

gerontology

A. Jolayne Farrell

Keeping out the cold

Dear Jo: The older I get the more I dread winter. I just can't seem to keep warm once winter has set in. I'm even cold during the night. Is there an explanation for this? Do you have any suggestions on how I can keep warm this winter.

Mrs. J.

Many older people feel the cold so much more in winter just as you do.

There are several reasons for this uncomfortable feeling. As a person grows older, the body temperature decreases because of a lowered basal metabolic rate. Also the size of the muscles decrease causing less heat to be generated through exercise. There is less insulation against the cold for the body because of a loss in the fat that is just under the skin (subcutaneous fat) and a generalized loss of body hair.

In order to keep warm, you should keep in mind these underlying reasons of why you feel cold and then do something about them.

SMALLER MUSCLES can still generate heat, so exercise more and keep active.

To insulate your body against the cold, I would suggest you wear long thermal underwear during the day and at night. Wool seems to be the warmest fabric so wool slacks and a sweater or two during the day should be enough to keep you comfortable.

Studies show that for most people, the body temperature drops during the night. This often causes a disturbance in the sleep of older people. I would suggest that you dress warmly before retiring, wear bed socks if your feet are cold.

Many people prefer to use a down comforter or an electric blanket at its lowest setting on the bed. A great deal of heat is lost from the head during the night so the wearing of a soft cap to bed can help this. Also wearing a wig or head scarf can help prevent this heat loss during the day.

Those who have a problem with circulation in their feet and legs should wear a fur- or lambswool-lined slipper.

Check the temperature before you go out and dress accordingly. Be sure to wear lined gloves and warm sturdy boots.

Krاندall's invites you...
to bring your diamonds and jewelry in today
and convert them into
Immediate Cash!
All discussions will be conducted in private offices with
consideration for your confidence and respect for your
dignity. Evaluations for purchase without obligation.
Sidney Krاندall & Sons
755 W. 89th Ave. Rd. Troy, Michigan
(16 Miles S. I-75) • Phone: 313 362-4500

Everything you need
is available at
**PLYMOUTH
TOWNE APARTMENTS**
Enjoy totally independent in the
best of town living.
One and two bedroom apartments for
senior citizens only.

- Transportation
- Optional social activities
- Medical security
- Two meals
- Housekeeping services
- Linens

OPEN 9-5 DAILY
12-3 Sat. & Sun.
Now Taking Reservations
Call or visit

**The Plymouth
TOWNE
APARTMENTS**
107 Haggerty Road
Plymouth, MI 48170
(313) 459-3890

Englander's Furniture Warehouse CLEARANCE CENTER

1981 SUMMER FURNITURE 1/2 OFF (and more) ONE DAY SALE!

SATURDAY, NOVEMBER 29th 10 a.m. to 5 p.m.

Get your hot weather furniture at cold weather prices!

During the 7 Hour Englander Clearance Center Sale, you'll find the entire Showroom Samples from one of our major suppliers shown for the first time during the Chicago Summer and Casual Furniture Show...just weeks ago. All the new 1981 designs and colors in wrought iron and aluminum...umbrella sets, chaises, chairs may be purchased for 1/2 off and more! **SAVE NOW AND ENJOY NEXT**

SUMMER! All items sold as shown. No layaways. All sales final. All items subject to prior sale. 1/3 deposit is required. All items must be delivered or picked up by Dec. 13th. Take with to save delivery charges.



1400 Academy, Ferndale 398-6050

We're having a BATH SALE!

We have the
"FINISHING TOUCHES"
to decorate your bath for
the holidays.

- Fieldcrest Towels
- Bath Rug
- Wicker Shelves
- Padded Seals
- Hampers
- Towel Bars
- Shower Curtains
- Wood Accessories
- Wall to Wall Bath Kits
- Ceramic Accessories
- Stylebuilt

FARMINGTON TOWNE CENTER
37041 Grand River Farmington Hills
(313) 478-3133
Daily 9:30-6:00 Mon. & Thurs 9:30-6:00

ORCHARD & 14 MILE CENTER
30886 Orchard Lake Road
(313) 828-4313
Daily 9:30-6:00 Mon. & Thurs 9:30-6:00

drapery boutique
Since 1969

**LARRY PASKOW'S
XMAS & NEW YEAR'S GIFT TO YOU!**

3rd PERSON FREE! Child under 15.
Tower or Lanai Suites - Dec. 18th thru Jan. 10th.
**FLORIDA'S GREATEST HOTEL VALUE!
AMERICA'S #1 SPA!**

**CALL TOLL FREE
1-800-327-7510**

INCLUDES:
• Meals • Massage • Tennis
• Golf • Nightly Entertainment
• Men's & Women's Health Spas
• All Diets Under Medical Supervision

**Larry Paskow's
HARBOR ISLAND SPA**
7910 HARBOR ISLAND, NORTH BAY VILLAGE, FLA 33141
Write or Call for Information & Free Color Brochure

bettina

cordially invites you to view a most
unique and unusual collection of
fine jewelry by Elaine of Paris.

collection will be shown
**friday and saturday
november 28 & 29**

10 am to 5:30 pm

bettina

with park view
16300 with park &
recently modernized interior
off north park view

JOIN THE RUSH FOR...



Detroit Lions Silver Jackets & Caps

*ON DISPLAY AT YOUR METRO DETROIT FORD DEALER.

Now available, for the first time ever, a Detroit Lions, N.F.L. lined "Silver Jacket" with a "Honolulu Blue" satin accent stripe down the right sleeve and a direct embroidered Detroit Lions N.F.L. logo on the left front snap pocket. Also available is a Detroit Lions SuperVisor® cap, in "Honolulu Blue" with direct embroidered Silver Scrambled Eggs on the visor and a N.F.L. Lions logo on the white one-piece front of the cap. Sponsored by your metropolitan Detroit Ford Dealer. Order yours today from the coupon below for delivery by Christmas.



THE RUSH IS ON! Order Your Lions Jackets & Caps TODAY!

**TO ORDER YOUR LIONS
JACKETS & CAPS CALL:**

58- LIONS
5 4 6 6 7

313-58- LIONS
5 4 6 6 7

OUT OF STATE CALL COLLECT

PLEASE SEND A CHECK OR MONEY ORDER, OR FILL IN CHARGE INFO AT RIGHT

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MY METRO FORD DEALER IS:

**SPONSORED BY YOUR METRO
DETROIT FORD DEALERS**



LIMITED OFFER

DESCRIPTION	STYLE NO.	SIZES	TOTAL #	UNIT EACH	TOTAL COST
SILVER BLUE JACKET	20030-1	XS S M L XL XXL		29.95	\$
CAP-MESH BACK	20015	ONE SIZE FITS ALL		8.95	\$
CAP-FOAM BACK	20016	ONE SIZE FITS ALL		8.95	\$

SUB TOTAL	\$
4% TAX (MICH.)	
ADD 1.75 FOR SHIPPING AND HANDLING	1.75
GRAND TOTAL	\$

MAIL TO:
LIONS/METRO Ford
DEALERS, JACKET & CAP OFFER
190 AJAX DRIVE
P.O. Box 94
Madison Heights, MI 48071

☐ VISA ☐ MC ☐ CARD
EXP. DATE: / /
MASTER CHARGE OR VISA
[Signature Line]

CALL: 585-4667 Monday thru Friday 8 a.m. to 6 p.m.

EQUIVALENT SIZES	XS	S	M	L	XL	XXL
Children (Age)	14-16	16-20	-	-	-	-
Women (Dress Size)	10-12	14-16	18-20	-	-	-
Men (Suit Size)	32-34	36-38	40-42	44-46	48-50	52-54