

gerontology
A. Jolayne Farrell

Dear Jo: I am a professional woman in my late 60s. My facial skin is beginning to sag. I am considering having a facelift but I am not quite sure where to start. Could you give me some information on this.

The best place to start is to make an appointment with a qualified plastic surgeon for an evaluation, after which you can make more definite decisions. In many instances a complete facelift is not necessary.

Plastic surgeons are listed under physicians and surgeons in the Yellow Pages of your telephone directory.

Dear Jo: For quite some time now I have noticed that when I go to a movie theater it takes me longer to get used to the darkness. Sometimes this is quite embarrassing. I feel helpless and am afraid that I might bump into someone or possibly have a fall. Does this happen to people my age?

As we grow older sight recovery is delayed when moving from a light to dark area and vice versa. This is considered to be a part of the normal process of aging.

To adjust to this the best thing to do is to remain at the back of the theater for a few minutes until your eyes adjust to the change, then proceed to find a seat. Most theaters make sure that the lighting before and after the movie showing is adequate so people can enter and leave the theater more safely.

B'fld workshop reviews money management

Financial planner Isabel Smith will review recently published books about money at a 7:30 p.m. workshop March 2 at the Bloomfield Township Public Library, 1099 Lone Pine Road.

She will review current financial management books, including "Money Dynamics for the '80s," "Crisis Investing" and "The Squeeze."

There is no charge for the program and no pre-registration is required. For further information contact the library, 642-5800.

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MSU offers locally classes on stress

Stress, a person's reaction to the pressures of everyday life, has been called the most widespread cause of illness in our culture.

Michigan State University's Southeast Regional Center at 746 Purdy, Birmingham, is offering a pair of spring courses dealing with aspects of stress and its successful control. You don't have to be formally admitted to MSU to join either class.

Ed 882 (3 credits), Stress Management, will meet 5:30-8:30 p.m. Wednesdays from April 1 to June 3. Dr. Vincent Cornellier will focus on defining and clarifying environmental, physiological and psychological stress. Class members will learn to assess personal stress levels.

Dr. Cornellier will present a variety of current techniques to control or manage stress, such as biofeedback, relaxation and behavioral management. Psychosomatic illness and job burnout will be discussed.

Ed 882 (3 credits), Stress in Children in the Elementary Classroom, meets 4:30-7:30 p.m. Mondays from April 6 to June 8.

It will assist teachers, administrators and other helping professionals in managing acute stress situations in the children they work with.

Participants will learn to assess the impact of stress situations and conditions on children, develop skills for assisting children in processing stress and develop strategies for generating positive coping behavior in children.

You may receive registration information by calling 645-5410.

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