

# Guidebooks can answer nursing home questions

Q. My father is going to have to go to a nursing home. Are there any books that can tell us how to handle the move and what to expect?

A. There are many fine publications concerned with nursing home placement that address the questions and concerns of the potential resident and their families. I am particularly interested in a book entitled "Choosing a Nursing Home, A Guidebook for Families." Published by the University of Washington Press and edited by six health care professionals, the book covers a wide range of topics concerning potential nursing home residents and their families, including financial considerations. Acknowledging the need for nursing home care is discussed as is caring for a relative at home. The book explores common feelings such as sadness, anger, helplessness, resentment, and guilt. It talks about losses suffered by the older adult. There is a chapter on helping the elderly person ease into their new situation, how to leave their home, what to take to their new residence, legal arrangements, a checklist of what has to be done prior to admissions, and what information to give the nursing home staff. The book discusses how to help the older adult adjust to their new home and the adjustments the families must also make. This includes rebuilding of your own interests and taking care of yourself. Making visiting enjoyable and easier and the special problems of communication with the nursing home resident are covered. There is a section devoted to how to work with the nursing home, understanding nursing home constraints, dealing with difficult issues, who and what support services are, joint care planning and volunteer participation.

There are questions to ask yourself about your relative who is living alone and questions about caring for your relative in your own home. The questions are concerned with safety, nutrition, hygiene, medical and social needs, family constraints, and the caregiver's time and energies. There is a list of additional suggested readings. The book, a paperback priced at \$8.95, should be available on the shelves or by order from your local bookstore. Also check with your local library.

Q. Where can I get information concerning senior services in the Plymouth area?

A. The Information Center Inc., located in Southgate, can provide information for and about older adults in Plymouth, Canton, Redford, Livonia and Garden City. This is a referral agency that can assist people 60 years or older to find the services they need. The Information Center can inform seniors where to obtain help with health care, emergency assistance, in-home help, sliding scale legal services, nutritional services, tax assistance and care management. The Center can also provide lists of available senior housing. Administered through The Senior Alliance (Area Agency on Aging 1-C) through the Older Americans Act, the service is available at no cost. For information on older adult services in Western Wayne County call the Information Center, Inc. at 422-1052, Monday-Friday, 9-5, or

visit the office, located at 15100 Northline Road, Suite 159, Southgate. The office is open Monday-Friday, 9-5.

Q. Is the Health Department giving flu shots again?

A. The Oakland County and the Oakland County Health Departments offer flu shots for older adults 65 years of age or older. The shots can be taken at many local senior centers or at the Health Department offices. There is a \$2 charge for those able to pay. For information call your local senior center or the Wayne County Health Department, 467-3300, 8 a.m. to 4:30 p.m. weekdays or the Oakland County Health Department, 424-7000, 8:30 a.m. to 5 p.m. weekdays.

## consumer mailbag

Some significant legislation promoting all aspects of recycling has been passed in Lansing over the past months. The following update is from The Water Impacts Newsletter.

A package of measures has been signed into law to promote recycling in the state. Three of the new laws, P.A. 411-413, increase state government recycling efforts and promote purchasing of recycled products. Specifically, they require that 15 percent of state paper purchases be recycled paper; 20 percent of the product purchases will be recycled materials by 1991; and that current office paper recovery materials be expanded.

P.A. 414 requires that all plastic containers be labeled to identify their resin type to ease plastic recycling.

Another new law establishes a Recycling Target Enterprise Advisory Committee within the Department of Natural Resources. Its purpose will be to promote new jobs related to recycling industries and to study ways to make plastic recycling more efficient.

SB 952 clarifies and reiterates previous requirements that all counties must consider recycling in their solid waste plans. The last bill (SB 953) authorizes the DNR to establish a pilot program for collecting used motor oil at state facilities for recycling purposes.

In addition, the governor issued an executive order that requires all state agencies to undertake one project to demonstrate the usefulness of recycled products. This executive order also calls for the DNR to create a "recycling state park" where facilities and equipment will be primarily made from recycled products. Provisions were also made to encourage all state

departments to reduce and recycle the waste that they generate.

Other environmental legislation: Public Act 316-317 establish a revolving loan fund that allows the state to funnel federal dollars to local governments for water pollution control projects. If Michigan participates in the program fully, Michigan will receive nearly \$305 million dollars in federal assistance over the next six years. The federal financial aid must be matched by a 20 percent state share.

Final legislative approval was given to HB 4674 to amend the state's Pesticide Control Act of 1976. The new law increases penalties for pesticide misuse, specifies criteria for designating pesticides, outlines the reasons for which pesticide registration can be canceled and creates new categories of certified pesticide applicators.

**UGLY KITCHEN CABINETS?**  
DON'T REPLACE... 'REFACE'  
MODERN & EUROPEAN STYLES

FORMICA Solid Colors and Woodgrain  
SOLID WOODS Oak, Cherry and Birch

SERVING WAYNE, OAKLAND & MACOMB  
• FACTORY SHOWROOM  
• FREE ESTIMATES

1642 E. 11 Mile Rd., Madison Hgls. Suite 1965  
1 Block W. of Dequindre Daily 9-5, Sun. 10-4

Cabinet Clad... 541-5252

**Holiday Kick-Off Sale!**

**33% OFF**  
ALL FALL AND CHRISTMAS PICKS  
Broom, polka-dot, scarecrows, etc. Reg. 25¢-2.49

**4.88**  
24" POLY WREATH  
Life-like green wreath. Reg. 9.99

**1.00 OFF**  
ALL INSTRUCTION BOOKS OVER \$2  
Over 500 titles. Reg. 2.00-19.99

**33% OFF**  
ALL UNFINISHED WOOD

**30%-50% OFF**  
SELECTED CHRISTMAS STITCHERY KITS  
Cross-stitch, needlepoint, crewel, latch hook, felt, plastic, canvas. Reg. 1.39-49.99

**8¢**  
BULK PINE CONES

**33% OFF**  
ALL PHOTO FRAMES  
Reg. 1.29-49.99  
ALL PRES-O-N' BOARD  
Reg. .99-6.99  
ALL CROCHET THREADS  
Reg. .79-7.49  
ALL PRINTS & POSTERS  
Reg. .99-45.00  
STYROFOAM® BALLS  
Reg. 49¢-3.99

**50% OFF**  
ALL HALLOWEEN ITEMS

**Leeward's**  
WARREN 773-8500 13 Mile Rd. & Schoenherr  
TAYLOR 948-9210 15100 Telegraph Rd.  
NOVI TOWN CENTER 347-1940 SE corner of I-96 & Novi Rd.  
EAST LANSING 351-8710 2751 E. Grand River  
HOURS: Monday-Saturday 9:30-9:00; Sunday 11:00-5:00

## Are You Concerned That Your Child Is Too Small For His Or Her Age?

If so, register your child for a free growth assessment  
Saturday, November 4,  
1989, 9:00 a.m. to 3:00 p.m.  
36300 Van Dyke  
Sterling Heights, MI 48077

to register, or for more information, call 228-2769

Sponsored by

**AA** Children's Hospital of Michigan  
**DMD** DODD MEMORIAL

## 'Lighthouse Thanksgiving'

The Lighthouse Thanksgiving Food Drive will again be conducted by All Saints Episcopal Church in Pontiac to help area people who might not otherwise enjoy a traditional holiday meal with their families.

Last year Lighthouse provided meals for an estimated 5,000 persons, mainly the unemployed, welfare recipients and those on Social Security or disability.

Lighthouse expects to help even more residents this year. It will begin accepting food donations at the church, 171 W. Pike in Pontiac, or at the Lighthouse office, 109 Williams Street, from 9 a.m. to 3 p.m. on Nov. 13.

Donations are requested as early as possible, but no later than Nov. 18 so food can be delivered. Donations of food, money or time are requested.

Individuals or businesses interested in more details can call Lighthouse at 335-2462.

Breast self-examination - LEARN. Call us.

AMERICAN CANCER SOCIETY

NOT TO WORRY, MAKE THIS YEAR APT. GIVING!

Dolls to Love  
Baby & Toddler Dolls  
Doll Clothes & Trunks  
Doppies & Strollers  
Beds & Cradles

Michigan's Best Selection of Beautiful Dolls for Kids & Collectors

Funbee  
The Doll Hospital & Toy Soldier Shop  
3947 W. 12 Mile Rd.  
M-16 10-5, Fri. 10-7 543-3115

**JOHN C. HENDRY OFFERS TWO ELEGANT ALTERNATIVES**

**Independent Living Plymouth Towne**  
APARTMENTS  
Enjoy the freedom and security of your own home without the hassles of homemaking. Your lease includes these no charge extras:  
• Daily dining service  
• Weekly housekeeping  
• Personal laundry  
• Bus service for shopping and much more  
Call for more information or a FREE TOUR.

**Assisted Living Plymouth Inn**  
If someone you love is growing older and needs just a bit more support than he or she can get in their current living situation, Plymouth Inn offers:  
• Permanent care  
• Temporary care (for vacations)  
• Tranquil, landscaped grounds  
• Three delicious meals served daily  
• Extensive, varied social and recreational program

**Plymouth Towne**  
205 Haggerty Road  
Plymouth, MI 48170  
451-0700

**Plymouth Inn**  
The Gracious Alternative  
107 Haggerty Road  
Plymouth, MI 48170  
459-3890