

Clever memory scheme wins Hills man national contest



Ronald Pode of Farmington Hills is one of four national winners of the CardiSense Compliance contest for the ingenious method he devised to remember to take his blood pressure medication each day.

In an effort to educate people about the importance of prescription drug compliance, CardiSense sponsored a nationwide contest asking people to submit the clever ways they remember to take their drugs to control hypertension.

Four grand prizes of \$10,000 each were awarded to people for the most creative entries.

For Pode, a retired educator with hypertension, remembering to take his daily blood pressure medications hits him like an oncoming train, right on schedule each day. Pode rigged a miniature model railroad crossing warning signal to an auto-

matic electric timer.

Medication time can't be missed with its ringing bells, flashing red signal lights and the sound of an approaching locomotive.

Prescription drug compliance, following your doctor's instructions to take your medicine, is a serious issue to the nation's health care professionals. A study on compliance published in the Archives of Internal Medicine noted that "poor medication compliance poses a significant impediment to the effective treatment of a wide variety of illnesses."

High blood pressure is one of America's most common health problems. In fact, the American Heart Association estimates that 50 million Americans suffer from high blood pressure. High blood pressure can lead to heart disease, heart attack or stroke. In

most cases, high blood pressure can be treated, often with medication. However, because high blood pressure has no symptoms, remembering to take your medication every day is crucial.

The elderly are especially prone to misuse their medications. Senior citizens typically take several medications daily (as many as three to four different medications per day), and cognitive and physical impairments can make compliance even more difficult.

People use all kinds of methods to remember to take their medications.

"Probably the single most important action that health care providers can take to improve compliance is to select medications that permit the lowest daily prescribed dose frequency," said Dr. Seth Eisen, author of Archives of Internal

Medicine compliance study.

Patients who have a problem with compliance with blood pressure medication or any other prescription drug should check with their physician or pharmacist as it may be possible to switch to a once a day version of the medication.

CardiSense is a quarterly health newsletter published by Hoechst Marion Roussel, a world leader in pharmaceutical based health care, is dedicated to extending and enhancing human life through the discovery, development, manufacture and sale of pharmaceutical products. Hoechst Marion Roussel, with global headquarters in Frankfurt, Germany, and North American headquarters in Kansas City, Missouri, is a member of the Hoechst Group.

Scholarship established

A gift of \$150,000 from the Ben N. Teitel Charitable Trust in Detroit is being used to establish a new scholarship fund for Michigan students in the social work program at the Jewish Theological Seminary in New York.

The Sylvia and Julius Pollack scholarship fund for Michigan students has been created by Gerald Cook, a partner in the Detroit firm of Honigman Miller Schwartz and Cohn. Cook is trustee of the Ben Teitel charitable trust, and a nephew of the late Ben Teitel. The scholarship is named in honor and in memory, respectively, of his in-laws, Sylvia and Julius Pollack.

The scholarship is designed to benefit Michigan students in JTS's social work program. The seminary is committed to awarding one or more scholarships from the fund each year. If no social work students are eligible, the award will be offered to Michigan students in other seminary programs.

One of the Pollack's grandchildren, Cheryl Cook, is a 1995 graduate of the JTS/Columbia dual degree program. She cur-

rently directs the Hillol programs at three Philadelphia area colleges, Bryn Mawr, Haverford and Swarthmore.

During their lifetime together, Julius and Sylvia Pollack were active members of the conservative movement in the Detroit area, supporting Adat Shalom Synagogue, the local Solomon Schechter school, Hillol Day School and Camp Ramah. In 1994, the Pollacks were awarded the Jewish Theological Seminary's second century award for their contributions.



Sylvia & Julius Pollack

WEDDINGS & ENGAGEMENTS



McGLINCHY-HOOGLAND

Joan and Jim McGlinchy of Farmington announce the engagement of their daughter, Claire, to Theodore Hoogland, son of Patti and Theodore Hoogland of Bay City.

A June, 1997 wedding is planned in the Farmington Historical Museum.



MILLER-RACKA

Richard and Kaye Miller of Farmington Hills announce the engagement of their daughter,

Michele Lynn, to Anthony Paul Racka of Farmington, son of Anthony V. and Dalia Racka of Farmington Hills.

The bride-to-be earned a bachelor of science degree from Eastern Michigan University with a major in public relations. She is employed with Detroit College of Business.

Her fiancé earned a bachelor of arts degree from Siena Heights College with a major in business administration. He is employed by Ford Motor Company in Dallas, Texas.

An April wedding is planned in Our Lady of Sorrows Catholic Church.

ElderMed hosts "From Ragtime to Rock 'n Roll"

ElderMed at Botsford General Hospital is a free lifetime membership program offering a variety of services and benefits to adults ages 50 or better.

Coming up on Tuesday, Dec. 10 is a table topics luncheon:

"From Ragtime to Rock 'n Roll." Remember the Charleston and the Jitterbug? Reminisce as Movin' Theatre, a troupe of 12 dancers from Wayne State University, demonstrates the history of social dance from 1930s ragtime to 1950s rock 'n roll. Per-

formance begins at 9:45 a.m., followed by a holiday lunch at 11 a.m.

The cost is \$8 for ElderMed members, \$9 for non members, includes lunch and entertainment. Plan to bring a can or box

of food for distribution to the needy.

Pre-registration and pre-payment are required.

The event is scheduled for Vladimir's, 28125 Grand River Ave. in Farmington Hills. Call 471-8020 for information.

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