de la tiroides, el hipertiroidismo, cuando la glándula tiroides produce demasiada hormona tiroidea. El hipotiroidismo ocurre cuando muy poca hormona tiroidea se secreta. Los síntomas de cada uno son diferentes.

Hipertiroidismo

- Dificultad para concentrarse
- Fatigado
- Constante movimiento intestinal
- Inflamación de la glandula tiroides
- Intorancia al calor
- Augmento del apetito
- Aumento de la sudoración
- Períodos menstruales irregulares en las mujeres
- Nerviosismo

Por último, tenga en cuenta que este año, por primera vez, el IRS no está enviando los formularios de impuestos para cada contribuyente. Sin embargo, puede obtener los formularios de impuestos que necesita llamando a 1-800-TAX-FORMS (1-800-829-3676) o visitando la pagina de web <http://www.irs.gov/formspubs/article/0,,id=96760,00.html>

- Inquietud
- Pérdida de peso (rara vez, aumento de peso)

Hipotiroidismo

Los primeros síntomas:

- Sensibilidad al frío
- Estreñimiento
- Depresión
- Fatiga o sensación de lentitud
- Períodos menstruales más pesados
- Dolores musculares
- Palidez o piel seca
- Cabello o únas quebradizas
- Debilidad
- Aumento de peso (no intencional)

Los Síntomas tardíos, si no se tratan

- Disminución del gusto y del olfato
- Ronquera
- Hinchazón de la cara, manos, y pies
- Disminuye la velocidad del habla
- Engrosamiento de la piel
- Adelgazamiento de las cejas

Se debe buscar asistencia médica si se presentan síntomas del hipertiroidismo o hipotiroidismo.

[SOURCE: U.S. National Library of Medicine, National Institutes of Health]

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Independent Living Partnership

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