

Planning ensures smoother trip

People who are 65 and older have special needs that should be considered when traveling. It has been found that 86 percent of this age group has one or more chronic diseases.

As an airline stewardess, I learned to appreciate some of the concerns of older travelers. I would like to share some of these in hopes that traveling will be less worrisome.

YOU HAVE a certain independence because of retirement. You are not restricted to two weeks at a certain time of year as when you were working, and you are able to take advantage of off-season rates.

When making your flight reservations, find out what the airlines have to offer an older person. Many airlines have early boarding privileges, special seating, pre-ordering of meals for special diets and other amenities.

When packing, first consider the weight of your suitcase. I would recommend the soft, collapsible in-

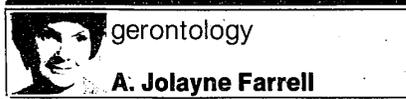
expensive type. To reduce the burden of carrying a heavy suitcase, travel wheels are available and they fit easily on the bottom of most suitcases.

People with heart conditions should definitely buy the travel wheels.

Because many suitcases look alike, you would be wise to mark the outside of your suitcase with a colorful ribbon or some identifying mark. Airlines require that you have an ID tag on the outside of your suitcase, but one inside is a good idea, too.

Before packing make a list of what you want to take. Think double duty with certain items. A raincoat, for example, can serve as a light coat or bathrobe and beach things can be used as slippers.

Buttons, snap and zip everything before you start to pack. A warm sweater is a no-no matter where you are going. It can be worn to bed on chilly nights. Pack several leak-proof ziplock bags. They will come in handy for packing cosmetics,



gerontology

A. Jolayne Farrell

laundry and damp articles.

YOUR CARRY-ON luggage should include valuables, traveler's checks, passport and medications. Should your baggage be delayed, you will not have the additional worry of lost medication. Take along additional prescriptions from your doctor and a second pair of glasses should also be packed.

When checking in, arrive early, and remember you're on vacation. Enjoy people-watching at the airport.

When choosing your seat, know where you want to sit. Some people prefer to sit near the washrooms, others want to sit behind the partitions because there is more leg room, and still others whose vision

is impaired by the glare from the windows want to sit in the middle of the plane.

IF YOU HAVE a flight connection, know how much time you have before boarding the connecting flight. If the flight you are on is running late, tell your stewardess. There may be many people on your flight making the same connection and the plane may be held.

When at your destination, there is no need to line up and rush off the plane. Take your time and if you need help, ask for it.

Try not to worry. Most of the things we worry about just never happen. And, by the way, have a nice trip.

MAKE IT VOTE

CIRCUIT

Judge James McCarthy

Assistant Prosecutor - 12 Yrs.
Attorney For 16 Yrs.
Vietnam Vet - Military Police Capt.

Endorsed by:

L. Brooks Patterson
Republicans & Democrats Who Know
Corporation & Union People Who Know

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For Capital Punishment
Strong Stand For Strict & Speedy Justice

X VOTE - JAMES MCCARTHY FOR CIRCUIT JUDGE

Ed. For by Committee To Elect James McCarthy Circuit Judge

LEARN HOW TO SAVE A LIFE!

As a community service, Botsford General Hospital will be offering a free training program for area citizens in cardiopulmonary resuscitation (CPR). The ultimate purpose is to enable citizens to perform CPR for heart attack victims until emergency medical personnel arrive. Certified instructors will teach the course.

The one session, 3-hour "Heart Saver" course will be offered Thursday, November 6th at 7 PM in Classroom 203 on the second floor of the Botsford Professional Building which is located in front of the hospital. The CPR course will resume its regularly scheduled monthly meeting on the first Thursday of each month thereafter.

To pre-register (required), please call 476-7800, Ext. 454 on Monday thru Friday from 8:30 AM - 4:30 PM. Class size is limited so please register early. Botsford General Hospital is located at 28050 Grand River Avenue, Farmington Hills 48024 (north of 8 Mile Rd., behind the Botsford Inn).

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- LIVONIA: Livonia Mall At Seven Mile & Middlebelt Rd.
- ST. CLAIR SHORES: Assumption Cultural Center, 21800 Marter Road

(SEMINARS BEGIN NOV. 10) (SEMINARS BEGIN NOV. 11)

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Ed. For by the committee to elect Daniel W. Barry, 25 S. Genesee, Pontiac, MI. 48053