

For those over 60

Day long health fair set Friday in Mercy Center

By LORRAINE MCCLISH

A day of health education with demonstrations, presentations, displays and 10 screenings for persons over the age of 60 will be given from 9 a.m. to 3:30 p.m. Friday in Mercy Center.

"Health Care: A Long Life Affair" is the second annual senior adult conference sponsored by Farmington Area Commission on Aging in cooperation with Farmington Hills Senior Adult Program.

There is no charge for seniors to take part in any of the activities or go through screenings for blood pressure, visual acuity, glaucoma, anemia, blood chemistry, hearing, rectal-colo cancer and oral hygiene.

Seniors are asked to register by calling 474-6115, ext. 285, but appointments are not necessary. They are also asked to bring the name and address of their physician with them to Mercy Center on the day of the screenings.

"THE REASON for the registration is that we want to have some idea of how many to expect," said Anita Herman, chairwoman of the Commission on Aging, who is also chairing the day of health education.

"Another reason for calling ahead of time is we will want to know how many we can expect will be staying for lunch. We'll ask about that when they phone, but those numbers will be important to us."

All persons over the age of 60 may

lunch in the center without charge through the senior adult nutrition program, supplied by the Oakland-Livingston Human Services Agency (OLHSA), but reservations must be made several days in advance, according to OLHSA regulations.

Numbers are also important to the sponsors because they have never proposed a program similar to this one before, so there is no guide to tell them how many persons this will attract.

Last year's conference, on aging gracefully, had an entirely different format.

VOLUNTEERS to act as receptionists, clerks and hostesses will come from Farmington Hills Chapter of American Association of Retired Persons, Our Lady of Sorrows Women's Guild, and the Gathering Place.

Medical staff and equipment is coming from Botsford Hospital, the United Health Organization and Detroit Optometric Institute, all as public service.

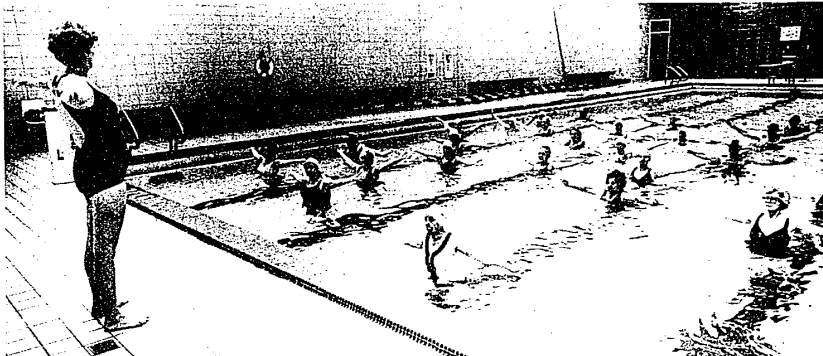
As screenings are going on in Mercy Center's formal lounge, all activities scheduled for seniors that day in the Gathering Place's routine agenda will go on as usual.

Running concurrently will be several educational talks given by medical professionals, all pertinent to the aging.

Visitors may attend the talks, pick up educational materials, ask questions and view the displays.

They may partake in the Gathering Place's Friday activities or just watch the going-on of exercises in the pool, the yoga class, the dance classes; listen to the Senior Adult Dance Band or join in the sing-along.

MEANWHILE, shuttle buses will be running back and forth between Mercy Center and Botsford Hospital with screening tests and results.



Seniors go through their exercise-in-the-pool sessions every Friday at 11 a.m. and will do so as usual during the health fair. Visitors are invited to watch or can bring a bathing suit along and join in following Maggie Loidas' instructions.

Mrs. Herman expects that seniors should have the results of some screenings immediately. The rest will be completed within a couple of hours.

"We are not doing any diagnostic work," Mrs. Herman said. "These tests are all screenings to point up any abnormalities."

These will be sent on to the individual's doctor with a cover letter of explanation, again with no cost.

"The accent will be on self-care," Mrs. Herman said. "All of our lecturers will be talking about how they (the audience) can best help themselves, no matter what the problem or concern."

Mercy Center is on 11 Mile, east of Middlebelt. Guests are asked to use Gate 4 on 11 Mile to enter the center.



Nurse Jennie Arasmith goes through the simple procedure of blood pressure testing with Angeline Tucker. Complex equipment for nine other screenings is being loaned for the health fair from Botsford Hospital, the United Health Organization and Detroit Optometric Institute.



Yoga student Stephanie Meyers (at left) is one of the members of the class in The Gathering Place who will be giving a demonstration of the discipline to visitors Friday. The hour-long class runs from 11:15 a.m. to 12:15 p.m. and is instructed by Sandy Darvin (above). Guests will be invited to lunch, play ping pong, join the sing-along, or dance during the afternoon.

**Staff photos
by
Randy Borst**



Music for dancing is furnished by the Farmington Senior Adult Band on Fridays. The band strikes up at 10:30 a.m. and goes on continuously, winding up to provide the background music for sing-a-longs that begin at 2:30 p.m.

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