

Helpful agencies: toll-free numbers

A number of agencies and government departments offer free information or advice on a wide variety of subjects of interest and service to older adults and their families. Following is a list of toll-free numbers. Operators will be happy to answer your questions or direct you to other proper information sources.

AT&T Special Needs Center 800-233-1222
Alzheimer's & Related Disorders Center 800-621-0379
American Cancer Society 800-ACS-2345
American Council for the Blind 800-424-5066
American Diabetes Association 800-232-4372
American Parkinson's Disease Association 800-223-2732
Arthritis Foundation 800-283-7800
Auto Repairs Complaints 800-292-4204

Cancer Information Center 800-422-6237
Center for Independent Living 800-482-0222
Energy Assistance 800-292-5650
Hospice 800-331-1820
Housing Discrimination, HUD 800-424-8590
Lawyer Referral 800-968-0738
Legal Hotline for Seniors 800-547-LAWS
Medicaid Information (Social

Services) 800-638-6414
Medicare Appeals 800-365-5899
Medicare Inquiry (Part B) 800-482-4045
Medicare Inquiry/Part A (Hospital) 800-872-2666
Michigan Bell Special Needs Center 800-482-8264
Nursing Home/Long Term Care 800-292-7862
Physically Impaired Association of Michigan 800-377-7426

Prescription Drug Credit (form) 800-367-6263
Social Security 800-772-1213
Taxpayers Assistance (State) 800-487-7000
Taxpayers Information (Federal) 800-829-1040
Utilities (Public Service Commission) 800-292-9555
Veterans Information and Assistance 800-482-0740

Class for mothers-to-be concentrates on exercise

Mothers-to-be can stay in shape by joining Crittenton Hospital's Fit for Two, Baby and You non-aerobic exercise program. The program sponsored by the Rochester hospital's Physical Medicine department is taught by a licensed physical therapist and physical therapy assistant. It provides safe and effective exercises for strengthening abdominal, back and pelvic muscles, as well

as general toning exercises. The six-week program begins Monday, Nov. 8, and will be held twice a week, 6:30-8 p.m. Mondays and Wednesdays. Cost is \$60. The class is open to women in any stage of their pregnancy.

For more information or to register, contact Crittenton's Community Health Education department at 652-5269.

This is an average of prices based on an independent survey of Metro Detroit area Lincoln-Mercury Dealers on October 12 through 13, 1993. Some prices higher, some lower. Tax and title extra. See your Metro Detroit area Lincoln-Mercury Dealer for his price and details. '93 Villager GS with PEP 692A MSRP \$20,304 and '94 Sable GS with PEP 451A MSRP \$19,365 includes title, taxes, license fee. Lease payment based on 33.33% of MSRP for Villager and \$4,897 of MSRP for Sable for 24-month closed-end Ford Credit Rent Carpay lease purchased in the Great Lakes Region for the period of 9/31/93-9/30/94. Some prices higher, some lower. See dealer for particulars. Lessee may have the option to buy vehicle at lease end at a price negotiated with dealer at signing. Lessee responsible for excess wear/tear and mileage over 30,000 at \$1.10/mile. Credit approval/insurance determined by Ford Credit. Total amount of monthly payments is \$7,176 for Villager and \$5,976 for Sable. For special low-term take-over retail delivery from dealer stock by 1/10/94. *Excludes title and taxes. *Always wear your safety belt.

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ANN ARBOR
Apollo
 2100 W. Stadium Blvd.
 668-6100
DEARBORN
Krug
 21531 Michigan Ave.
 274-8500
DETROIT
Bob Maxey
 16501 Main Ave. at Cabot
 855-4000
DETROIT
Park Motor
 18100 Woodward Ave.
 869-3300
FARMINGTON
Bob Dusseau
 31625 Grand River Ave.
 474-3170
GARDEN CITY
Stu Evans
 300 Ford Rd.
 922-4300
PLYMOUTH
Hines Park
 40601 Ann Arbor Rd. (at I-75)
 425-2444
ROCHESTER HILLS
Crissman
 1185 South Rochester Rd.
 632-4200
ROSELAND
Arnold
 29000 Grand at 12 Mile Rd.
 445-8000
ROYAL OAK
Diamond
 221 N. Main St. (at I-75)
 541-8300
SOUTHFIELD
Star
 24350 W. 12 Mile Rd.
 354-4900
SOUTHGATE
Stu Evans
 16800 Ford St. at Pennsylvania
 282-8000
STERLING HEIGHTS
Crest
 36200 Van Orde at 161st Ave.
 839-6000
TROY
Bob Borst
 1500 W. Maple
 643-8600
WATERFORD
Mel Farr
 4178 Highland Rd.
 663-8500
YPSILANTI
Sesi
 950 E. Michigan
 545-9112

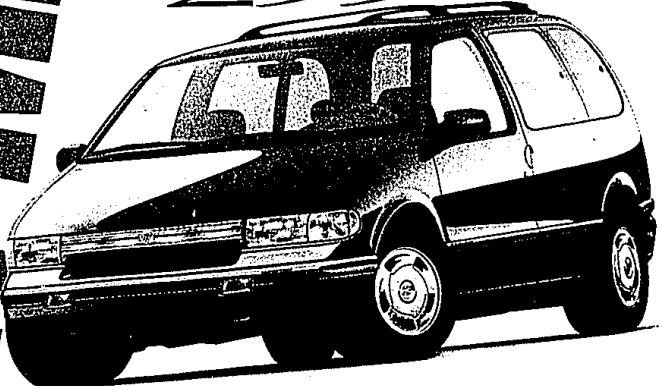
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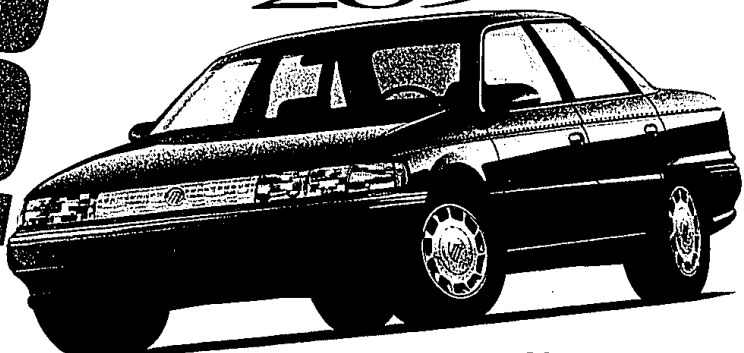
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\$269 PER MONTH, 24 MONTHS



'94 MERCURY SABLE GS
 STANDARD FEATURES: 2.0-liter V-6 engine • 5-speed manual transmission • electronic fuel injection • speed-sensing suspension • variable assist power steering • driver and front passenger-side air bags • supplemental restraint system • power windows/locks • electric rear window defroster • 16-way power driver's seat • electronic AM/FM stereo cassette radio • 17-speaker equipment package 451A • fingertip speed control • power lock, trunk • 16-way power driver's seat • aluminum wheels • electronic AM/FM stereo cassette radio



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