

Shingles affects adults over 50

Dear Joe:
Please discuss shingles in your column. Since it is a common ailment among us seniors, I would like to know more about this annoying and painful condition.

Mrs. K. K.
Michigan Reader

Dear Mrs. K.:

The medical name for shingles is herpes zoster. It is caused by the varicella-zoster virus, which also causes chicken pox. It affects mainly adults past age 50 and is characterized by the development of red, painful, blister-type lesions that follow the underlying route of cranial or spinal nerves inflamed by the virus.

The pain, which can be constant or intermittent, superficial or deep, is the older person's major complaint. It often mimics other disorders such as appendicitis or pleurisy. Some of the early symptoms may include

nausea, vomiting, diarrhea, fever and headache.

Those who experience the symptoms of shingles should seek medical care. Although the treatment is usually focused on relieving the pain from the rash, close medical supervision is important as complications can develop.

Other persons who have had chicken pox earlier in their lives cannot "catch" shingles from someone else. Infection usually results when the virus, which has been dormant for years, re-emerges to cause shingles. This can occur as a result of many factors such as a reaction to some medication or stress.

gerontology

A. Jolayne Farrell

On the other hand, older persons who have never had chicken pox can develop the illness if they are exposed to someone with shingles.

Dear Joe:

I would like to add a few suggestions to your column on older persons and pickpockets. I agree, the lifting of a wallet from a man's hip-pocket is child's play. The hip-pocket wearer often cooperates even further by slumping down in a soft chair or car seat, thus easing the wallet up part-way out of the pocket.

When the wallet is carried in the left side pants pocket, the chances for lifting it are minimal, as a great

deal more skill is required.

I disagree with your suggestion of carrying the wallet in the inside jacket pocket. Once aboard a bus, plane, etc., off comes the jacket and the wallet with it. The wallet is quite safe in the left-hand pants pocket because no matter how warm it is, a man can't take off his pants!

Lastly, I have often observed travelers in crowded waiting areas (airports, etc.) disclose the location of their valuables by grabbing their wallet pockets or carry-on baggage when security announcements are made. I think it would be better if this type of warning were printed on a small card and handed to the traveler along with his or her ticket.

Mr. J. W.
Victoria Resident

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

Public input sought on older learning

A regional forum to explore learning opportunities for older adults is set for Thursday, Feb. 22, at Madonna College.

Participants will be senior citizens and representatives from community education, senior service programs and education. Also invited to attend are those from organizations interested in providing information and education for living to older learners such as churches, hospitals, unions, corporations, citizen groups and recreation programs.

"We are joining with the Michigan Department of Education, the Area Agencies on Aging Association of Michigan and the Michigan Older Learner Coordinating Committee to invite everyone who is interested in expanding opportunities for older learners," said Olivia P. Maynard, director of the Michigan Office of Services to the Aging. Maynard said the forum will provide an opportunity to get all of the players together to talk about the issues and make recommendations.

The forum, open to the public, will be held from 10 a.m. to 3 p.m. in the Kresge Auditorium at Madonna, 1-96 and Levan in Livonia. A \$10 registration fee includes parking, coffee and lunch. Pre-registration is required for meal reservations. Cost is \$6 without lunch.

Participants will have an opportunity to make older learner program and policy recommendations for consideration at the Michigan Older Learner Summit set for April 18 in Lansing.

In addition, Summit delegates will be nominated at the Madonna Forum. Program and service award nominations also will be considered.

Findings from the Madonna session as well as from other regional older learner forums, will be made available to policymakers in the public, for-profit and non-profit areas.

Planners for the Southeast Michigan Older Learner Forum include Elissa Breen of Garden City, Marie Carappa of Wayne, Theresa Mansour of Southfield, Barbara Elchorn of Pontiac, Marjorie Frazer of Inkster, Carol Harrison of Detroit, Esther Howell of Grosse Pointe, Aline Irvine of Port Huron and Helen Leonard of Grosse Pointe Park.

Also serving as James Mosely of Grosse Pointe Farms, Dom Nair of Ann Arbor, Genevieve Rakocy of Detroit, Mariam Sandweiss of Oak Park, Michael Simowski of Detroit, Cheryl Stepanian of Gibraltier, Robert Sweeney of Brighton, Dennis Topp of Warren and Alberta Wilburn of Detroit.

Nominate outstanding nurse by Feb. 15

Do you know an outstanding nurse worthy of recognition?

If so, you have until next Thursday, Feb. 15, to nominate him or her for the second annual Nightingale Awards presented by the Oakland University School of Nursing.

The school is looking for outstanding nurses who have made contribu-

tions in four separate categories: Direct patient care, patient education, administration of nursing care services and research utilization.

Winners in each category will receive \$1,000 in cash and a commemorative crystal award.

The awards, named after Florence Nightingale, the 19th Century nurse

considered to be the founder of modern nursing, will be presented at a formal dinner at the Sheraton-Gastolun Pavilion at OU on April 24.

To be eligible for the Nightingale Award, nominees must be residents and/or currently employed in Michigan and hold a current nursing license. They do not have to be graduates of a Michigan nursing school.

Any person can nominate a nurse for the Nightingale Award. However, a nominating form is required. It

can be obtained by calling the OU school of nursing at 370-4081.

Nominations should be submitted to the OU School of Nursing, 428 O'Dowd Hall, Rochester, MI 48309-4401.

Last year's winners were Elizabeth Cummings, Birmingham, for the direct patient care; Pamela Wells, Rochester, for patient education; Mary Louise Dvoras, Birmingham, for administration of nursing care services and Ann Wall, Pinckney, for research utilization.

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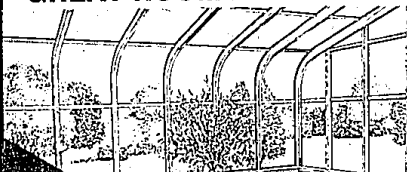
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