

gerontology

A. Jolayne Farrell

Caregivers are elderly women

Dear Jo:
There is a great deal of discussion about the frail elderly these days. Who are the frail elderly, and who cares for them?

Mrs. T., Eastern Reader

Dear Mrs. T.:
The term "frail elderly" refers primarily to older people who are disabled and unable to look after themselves. The majority live in the community.

Who their caregivers was the subject of a report entitled "Caregivers of the Frail Elderly: A National Profile," based on the data from a national long-term care survey.

The major finding: More than one-third of the caregivers are over age 65 themselves. Along with being considered in the "older" category, the caregivers rated their own health as fair to poor and have incomes in the poor to near-poor range.

Other findings: The majority of caregivers are female; almost three-quarters of them live with the care recipient; and 80 percent provide care seven days a week.

As you can see, Mrs. T., the job of the caregiver is a difficult one.

Dear Jo:
My mother suffered a stroke last year, and since that time she has

been in a nursing home.
My reason for writing is to ask you why the staff at the nursing home insist that mother be placed in a chair and put through an exercise routine twice a day.

My mother wants to stay in bed where she is comfortable. I don't know why the staff go to all this trouble — as I doubt if she will ever walk again. Your comments, please.

Miss K., Detroit,

Dear Miss K.:

Even though it is doubtful that your mother ever will walk again, an exercise (rehabilitation) program is essential for her general well-being.

Post-stroke and other bedridden patients benefit in many ways from rehabilitation. Their joints remain flexible; pressure sores are prevented; muscle strength is maintained; the circulatory system is stimulated; and their mental outlook is improved.

To improve your mother's health even further, you can encourage her to take an active part in her exercise program.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 1J3 (NEW ADDRESS).

Studio In Harvard Row Mall

The BLIND SPOT

50%-70% OFF
Mfg. Sug. Ret. Price
ALL NAME BRANDS
• Vertical Blinds
• Levator Blinds
• Pleated Shades
• Wood Blinds

21728 W. Eleven Mile Rd.
Harvard Row Mall
Southfield, MI 48076

Free Professional Measure at
No Obligation
Free In Home Design Consulting
FREE INSTALLATION

SPECIAL OFFER
For a limited time
receive a FREE
matching valance with
a purchase of two or
more vertical blinds.
Previous orders do
not apply.

Offer expires June 14
Mon.-Sat. 10-5 • Thurs. 'til 8
352-8622

Looking for a Summer adventure?



Join Klubmates™

Kinder-Care's exclusive year-round program for children ages 6-12.

- Exciting Field Trips
- Creative Arts
- Exploring The Outdoors
- Challenging Crafts
- Spectacular Sports
- Wet And Wild Water Fun

Along with the Klubmates program school-agers will receive the following membership privileges:

- Klubmates Membership Card
- Klubmates Achievement Book
- Klubmates Badges
- Klubmates T-Shirt

Contact your neighborhood Kinder-Care today for a center visit and your FREE copy of our KLUBMATES® SUMMER CALENDAR.

5135 Coolidge Rd.
Troy, MI 48068
641-8480

37373 Dequindre
Troy, MI 48064
528-9111

25354 Evergreen rd.
Southfield, MI 48075
357-3390

226 Meadowfield Drive
Rochester, MI 48063
651-7171

28190 Farmington Rd.
Farmington, MI 48018
553-7350

20675 Silver Springs Dr.
Northville, MI 48167
348-1589

29721 W. 8 Mile Rd.
Livonia, MI 48152
421-0830

37703 Joy Rd.
Westland, MI 48185
455-1950

45600 Joy Rd.
Plymouth, MI 48170
455-2560

KinderCare

Quality care for children infancy through 12 years.

A.L. PRICE

ALWAYS LOW PRICES Everyday on Everything

• ALLEN PARK—15421 Southfield Rd
PHONE: 381-6002
• DEARBORN—22250 Michigan
PHONE: 565-4550
• EAST DETROIT—24931 Kelly
PHONE: 771-6310
• GROSSE POINTE—Mack at Moross
PHONE: 881-8210
• LANSING—Delta Center
PHONE: 323-0940
• SOUTHFIELD—The Corners
PHONE: 258-6066
• WARREN—31036 Van Dyke
PHONE: 978-1087
• WESTLAND—Westland Crossing
PHONE: 522-0033



**ALCON
Pre-Flex
DAILY
CLEANING
SOLUTION**
45 ml
\$257



**ALCON
Opti-Pure
STERILE
SALINE
SOLUTION**
8 oz.
\$259



**ALCON
OPTI-CLEAN II
DAILY
CLEANER**
12 ml
\$268



**ALCON
OPTI-TEARS
COMFORT
DROPS**
15 ml
\$318



**ALCON
Flex-Care
RINSING &
STORAGE
SOLUTION**
12 oz.
\$333



**ALCON
BOIL 'n
SOAK
SALINE
SOLUTION**
2 oz.
\$349



**ALCON
Adapettes
LUBRICATING
& REWETTING
SOLUTION**
15 ml
\$349



**ALCON
TEARS
Naturale II
ARTIFICIAL
TEARS**
15 ml
\$429

Nabisco Treats



**ALMOST HOME
COOKIES**
ALL KINDS
\$117



CHIPS AHOY!
• REGULAR
• CHEWY
• STRIPED
YOUR CHOICE
\$159



**PREMIUM
SALTINES**
ALL KINDS
97¢



**OREO or OREO
DOUBLE STUF**
20 oz.
\$198



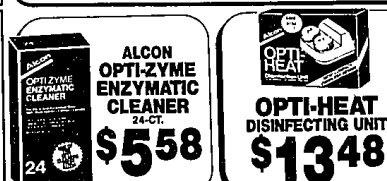
**CLAIROL
CLAIRESSE**
NO AMMONIA
\$341



**A TOUCH
OF SUN**
Gentle Hair Lightener
By Clairol®
Just Spray-On and Go!
EACH ONLY
\$188



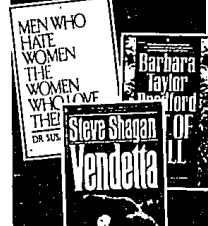
**Miss Clairol
HAIR COLOR**
CREME FORMULA
\$223
SHAMPOO FORMULA
\$336



**ALCON
OPTI-ZYME
ENZYMATIC
CLEANER**
24 CT.
\$558



**OPTI-HEAT
DISINFECTING UNIT**
\$1348



**BIG SELECTION
BANTAM BOOKS
20% Off
EVERYDAY**



**SHEER ENERGY
Summer Lights**
\$273
Queen & Control Top
\$288



**Summer L'eggs
REGULAR**
\$134
CONTROL TOP
\$166



**Cetaphil
LOTION
SKIN
CLEANSER**
16 oz.
\$449



**Nutraderm
DRY SKIN
LOTION**
16 oz.
\$449

A.L. PRICE

ALWAYS LOW PRICES Everyday on Everything

**MICATIN
ANTIFUNGAL CREAM**
1/2 oz.
\$306

