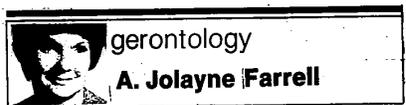


# Copper bracelets probably won't help

Dear Jo:  
A friend and I have been discussing the effectiveness of wearing a copper bracelet to help prevent or improve arthritis. Is there any truth about the use of copper or is it just all in the head, so to speak?

A.B. Hancock, MI



**gerontology**  
**A. Jolayne Farrell**

lets and "sweat" by them.  
There is a complex relationship between the psychological and the physical, so if a person believes that the bracelet will help his or her arthritis, then he or she should wear one.

Thank you for your letter. So far, studies show that the wearing of a copper bracelet does not prevent or improve arthritis.  
The nature of arthritis is such that a flare-up of the disease is followed by a period of remission, so it is difficult to prove whether an improvement is just part of the disease process or part of the copper bracelet remedy. I know several people who wear copper brace-

ing selling out and moving someplace else. One reason is that almost all the social activities are centered around the use and over use of alcohol.  
For example, they play cards, they have a drink, they play golf, they have a drink; they are bored, they have a drink. So many of the residents have taken up drinking in excess since retirement. My reason for writing is to

make you and your readers aware of this growing problem.  
A reader  
Because of the hidden nature of the problem of alcohol abuse, it is difficult to have a reliable estimate of the numbers involved. Experts agree that alcohol-related problems among older people are more prevalent than previously believed.  
With retirement, for some, comes idle time. People no longer have to show up for work so they believe that a little more to drink won't hurt. Some social drinking in a retirement community helps the time to pass.  
Rather than selling out, why don't you and your husband make your thoughts known about the problem.

## volunteers

The Oakland County Volunteer Bureau has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may call the bureau.  
ENVIRONMENTAL ACTION ASSISTANCE - The East Michigan Environmental Action Council of Troy needs volunteers to contact prospective members, write letters to new members, and do record keeping. Four hours per week, for six months should be committed. The council also needs a fundraising assistant to volunteer their creative talents to organize fundraising events such as garage sales and art auctions. Hours are flexible.  
SECRETARIAL ASSISTANT - Valuable office experience is to be gained with a part-time clerical position for the Institute for Advanced Pastoral Studies. Volunteers are needed for typing and answering phones. Eight hours per week, flexible hours. Six months or more is the time commitment requested.  
RED CROSS ASSISTANT - You can support the Red Cross by volunteering to help assist with blood donors. Duties include registering donors and giving them refreshments after they have given blood. Flexible four-hour shifts are available.

## Remember to list dependents, IRS says

Many taxpayers have been needlessly delaying their tax returns by not listing the names of qualifying dependents or children when claiming head of household status, the Internal Revenue Service said.  
To file as a head of household, a taxpayer must be unmarried and provide more than half the cost of keeping up a home that is the main or primary home of the taxpayer's dependent or child. A qualifying unmarried child must live with the taxpayer, the IRS said, but need not be the taxpayer's dependent.  
Other qualifying relatives must be the taxpayer's dependents and must actually live with the taxpayer. The taxpayer's dependent parents, however, may qualify even though they live elsewhere. The taxpayer must have paid more than half the cost of keeping up their home in order to qualify for head of household filing status.  
To be considered unmarried, the IRS said a taxpayer must be single, legally separated, divorced or widowed.  
Without a child or qualifying dependent, the IRS stressed, unmarried taxpayers are not eligible to file as heads of household, and if they do not qualify as surviving widows or widowers, they must file under the single status.

## Red Cross needs type 'O'

The American Red Cross needs blood type "O" positive. Known as the universal donor, it is the most common blood type and can be given under certain conditions to patients with other blood types.  
Anyone aged 17-65 and in good health may donate.  
Donations are accepted at the Livonia Donor Center, Belle Creek Office Plaza, 29691 W. Six Mile, Suite 100C, Livonia. Hours are 2-8 p.m. Mondays, Wednesdays and Thursdays; 10 a.m. to 4 p.m. Fridays; and 9 a.m. to 2 p.m. Saturdays. For an appointment, call 422-2820.  
The Red Cross also needs volunteers to work on a bloodmobile team. They serve as escorts, help register donors and label blood bags.



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on Thurs. and Wednesdays MEET **ROBERT MILLER** from EXETER, OHIO AUTHOR of Hummel's Price Guide & Book and world's foremost collector & dealer in Hummel figurines will autograph his books  
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