

Wife worries that retiree will end up as an alcoholic

Dear Jo:

Since my husband's retirement last year, things have been going great except I'm worried about his drinking. He always enjoyed a drink or two before dinner after he got home from work, but now he gets started earlier in the day and I know it's no longer just a few drinks.

Often he appears "glassy-eyed" as early as 3 p.m. When we discuss his drinking, he says I'm a nag and to relax. Perhaps he's not drinking too much but he drinks every day so just how much is too much for a man aged 66?

Maybe I shouldn't worry — but I do. He has led a remarkable life; I hate to see him end up as an alcoholic.

Mrs. W.

Dear Mrs. W.:

How much one can drink and not be considered an alcoholic varies from person to person. Some can drink copious amounts of alcohol and show no intoxicating effects, while others become inebriated on just a few drinks.

As we grow older it takes our bodies longer to metabolize alcohol so we should drink less.

It is difficult to say just how many drinks are considered to be too much. Apparently, it is not so much when you drink that is the problem, but how much you drink in a 24-hour period. By a drink I mean one shot (1.5 ounces) of alcohol, one 12-ounce can of beer, or one six-ounce glass of wine. Perhaps if your husband's drinking exceeds this amount he may have a problem and should seek

gerontology

A. Jolayne Farrell

professional help.

Alcoholism among retired persons is very common. There is more time to drink and perhaps change in lifestyle and boredom play an important role.

Yes, it is tragic to see hard-working people such as your husband over-indulging in alcohol in their later years after having lived remarkable lives.

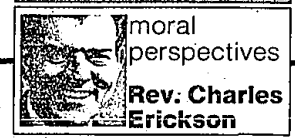
Keep caring for your husband — tell him that his name is spelled L-O-V-E.

Dear Jo:

What is the recommended daily allowance of vitamin C for a person over age 65?

Dear Mrs. E.S.:

The recommended daily allowance of vitamin C for persons over age 65 ranges from 60 to 100 milligrams. There is no solid evidence that anyone really benefits from the higher doses of 500 milligrams a day or more, and doses of 1,000 milligrams and up should be regarded as "mega-doses" for which there is presently no scientific justification and which may conceivably have harmful effects.



moral perspectives
Rev. Charles Erickson

Writer struggles with loss

There is only one subject on my mind. I hope it helps readers as I share what has helped me in the month since my 27-year-old daughter died.

I do not cry "why" because the physical cause of death is clear. I do not rehearse "if only" because in years of pain she never had better medical care.

I do not struggle with guilt because she made her own decisions to have surgery. People have helped me by listening while I sorted out the meaning of facts.

Written, oral and non-verbal communications have lifted me into new awareness of the impact of her life and spirit. Those sharing their memories of my daughter help me clarify qualities in her which I want to crystallize in my memory and spirit.

IT HELPS to receive the grief of her friends and mingle it with mine. Brief statements showing a person has distilled their thoughts before reaching out to me have been most powerful.

My experience is that mind and emotion are like a needle stuck in one groove as a record goes round and round. One simply tells the story over and over until a tune is heard again. Then it gets stuck in a different spot.

I have been helped by people encouraging me to tell my story of relationships with my daughter until I can think and feel clearly again.

Most people are oriented toward tomorrow. In our close family we have shared struggle and joys moving toward fulfillment of dreams. I hurt with each word or sight which brings awareness that Beverly has stopped planning her future.

AND I HURT with the empty hole in my future without her. Friends ease my sorrow by letting me express lost hopes and explore images of my changed future.

My greatest difficulty is a head-on clash between moving ahead and treasuring the past. There is too much pain about what might have been when I linger in memories.

I fear going ahead feeling crippled by the massive gap in my family. No human help can deal with this clash.

I cannot preserve the past despite how precious it has been; only divine memory can give permanence to the power and quality of her spirit and values.

I cannot feel secure and whole facing unknowns of tomorrow; only divine spirit can carry her now free spirit into tomorrow as a resource helping me and many others.

I have been surprised at my intense discomfort with "small talk" and chitchat in groups. My need for more personal conversation is strong. Some people have shared appalling theology and psychology but with clumsy words they have conveyed loving care.

Many have shared loveliness in words, pictures and gestures. My best help has come in people reaching out from the core of authentic self. The best help is emotional which comes in simplicity while sharing my grief and pain as I search for new life.

class reunions

As a public service, the Observer and Eccentric Newspapers print notices of class reunions. Send information to Marie McGee, Observer and Eccentric Newspapers, 36251 Schoolcraft, Livonia #8150. Include a telephone number.

● **ST MARY REDFORD**
St. Mary of Redford class of 1954 will hold a 30-year reunion on June 9 at the Mercy Center in Farmington. For more information, call Veronica Smith Abraham at 349-1474.

● **CASS-TECH**
Cass-Tech High School class of 1944 will hold a 20-year reunion at the Masonic Temple, 500 Temple, Detroit on Aug. 25. For more information, call Paul Grzebiak at 525-5524 or David Blum, 8584 Canton Center Road, Canton 48187.

● **Cass-Tech class of 1974 is planning a 10-year reunion. All '74 grads are asked to submit a current address and telephone number to Cass Tech '74, 19539 Andover, Detroit 48203 or call 865-2079.**

● **GARDEN CITY EAST**
Garden City East class of 1974 will hold a 10-year reunion Oct. 13. For further information, call Sally Powers Finley, 937-1778 or Judy Carroll Grigal, 525-5194.

● **ST. JOSEPH**
The St. Joseph High School Alumni Association will hold its 33rd reunion dinner-dance at 6 p.m. Friday, May 18 at the new DeLaSalle High School, 14600 Common Road, Warren. For more details, call 469-7888.

● **NORTH FARMINGTON**
The North Farmington High School class of 1979 will hold a five-year reunion on Aug. 4. For further information, call Julie Alati, 681-0855; Mark Biehl, 553-0724; Cathy Cole, 851-3285.

● **HIGHLAND PARK**
Highland Park High School class of 1954 will hold a 30-year reunion on Sept. 22. For more information, call Leo Corradi, 399-0986 or Mary Ann Ralsanen at 531-8219.

● **VISITATION**
Visitation High School class of 1944 will hold a reunion June 30 at Bonnie Brook Country Club. For

more information, call Eileen Murtha Smith, 478-3706 or Joan Spurgeon Zallagiris at 591-1843.

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