

Older people have housing needs

Dear Joe:
As a Realtor, I often sell houses for older persons. That usually is no problem, but when I am asked to find a house or an apartment for their relocation, I am often at a loss. I find that older people are not only different in their housing needs from younger people, but also their needs are quite different from each other. What should be the major considerations in finding satisfactory housing for older persons?
Mr. J.C.

Dear Mr. C.:
I agree that older persons' housing needs are unique. Your interest in the welfare of this age group as it relates



gerontology
A. Jolayne Farrell

to housing, I'm sure, is greatly appreciated. It is timely, too, as the population is aging and more older residents are selling their homes and relocating. Moving, at any age, is difficult — but for older persons it is even more so —

particularly for those who have lived in the same house for several years. So often the changes and losses associated with a move at this time in life far outweigh the gains. Many older persons have become physically and mentally

ill as a result of a move.
I have a great deal of respect for real estate persons, as I think you have to be expert in assessing your clients' physical, mental and social needs as they relate to their buying and selling of their homes.
To answer your question as to the major considerations in finding satisfactory housing for older persons, I'll address their needs as they relate to these three areas — physical, mental and social.
Physical needs vary from person to person. If an older person suffers from a problem that interferes with his or her locomotion, large houses or those that have stairs are not acceptable. It is important that older persons, after a move, are able to continue with their former lifestyle — they should not feel inhibited or confined by their new surroundings.
Changes in vision require that older persons should have better-than-normal lighting in their new home, particularly over work areas in the kitchen and grooming areas in the bathroom.
Persons over age 65 need three times more light than a teen, so poorly lit hallways and reading areas should have at least 100-watt bulb lighting. Glare from windows or shiny floors should be minimized, as glare not only causes headaches in this age group but can be a factor in disorientation.
Mental aspects to be considered are safety, security and close proximity to family, friends and health professionals. It has been found that the fewer the changes the older person makes with a move, the faster he or she adjusts.
Social adjustments are easier if the

new location is fairly close to the former one. The newly located person can continue to enjoy shopping and doing business in the same areas as well as attending the same church.
You may find that your older clients do not like to be rushed into viewing new places or in making decisions. If they appear to be dilly-dallying — it is nothing personal — just a privilege of being old. Good luck.

Dear Joe:
I have those ugly, aging, brown spots on my hands. I know they are not a serious problem, but I wish I could get them to fade. What would you suggest?
Mrs. R.B.S.

Dear Mrs. S.:
There are several special creams on the market that are specifically designed to help fade brown spots, freckles and other hand discolorations. Generally, they do what they say they'll do, which is, to temporarily fade the spots.
An inexpensive remedy that works just as well as these creams is to crush one rose hip (natural vitamin C) tablet, add a couple of drops of glycerine and enough lemon juice to make a paste. Apply to hands and leave on for about 20 minutes, then rinse with tepid water. The remedy seems to work well if used regularly.
Readers: I have received several letters requesting that I send out certain books that I have mentioned in my columns. The reason I refer to books and journal articles is to encourage you to do further reading on certain subjects.
I regret that I am unable to render this service. You can purchase or order these books through your local book

store. The journal articles can usually be found in your local library.
Dear Joe:
I am using an aspirin substitute, acetaminophen, for relief of pain. When I need to take aspirin for the same purpose, my doctor advised me to take the aspirin with food in order to avoid upsetting my stomach. Is it necessary to do the same with acetaminophen?
Mrs. P.D.

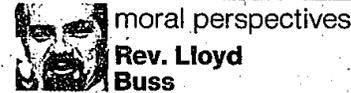
Dear Mrs. D.: In a study reported to the American College of Clinical Pharmacology, researchers found that acetaminophen reached its peak effective blood levels in 0.9 hours when taken on an empty stomach, the time nearly doubles to 1.7 hours with food. So for faster relief, you should not take this drug with food although you may decide to do so if you experience stomach discomfort.
Dear Joe:
I have a pain in my left foot. It begins in the ball of my foot and radiates upward. I'm pretty sure that it is a circulation problem that is caused by my smoking. What would you recommend for this problem? I have tried to stop smoking, but just can't.
Mrs. H.

Dear Mrs. H.:
Your diagnosis of your foot problem may not be correct. I suggest you make an appointment with a podiatrist and have your condition professionally evaluated.
About your smoking, many who have said they absolutely can't stop have

Readers: Send verified Jolayne Farrell at P.O. Box 88, Postal Station G, 1075 Queen Street East, Toronto, Ontario, Canada.

Christian duty in election

It's that time of year again. Time to review and study issues. Time to become acquainted with candidates. Time even to get involved and work for the ones you want to win.
Churches, synagogues and temples will generally restrict their political activity to the sharing of information and the encouragement of citizen participation... except, perhaps in issues such as abortion, capital punishment, prayer in public schools etc.
The general assumption is that people (citizens) are responsible for their own votes (except in the issues mentioned above) and they have the right and duty to exercise their responsibility and be accountable for it.



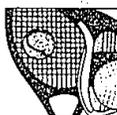
moral perspectives
Rev. Lloyd Buss

Bible contains the "answers to all the problems that face us today." President Reagan made a statement representative of this perspective in designating 1983 as the year of the Bible and most would agree with him. But the use of the Bible goes beyond problem solving. The Bible is also regarded as the guide for all responsible behavior.

only acknowledges the freedom of God to speak to us in other ways. God's presence and action in the world is not restricted to the religious faith or denominational body of your choice.
Encouraging the general populace to participate in the political process because it is one of our precious gifts of freedom in God's world is surely an important election year activity for our churches, synagogues and temples.

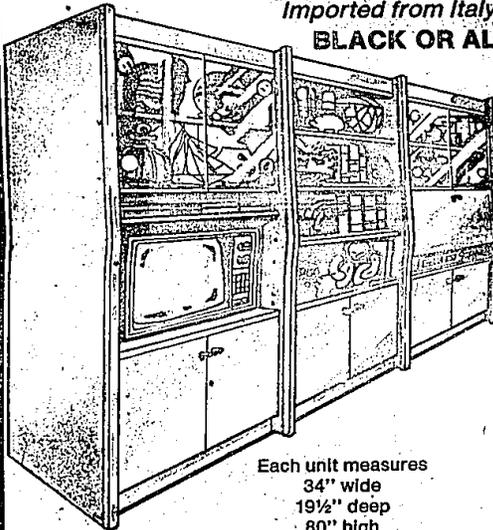
HAVING the churches, synagogues and temples encourage participation in the political process has become standard election year rhetoric. Even having them examine political programming for its sensitivity to human condition and experience has developed into acceptable activity.
Election-year activity for churches, synagogues and temples in 1984 might well take a different course... especially in view of recent events. Instead of assuming a "watchdog" posture of responsibility for the moral guidance and critique of our public order, we could learn how the experience of life in the public arena can shape and mold responsible behaviour.
For the majority of citizens, the

SO WHAT made Walter Mondale choose a woman as his running mate? If the ordination of women has been successfully resisted on Scriptural grounds by a goodly number of religious bodies in the United States, how does the political order justify nominating women on a par with men?
It's really very simple. Wisdom and truth come to us in many ways. This does not demean Holy Scriptures. It



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