

POSITIVE SOLUTIONS program



U P A C

Don't let depression rule your life

Start making **POSITIVE** changes

Funded by County of San Diego



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POSITIVE SOLUTIONS PROGRAM OPEN HOUSE

This issue...

Positive Solutions Program Open House

Depression is treatable

Testimonies from our clients

Laughter

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The Positive Solutions Program has reached its one-year anniversary and we were proud to celebrate this milestone with a warm and inspiring open house event. More than 60 people attended and helped us celebrate this special day, including our clients, partners, and other providers. We had clients share their amazing recovery journeys and some of them contributed to the event by performing musical arrangements. We are looking forward and eager to serve more clients and to partnering with more providers who frequently encounter senior consumers in the future.



PSP graduated client, Monica Zazzare, sharing her recovery journey.



Our clients and interpreter performed music to celebrate PSP one-year anniversary. (Right)



Our clients, partners, and other providers celebrated this special day with us. (Left)

MY LIFE HAS CHANGED!

BY VT

On June 4, 2009 my sister Lisa passed away. She was ill for several months prior to her death. She had gone to the doctors but they did not seem to know what the problem was. Then she saw an oncologist who told her she had bone and kidney cancer; after 4 weeks of radiation the pain was unbearable. She went to her primary doctor who told her that he had checked her records carefully and there was no hope for her. He suggested Elizabeth Hospice. They did their very best for her but she passed away 3 weeks later at 2 a.m. I was with her at the end. My sister's husband had passed away and her only child, a son had been killed in a car accident at the age of 25.

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I have been a widow and childless for many years. The only other surviving sibling is my older sister who is 86 years old with Alzheimer's.

Lisa was not only my sister but my dearest friend. We were always there for each other. We took turns caring for our older sister Dee after her husband of 54 years died. It has been 10 years now.

For the first time in my life, I felt alone. There was no one to turn to. We each had our own homes. We lived close to one another. I had to prepare Lisa's house for sale, take care of Dee, attend my own home, pay bills, see attorneys and that only scratched the surface. I don't know how I got through those dreadful months.

I kept asking God to help me but He didn't seem to hear my prayers until one day, and I do not know where she came from. Sun Choi from UPAC knocked on my door and told me she was here to help me. I remember telling her that my sister had had Alzheimer's for 10 years and asked if there was anything she could do to help her. After hearing my problems, she told me it would appear

that I needed help more than my sister. I was surprised because I didn't think I needed "that" kind of help but I agreed to take part in the program.

How can I begin to tell you how my life has changed! I think it was April 3, 2010 that my new life began. From the first session to the last, I found my life changing in ways that I never knew were possible. Big problems became smaller and I was able to rationalize their importance and put them in proper perspective.

Every time I have a problem now instead of beginning to panic, I remember Sun's wise words, "What is the worst thing that can happen if you cannot fulfill these tasks?" This question comes up many times, and calmness comes over me that relaxes me and helps me to think more clearly.

I thank God for Sun and your wonderful program, and hope many others will be helped the way you have helped me.

Very truly yours,
VT

You too can make a positive change in your life

FEELING DOWN?

BY CHELSEA HERNANDEZ (INTERN CLINICIAN)

From children to seniors, feeling blue or sad is not uncommon. It's part of life. However, these feelings shouldn't last too long. If the feelings persist and begin to interfere with a person's daily life and routine, the possibility of a depression diagnosis should not be overlooked. "Depression" carries a stigma that may scare some people, but the best thing that someone can do who has concerns about being depressed, is to address it. Being depressed is not a terminal sentence. There is always a way out, but the first step is acknowledgement.

If one has any doubt whether or not they suffer from depression, it is important to compare their symptoms with symptoms of depression. These include ongoing sad, anxious or empty feelings, feelings of hopelessness, guilt, worthlessness, or helplessness, feeling irritable or restless, a loss of interests in activities that one normally enjoys, disruption in sleeping and eating habits, difficulty concentrating and thoughts of

suicide or the making of suicide attempts. There are different stages of depression that may or may not include some of these symptoms. It is not the same for everyone. Once you finally face your depression, it becomes time to develop your own coping skills. Positive Solutions Program provides services to homebound seniors to help them do just this.

Feeling helpless and hopeless can be extremely discouraging. When someone is feeling more than just down or blue, a simple cheering-up, does not help in the long run, but if you have the tools to take matters into your own hands, you will be that stronger in the long run. A great example of this is PEARLS, a Program to Encourage Active and Rewarding Lives, an evidence based model that is proven to be successful. Depression at any level, will not improve until empowerment is attained, along with a desire to help oneself. It can be done!

GETTING MY NEEDS MET...

INTERVIEWED BY HUNG MANH TRAN

(SENIOR COMMUNITY WORKER)

Mr. L is a 68-year-old monolingual Vietnamese male, who lives alone in a downtown SRO. Mr. L is homebound, socially isolated, fragile, and at high risk of depression. Prior to Positive Solutions Program's outreach, Mr. L had been contacted by multiple service providers. Due to stigma and cultural and linguistic barriers, Mr. L refused all help that was offered to him. After multiple attempts to contact Mr. L, Positive Solutions Program (PSP) was finally able to reach Mr. L with a neighbor's assistance.

Q: Have you been contacted by other providers?

A: Yes, Heritage Clinic, APS, and Senior Community Centers.

Q: What is your experience with PSP?

A: I was laid off and have had no job since 2007. Because of the late payment, my telephone service was cut off at that time. In 2009, my electricity and gas were cut off. I lived without electricity and gas for about eight months until the Positive Solutions Program came into my life. I also do not have health insurance, and have not seen a doctor for a long time...I cannot remember how long it has been...I don't have family or relatives living in the US. The Positive Solutions Program helped me to get my Medicare and introduced Mobile Physicians Services into my life. My life has changed a lot because of the Positive Solutions Program. I now have electricity, gas, senior ID, insurance, and a primary care physician. Thanks to Positive Solutions Program for their persistence.

BENEFITS OF LAUGHTER

BY TALAFULU SAGALE (INTERN CLINICIAN)

When was the last time you had a gut wrenching bent over barrel of laughs? Researchers have found that as we grow older we laugh less. It seems like the maturity gene reduces the laughter of spontaneity, the joy of slapstick giggles, and childhood mischief. It's a fact that laughter is a change agent to mood, emotions, and even health. Dr. Lee Berk and fellow researcher Dr. Stanley Tan of Loma Linda University have been studying the effects of laughter on the immune system. Their studies show that laughing lowers blood pressure, reduces stress hormones, increases muscle flexion, and boosts immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter also triggers the release of endorphins, the body's natural painkillers, and

produces a general sense of well-being. Aww laughter is an internal work out that takes less muscles to smile than it does to frown. We don't need medication to get a good laugh; it does not have to be a team sport although having company could help prolong the laughter. It's not something that cost money and has no requirements to practice. It can defuse tense situations; reduce stress and anxiety, while increasing the bodies' ability to use oxygen. Laughter is a powerful tool that has the ability to mend a broken heart, fill the silence of the day, and has the potential to change your mood and make that frown turn upside down. So dance like no ones watching, love like you've never loved before and laugh until you pee (well not quite until you pee, how about just before you pee).

The Benefits of Laughter

Physical Health	Mental Health	Social
<ul style="list-style-type: none">• Boosts immunity• Lowers stress hormones• Decreases pain• Relaxes your muscles• Prevents heart disease	<ul style="list-style-type: none">• Adds joy and zest to life• Eases anxiety and fear• Relieves stress• Improves mood• Enhances resilience	<ul style="list-style-type: none">• Strengthens relationships• Attracts others to us• Enhances teamwork• Helps defuse conflict• Promotes group bonding

UPAC - Positive Solutions Program

Central Region Office

525 14th St., # 200-UPAC
San Diego, CA 92101
Tel: (619) 238-1783
Fax: (619) 238-1837

North County Office

920 W. San Marcos Blvd., #3,
San Marcos, CA 92078
Tel: (760) 736-8373
Fax: (760) 736-8815

TRANSPORTATION RESOURCES

Travelers Aid San Diego

SenioRide Program: 619-295-8393 ext.14

Age Requirement: 60+

Note: Call to request an application. Provides MTS scripts and covers the cost for ADA LIFT.

Office hours: Mon. - Fri., 9:00AM to 12:00PM

ADA Ride 1-877-232-7433 www.adaride.com

Completed the application, and mail it to:
6151 West Century Blvd. Suite 304,

Los Angeles, CA 90045

Note: The cost can be covered by Travelers Aid San Diego if the client is approved for the SenioRide Program.

On the Go by Jewish Family Services

Rides and Smiles : 1-877-634-6537

Age Requirement: 60 +

Serving Area: North County Inland, University City, Clairemont, La Jolla, College area, Del Cerro, San Carlos.

FACT (Full access transportation)

1-888-924-3228

A free transportation referral service.

Alpha Project 1-888-325-7427

Age Requirement: 55+ (No Charge)

Serving Area: City of San Diego only.

Note: Call 72 hrs. in advance to schedule for a ride. Please specify if there is a need for round trip transportation.

Office Hour: Mon. - Fri., 8:00AM to 4:00PM

BY MADELEINE ROBEL (CARE MANAGER)

Redwood Elderlink 760-480-1030

Age Requirement: 60+ (No Charge)

Serving Area: Escondido

Note: Need to complete an application.

Vista Senior Center 760-639-6161

Age Requirement: 60+ (No Charge)

Serving Area: Vista

UPAC – EMASS 760-233-1984

Age Requirement: 60+

Serving Area: North County of San Diego

Target Population: Hispanics, Somali, Filipinos, and African Americans.

Veteran's Administration Hospital

858-552-8585 ext.7575 OR 858-552-7470

Age Requirement: 60+ (No Charge)

Target Population: Veterans

Note: Transportation services for Doctor's appointments.

Oceanside Senior Center

Transportation services: 760-435-5250 ext.2015

Age Requirement: 65+

Serving Area: Oceanside

Note: Register in-person or by mail. Taxi voucher-\$7/booklet. Senior Shuttle Program-\$5/one way

Carlsbad Senior Center

Transportation Services: 760-602-4650

Age Requirement: 60+

Serving Area: Carlsbad

Note: Call to register. \$2 donation for one way