

# Widow needs help to overcome grief

Dear Jo: My mother has been a widow for more than two years now. She has not adjusted at all to the death of my father. At first we thought she was doing very well. She appeared to accept his death, although she had some problems with her health. She had a problem swallowing her food and was unable to sleep at night.

Lately she gets very angry with my husband and I and she criticizes our three children constantly. She has always been a good housekeeper, but now her home is very untidy. She keeps my father's personal things, including his clothing, and will not dispose of them. She speaks about my father constantly as if he were still alive.

She won't come to our house at all now and when I phone her she is barely civil. I am an only child and always had a good relationship with mom. Now I just don't know what to do. I have a full-time job and I scarcely have time for my husband and children.

Mrs. H.

Dear Mrs. H.: Your mother's grief for your father is lasting too long. This is called maladaptive grief. She needs professional help.

Most widows and widowers adjust to the loss of a spouse in a year or possibly two. With adjustment they not only maintain their former lifestyles but also begin to develop new friendships and activities to replace the gap left by the loss.

Your first step should be to have a thorough medical checkup for your mother by your family physician. I hope she will agree to this.

Other ways that your mother can be helped are through visits from a public health nurse, visits to a social worker, psychotherapy through visits to a psychiatrist or a psychologist and/or



gerontology

A. Jolayne Farrell

through group therapy. There are widow-to-widow programs and peer counselors in many communities.

Try to be direct and honest with your mother about getting help. Eventually she should be able to help herself and develop strong supports. Even though she doesn't show it, she really needs you at this time.

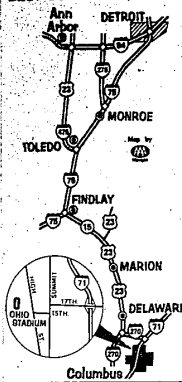
I know it seems impossible, but perhaps you and your husband could take a weekend vacation and have a little time to yourselves.

Dear Jo: For years now I have noticed an increase in the number of brown liver spots on my skin. My doctor has told me several times they are nothing to worry about. I find them very unattractive. What can be done about them? Are there creams available to remove them? M.T.

Dear M.T.: Brown spots on the skin are a problem to millions of older people, your doctor is right, they are nothing to worry about. And yes many people find them unattractive. There are many creams on the market that claim to lighten or remove these spots. Their most active ingredient is a skin bleach which is not all that effective.

If you seriously want them removed, consult with a dermatologist. They have had success with the use of liquid nitrogen which freezes these pigmented areas so that they slough off.

## BEST COLUMBUS ROUTES



## Bucking Buckeye barriers

Wolverine football fans traveling to Columbus, Ohio, from southeast Michigan next Saturday should allow at least four hours driving time, according to AAA. Columbus is 208 miles south of Detroit and 191 miles from Ann Arbor. Detroit-area motorists can connect with Ohio-15 by taking the Fisher Freeway (I-75) or I-275. To reach the stadium in Columbus, exit I-71 at 17th Ave., go west to Summit, then south via 15th St. to stadium-area parking. Motorists should arrive early to enjoy the 12:15 p.m. pre-game show. Kickoff is scheduled for 1:30 p.m., but may be delayed 20 minutes for network telecast. After the game, Columbus police advise motorists to avoid High Street, where in past years overly spirited OSU fans have damaged vehicles bearing Michigan license plates.

## Art fairs to be listed

Michigan Council for the Arts (MCA) is seeking information on state arts and crafts fairs scheduled to take place in 1981. The information will be included in the 1981 MCA "Arts and Crafts Fairs

and Festivals" directory. For applications and information contact Michigan Council for the Arts, office of general services, 1200 Sixth Avenue, Detroit, 48226 or call 256-3732.

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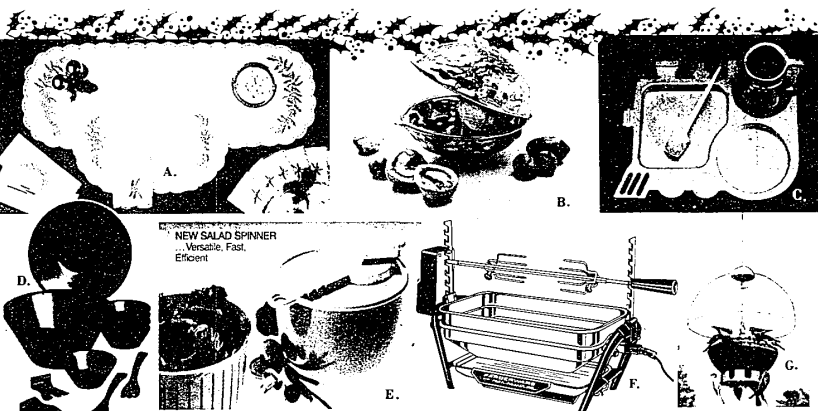
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B. Hoffritz Silverplated Nutcracker, 5" long, walnut-shaped with interior sawtooth jaws. Carries shells, too. \$18.50.

C. Child's Pewter "Chew Chew Train" Dinnerware Set, 10" long, dishwasher-safe, completely unbreakable. Includes cup and spoon. \$22 set.

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E. Copco Salad Spinner. Designed for spinning salad greens, fruits & vegetables. Inner drain doubles as colander, outer shell as salad bowl. Polypropylene in bright colors. Special \$12.

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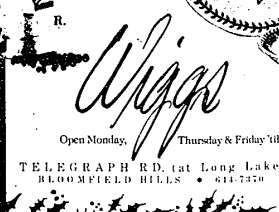
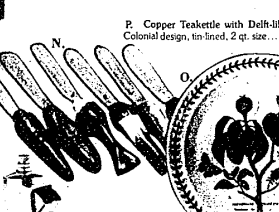
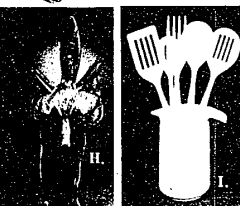
N. Canape Knives...each with a different and colorful ceramic handle in vegetable or fruit shape. \$2.50 each.

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