

retirement memos

Margaret Miller

Three-generation travel: a real 'trip'

"Take a grandma on vacation," daughter Barb suggested as a slogan after our trip to the Grand Canyon. I was delighted; it indicated she and her family were as satisfied as I with our first venture into three-generation travel.

I, together with the Barb-Stosh-Katie-Danny foursome, had flown to Arizona for the wedding of a daughter and sister. Joe had spent a fair amount of time in that area so he passed up the trip, but the rest of us wanted to use the opportunity to see the canyon and a few other scenic beauties of the Southwest.

So the five of us filled up a five-seater rental car for five days of really enjoyable sightseeing and family fun.

THE PLUS-GRANDMA vacation, they assured me, provided many advantages for them. For one thing, there was an extra adult in the back seat to retrieve toys tossed from a car seat, answer questions and play peek-a-boo.

Then there was the Golden Age Passport card I acquired at the Grand Canyon National Park office. It took them as well as me past the park entrance without admission fee on several ins and outs. And along the way a few senior citizen discounts helped a bit on expenses.

Barb and Stosh also were glad to have a built-in babysitter when they decided to take a helicopter ride over the canyon. They decided to do that instead of riding donkeys into the canyon after learning that only full-day trips were available. "I'm sure you'd manage and

I think the kids would," my daughter explained, "but sitting that long on a donkey is something else again."

BUT OF COURSE I was the real winner in the arrangement. I had the joy of five days in close contact with our grandchildren without a lot of responsibility. And I enjoyed the chance to catch up with their parents on conversational matters we never seem to complete on the telephone.

I loved having Katie knock on my door each morning and come to play "Go Fish" in the evening. I even was in on some of Danny's first talking.

He had arrived in Arizona saying "dolly," which meant the real thing or just about any picture of a face. He added "daddy" to designate any four-footed animal, "daddy" to indicate his own, other full-sized males and a wooden Indian, and a version of Katie, used exclusively for his big sister. He didn't come up with "mommy," though, so I thought it just as well that he didn't say "grandma" either.

THE SCENERY was beautiful and memorable. The company was great. The children were nervously well-behaved — most of the time.

We all agreed before flying home in different directions that we'd plan to do it again. Next time plus-Grandpa.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

By Mary Rodriguez staff writer

JEROME LEVINE is a doctor who practices what he preaches.

The Livonia podiatrist and marathon runner — injured twice in practice runs — used the same electronic treatment regimen on himself that he prescribes for patients and quickly resumed running both times.

The first time, I was training for a marathon when my back gave out on me," said Levine, veteran of six marathons. "I had treatments on Monday, Tuesday and Wednesday, then ran six miles on Thursday and 16 on Saturday. The second application came the day after a marathon. I had a sore knee but after a treatment, it felt much better."

Levine notes about a 75 percent success rate for acute pain sufferers treated by the Electro Acuscope, a computerized electronic instrument that restores normal electric charge in damaged cells. A 35-year veteran of podiatric medicine, Levine introduced the acuscope to his two office practices 18 months ago.

A commercial pilot with a knee

problem, a construction worker with an ankle injury and a stewardess with foot problems are among the 5 percent of Levine's patients treated with the acuscope.

"THE CONCEPT is that injured tissue has resistance to electrical charge," Levine explained in his office at Plymouth and Middlebelt roads. He also has an office in Detroit and is affiliated with Detroit Northwest General Hospital and Kern Hospital in Warren.

"Every cell in the body has an electrical charge. The body sets up resistance to that charge and that causes a delay in healing. All pain systems are affected — bruises, contusions, fractures, nerve injuries, chronic low back pain and sprained ankles. The Electro Acuscope breaks up electrical resistance and restores the normal electrical charge within cells, eliminating pain and restoring normal function."

The acuscope is as inconspicuous as a stereo receiver. It rests on an examining room shelf and is similar to an ultrasound machine in its application.

Two probes — an indifferent and a treatment probe — are rubbed with a gel and then placed over the afflicted

body area. An audio system emits sounds that alert the technician to exact problem points: normal tissue is high pitched, injured tissue has a low, foghorn sound.

The injured tissue receives treatment — a low dose of electrical charge that is undetectable to the patient.

"The instrument picks up all areas of pain, some the patient would not be able to detect," Levine said. "Then the treatment probe is activated. It breaks up the resistance."

The number of 10- to 20-minute treatments required depends on many factors, Levine said. Age of the patient, degree of injury, whether the problem is a new injury or chronic are all factors. It doesn't work for everyone, and results are not guaranteed. Sometimes it takes three or four visits before the patient starts to feel better.

"Generally speaking, the treatments don't take as long as compared to other

types of treatment — drugs taken over a long period of time or surgery," Levine said.

"I TREAT sprains, muscle pulls, tendonitis, post surgical pain and swelling. I do treat some runners' knees. And I've worked in conjunction with other physicians treating back and shoulder pain, and tennis elbow."

The advantages of treatment by acuscope include a shorter healing time, and the fact that it is a non-invasive form of medicine, according to Levine.

"It's non-invasive therapy," he said. "We're not cutting or injecting. And there are no known side effects. The acuscope either stimulates or sedates the point being treated. The most important part of the therapy is the instrument's ability to keep the body energies in balance. Since every treatment is causing balance, you cannot over-treat. The body actually produces a higher voltage than the acuscope."

Mask show exhibited at Duglass Restaurant

A private collection of masks and art objects called "Ceremonial Given Images" are now on display at Showcase Duglass, located in Restaurant Duglass, 29269 Southfield Road, Southfield. The collection stems from Indonesia, Malaysia, China, Japan and Mexico, where the masks are used in temple ceremonies and religious rites, representing Gods and spirits. The display is open to the public.

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