

# New area resident wants to do volunteer work



RENEE MAHLER

**Q.** My husband and I have just moved to the Rochester/Troy area from Canada. I seriously want to become involved with any type of volunteer work to help senior citizens. My problem seems to be in knowing where to go to offer my services. I am hoping that you will give some thought to my dilemma and offer some advice as to where and to whom I might approach in order to volunteer. I would prefer the Rochester/Troy area. My availability is unlimited and I would very much like to become involved with the community as soon as possible. I also drive and have a car.

**A.** There are many organizations in your area that will be very happy to discuss volunteer opportunities with you. Without the help of a volunteer corps, many programs and service could not exist.

There are several long-term care or nursing home facilities in the Rochester and Troy areas.

You can reach Peachwood Inn at 852-7900 or Mercy Bellebrooke at 856-3299. The Older Persons Commission, in Rochester, is a senior center. Its telephone number is 656-1403. There is also the Troy Senior Center, which can be reached at 624-3484. Please call Monday through Friday during normal business hours.

Nursing homes and senior centers offer a variety of volunteer opportunities from friendly visiting to meal delivery. I am certain they will be happy to have you work in those areas that are of interest to you. I know they will also be happy to work within your time availability schedule as well. Welcome to the community. Your interest and future involvement are most welcomed. Certainly your volunteer work will do much to benefit older adults and you will enjoy the satisfaction of being able to help those who need dedicated individuals such as yourself.

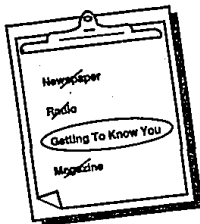
**Q.** My husband and I are in our 70s. We are concerned about costs should either of us become ill. A friend has told us that it pays to belong to a health maintenance organization (HMO). We need some information as to whether or not this is a good choice for us.

**A.** Enrolling in a HMO can help to minimize the cost for doctor's

services or hospital care if the HMO will accept Medicare benefits. If it does, then the HMO will provide a wide variety of prepaid health services for you. These services are without large co-insurance charges or deductibles. Some of the HMOs also include some non-Medicare-covered services such as dental care and prescription drugs.

The American Association of Retired Persons offers several excellent free pamphlets that should help you make your decision.

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free publications.

Renee Mahler is a gerontologist and the director of communications and admission at a Rochester Hills nursing facility. She is a former member of the Michigan State Commission on Services to

the Aging.

To leave a message for Mahler, from a touch-tone phone, call 953-2047, Ext. 1869. Send your questions to her at the Observer & Eclectic, 805 E. Maple, Birmingham 48009.

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## Seniors hotlines to phone

Here's a list of toll-free numbers that may be of help and interest to older adults and their families. These toll-free hotlines may be able to assist the callers in finding the information they require.

- Social Security Assistance  
1-800-772-1213
- Hospice  
1-800-331-1620
- Energy Assistance  
1-800-292-5650
- Cancer Information Center  
1-800-422-6237
- Arthritis Foundation  
1-800-283-7800
- Taxpayers Information (Federal)  
1-800-829-1040
- Taxpayers Assistance (State)  
1-800-487-7000
- American Council for the Blind  
1-800-424-8666
- American Diabetes Association  
1-800-232-3472
- American Paralysis Association  
1-800-225-0292
- American Parkinson's Disease Association  
1-800-223-2732
- Auto Repair Complaints  
1-800-292-4204
- Alzheimer's & Related Disorders Center  
1-800-272-3900
- Citizens for Better Care  
1-800-292-7852

## FASHION CALENDAR

FRIDAY, JAN. 8

### Fashion Focus

DKNY Fashion Focus Day with special representative at DKNY Boutique, second floor, at Saks Fifth Avenue at the Somerset Collection in Troy.

WEDNESDAY, JAN. 13

### Trunk show

Ferre trunk show 11 a.m. to 3 p.m., with informal modeling, through Thursday, Jan. 14, in Couture, Level Three, at Neiman Marcus at the Somerset Collection in Troy.

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