

gerontology
A. Jolayne Farrell

Dry-skin problem can be handled

Dear Jo:
I have always had a problem with dry skin during the winter months — and the problem seems to be getting worse as I grow older. Is there any way that I could "winterize" my skin this year and perhaps see an improvement come spring?

Mrs. G. Northern Reader
Dear Mrs. G.:
Dry skin during the winter months in the northern climate can be a problem for persons of any age. I have never heard the term "winterize" used before in relation to the skin but somehow it seems appropriate.

To control the scaling and flaking associated with dry skin there are a few things that you can do. Since the skin is greatly influenced by fluid intake, the environment and the application of moisturizers, you can concentrate on these aspects of skin care — and, hopefully see an improvement before spring.

During the winter months you should increase your fluid intake. Clear, plain, hot or cold tap water is the best.

Skin remains smoothest in an environment that has a humidity of over 4 percent. This can be maintained by having a humidifier installed onto your furnace, or by using free standing ones in the living and sleeping areas of your home.

Another way of keeping your home environment more humid is to set shallow pans of water out around your house. Leaving water in the bathtub also helps to keep the indoors moist.

Moisturizers should be applied to the entire body at least once a day — preferably at night following a warm bath using a non-perfumed bath oil such as Alpha Keri. Deodorant soaps can be particularly drying in the winter, so a mild one such as Dove or Ivory should be used.

Hands are very vulnerable to dryness and chapping during the winter. An excellent hand lotion is Lathyrin which is prepared by Westwood Pharmaceuticals. It is expensive, about \$10 for 170 ml, and is sometimes difficult to find. In some parts of the country's a prescription is needed, but it is worth a try as improvement is seen almost immediately.

Dear Jo:
My hands are very crippled with arthritis. I am quite able to take care of myself and my household although I have a problem gripping articles that are small in diameter such as pencils and the like. Any suggestions would be appreciated.

Mrs. A. Florida Reader
Dear Mrs. A.:
Maddak Inc. makes an item called an "arthwriter" which is a 3-inch diameter ball that enables people, such as you, who have hand disabilities to write, eat, and brush their teeth comfortably. The device is to be used inserted through the center of the ball where it is held in place with a thumbscrew. It can also serve as a built-up grip for operating joysticks on motorized wheelchairs, computers and video games. For more information you can write to Maddak Inc., Dept. GN, Pequannock, NJ 07440

I came across something written by the 18th century poet Goethe that pretty well describes my philosophy of life. It is called "Recipe for Contentment."

Health enough to make work a pleasure
Wealth enough to support your needs
Strength to battle with difficulties and overcome them
Grace enough to confess your sins and forsake them.
Patience enough to toll until some good is accomplished.
Charity enough to see some good in your neighbor.
Faith enough to make real the things of God.
Hope enough to remove all anxious fear concerning the future.

Charity is in eyes of beholder

SHE IS having trouble deciding which church to join. The pastor of one church knows her name. He stopped to speak to her in a grocery store. He asked about her work and her holiday plans. His sermons are average at best. He is indecisive as a leader.

The pastor of the other church is a very fine preacher. The education and music programs of the parish are excellent. The pastor does not know her name even though she has attended services frequently and has been introduced to him several times.

It's not an unusual dilemma. It happens frequently. Both the experience of not being able to find a church that includes all the qualities one wants, and

the necessity to choose between two less than satisfactory choices is a frequent event in life. It's just an unfortunate phenomenon.

THIS UNFORTUNATE kind of experience is being repeated during the holiday season for countless numbers when churches and other charity-minded institutions and clubs distribute foodstuffs and gifts to the unemployed, the under-employed, the impoverished et al. Some churches and groups are able to provide larger baskets than others and handle the whole procedure with a professional air.

Others may have less money to work with but make home visits, establish

relationships, buy foodstuffs suited to their needs, provide small gifts, share the joy of the season and the anguish of being unable to provide for oneself as the system expects.

Some people receive the gifts of charity with a graciousness that speaks tenderly of the human experience. Others find it embarrassing and humiliating to accept these gifts. Some simply refuse.

IT IS SAFE to assume that no one enjoys being the recipient of charity baskets during the holiday season. And the likelihood of charity baskets continues indeed. Some will be served from better-endowed programs and others

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will be served by those with less financial resources but who take an active interest in the well-being of those being served.

We are not yet prepared to offer people the opportunity to choose one way over the other. Some will be disappointed, others disillusioned and probably all of them quite uncomfortable with the whole process.

I don't have much advice to offer the young woman having to decide between the two churches in her new neighborhood, nor do I see much prospect for change in our annual practice of distributing foodstuffs in the holiday season.

We could, however, if we really tried, turn those "charity cases" into human beings with whom we choose to walk and share the blessings of this life. It's not much, but it could be the beginning of relationships far more satisfying.

Blues employees help needy seniors

Nearly 300 needy senior families in the metropolitan area will receive food baskets with a total value of \$22,500 gathered by Blue Cross and Blue Shield of Michigan (BCBSM) employees.

The food baskets are donated by the BCBSM Five Year Club. Each basket contains a chicken, ham or turkey; eggs; butter; fresh fruit; and canned and dry goods.

The Five Year Club is a philanthropic and social organization for BCBSM

employees that has been delivering food baskets to the needy for more than 20 years. All BCBSM employees are asked to donate food and money for the baskets.

The drive helps about 1,500 people throughout the metro area. Almost all are senior citizens who receive the baskets based on a careful screening of employee referrals.

On Tuesday the BCBSM Auditorium was transformed into a "supermarket"

where employee volunteers filled baskets based on the number of family members. The food in an average basket would cost about \$75.

Employees delivered the food baskets in their own cars and vans between Oct. 18, adding the perishable items to the baskets at the last moment.

Baskets will be delivered to the needy in 24 cities in five counties.

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PEACE ON EARTH
Illustration of a peaceful landscape with a church spire and a boat on the water.

FAITH LUTHERAN CHURCH
30000 Five Mile + Livonia
(West of Middlebelt) 421-7249
THE DAYS OF CHRISTMAS
Dec. 22 - 8:15 & 10:45 a.m.
Choral Service (Lessons & Carols)
CHRISTMAS EVE - 7:00 p.m. Carol Eucharist
11:00 p.m. Festival Eucharist
New Year's Eve - 7:30 p.m. Eucharist
Jan. 5 - 5:00 p.m. Twelfth Night Celebration
"With angelic hosts proclaim... CHRIST IS BORN!"

TIMOTHY LUTHERAN CHURCH
8820 Wayne Rd.
Livonia • 427-2290
Pastor Roland C. Troike
CHRISTMAS EVE
CANDLELIGHT SERVICES
7:30 & 11:00 p.m.

RICE MEMORIAL UNITED METHODIST CHURCH
28601 Beech Daly
(corner of 8 Mile Road)
CHRISTMAS EVE SERVICES - Dec. 24
7:00 P.M.
"WHY THE CHIMES RANG"
11:00 P.M.
"THE CHRISTMAS STORY"
Communion
COME JOIN US

NEWBURGH UNITED METHODIST
35500 Ann Arbor Trail + Livonia
CHRISTMAS EVE - Three Services
6:30 P.M.
Special Family Worship, Carols & Candlelighting, Nursery Provided
8:30 P.M. Worship Service, Carols & Candlelighting
11:00 P.M. Candlelight Worship Service with Carols & Holy Communion
SPECIAL MUSIC BY ALL CHOIRS, ORGAN & BELLS

GARDEN CITY FIRST UNITED METHODIST CHURCH
6443 Morrison
Invites you to
CHRISTMAS SUNDAY WORSHIP
Dec. 22 10:45 a.m.
CHRISTMAS EVE
7:30 p.m.
Family Candlelight Service - Music by the Chancel, Youth & Handbell Choirs
PASTOR - Dr. Robert Engwert

GRACE LUTHERAN CHURCH MISSOURI SYNOD
25630 Grand River at Beech Daly
532-2268 Redford Twp.
CHRISTMAS EVE SERVICES
7:00 p.m. Family Service
11:00 p.m. Candlelight Service
"OH COME LET US ADORE HIM"
Pastor Victor F. Halboth Jr.
Special Music
CHRISTMAS DAY - "THE GRACE OF CHRISTMAS"
Pastor Victor F. Halboth Jr. Special Choir Music

ST. CHRISTOPHER'S ST. PAUL'S EPISCOPAL CHURCH
20750 W. McNichols
Detroit • 535-5393
CHRISTMAS EVE
11:30 p.m.
Festival Choral Eucharist
CHRISTMAS DAY
10:30 a.m.
Holy Eucharist

Mariners' Church
A House of Prayer for all People
Using the Traditional Book of Common Prayer
CANTON - ANGLICAN - EPISCOPAL
EVE OF CHRISTMAS
Tuesday, December 24 7:30 & 11:00 p.m.
Duplicate Services: Festival Choral Eucharist
Canton, December 29 8:30 a.m. Holy Eucharist
11:00 a.m. The Festival of Lessons & Carols
11:00 a.m. Church School with Nursery
Free Parking - Aux. Garage with entrance at Jefferson and Woodward
The Rev. Richard W. Ingalls, Rector
Kenneth Sweetman, A.R.C.D., Organist and Choirmaster
170 E. Jefferson Avenue, Detroit 48226 - 259-2206

You are cordially invited to join us in celebrating the Birth of Jesus Christ on Christmas Eve, December 24th at the 7:00 or 11:00 p.m. Candlelight Service
St. Timothy Presbyterian Church
16700 Newburgh Road
Livonia, Michigan Holy Communion at 11:00 p.m. (Special of Holy Eucharist)

AUGSBURG LUTHERAN CHURCH
24801 W. Chicago
(8 blocks W. of Telegraph)
Redford
James E. West, Pastor
CHRISTMAS EVE SERVICES
7:30 & 11:00 p.m.
with Candlelight and Holy Communion

GENEVA PRESBYTERIAN CHURCH (U.S.A.)
5835 Sheldon Rd.
Canton 459-0013
CHRISTMAS EVE
6:30 P.M.
Family Service
Candlelight Services
8:30 P.M.
Lessons, Carols & Communion

FELLOWSHIP BAPTIST CHURCH
(affiliated with the Baptist General Conference)
cordially invites you to
CHRISTMAS EVE WORSHIP
Tuesday, December 24, 7:30 p.m.
In the historical Plymouth Grange
273 Union, Plymouth
Rev. Peter A. Foreman, pastor (456-1608)
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