

# Seniors can travel on budget

Dear Jo:

We are planning to tour United States and Canada this year. We always said we would do this when we retired, and now the time has come. Even though this may be difficult with limited funds, I would appreciate any suggestions you can give us so we will get the most out of our travels. Thank you.

Mrs. A.E. Western Reader

Dear Mrs. E.:  
The best suggestion I can give you to get the most out of your travels is published. "The Senior Citizen's Guide to Budget Travel in the United States and Canada," by Paige Palmer.

It points ways for senior citizens to obtain discounts on everything from transportation to accommodations and meals. It is literally full of hundreds of useful facts and travel tips.

Travel in the U.S. and Canada of-

## gerontology

A. Jolayne Farrell

fers great values for the informed senior. The guide lists names, addresses and phone numbers of motel and hotel chains that have discount plans for seniors. The guide includes a catalogue of tourism bureaus in all 50 states and 10 provinces and where to get free information about the outstanding attractions in each area.

Attention is also given to the matter of staying healthy and fit while travelling and offers valuable information regarding important insurance needs.

The guide is only available from

the publisher. For your copy, send \$4.95 U.S. to Pilot books, 103 Cooper Street, Babylon, New York 11702.

Have a wonderful year. I wish you all the best.

Dear Jo:

Is TB common in older persons? I am a nurse in a nursing home, and within the last year there have been three elderly patients diagnosed with this disease.

Dear Ms. C.:

Despite a decline in the overall incidence of tuberculosis (TB), a striking increase in the incidence of the

disease in the elderly has recently been noted. Also, the case rate is four times higher for people living in nursing homes than it is for those who live in the community.

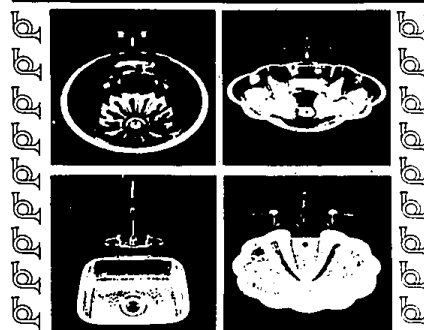
Residents of nursing homes are more at risk from TB because many have had the disease earlier in their lives. Others have age-related alterations in their immunity in association with other illnesses, and they have experienced serious stresses (e.g., loss of spouse and loss of home).

For more detailed information you may want to read the article "Tuberculosis in the Elderly: The Gray Plague," by Lorie Madsen, BSN, and Michael Iseman, MD, in the November 1987 issue of Geriatric Medicine Today.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L3M 1J4.

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## You can reduce great heat stress

Heat stress can cause many medical problems. But proper precautions can make you more comfortable, prevent illness and even save your life, according to Edgar L. Doss, Metro Region manager for Consumers Power Co.

"Heat stress is the burden that hot weather places on your body, especially your heart," Doss said. Most victims of high temperatures and humidity are the elderly, he said.

When it's extremely hot, Doss suggests you spend as much time in cooler surroundings, such as a cool room in your home, an air-conditioned shopping mall, senior center, public library or movie theater.

AT HOME, these tips will give you relief from the heat:

- Use fans to create air movement and remove body heat.
- Take cool baths or showers.
- Wear clothing that is lightweight, light-colored and loose-fitting.
- Wear a hat or use an umbrella outdoors to shade your head and

neck.

- Drink fluids often and in reasonable amounts, even if you're not thirsty.

- Slow down and take it easy; physical activity produces body heat.

- Avoid hot foods and heavy meals.

- Monitor your salt intake. Don't take "salt tablets" without your doctor's permission.

- Avoid alcohol. It can put a strain on your heart and interfere with your body's fight against heat stress.

DOSS SAID it's important to check with your doctor or seek other medical help if you experience some of these early warning signs of heat illness.

These are: dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems, vomiting and cramps.

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