Live forever and day at a time Elderly are injured more

perspectives

Rev. David

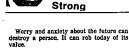
LIVE JUST one day at a time. Live as though you were going to be here forever. These two philosophies appear to be in con-tradiction. They are not.

Live one day at time, is often suggested as a view which will help us to overcome our problems.

It is easy to get into the habit of worry-ing about what will happen tomorrow. Particularly when one has a serious ilineas we overy about what the future will bring. "Be not anxious about tomorrow" is the advice we read in the Jible.

Such a philosophy will help us to live in the present. We can be thankful for today. We can face tomorrow when it comes. We can trust that we will have the capacity to deal with tomorrow.

mended to his medical students that they live one day at a time. He likened life to a great occan liner whose major antely feature was its many water tight compartments. Live in "day tight compartments" was the advice of Osier. He believed that his physicians in training would need such a philosophy.



On the other hand, it can be tempting to

On the other hand, it can be tempting to live only for today. Too many seek only the short-term advantage. Our youth want instant incomes large enough to buy a new car and set themselves up in a place to live. Even some clergy that I know move every four or five years. They can only become acquainted and accomplish a few short-term goals. It is often easier to move on than to struggle with the more difficult problems.

A NEIGHBOR once told us that they would be moving on in four years. It was not surprising that they did not get in-

volved in the neighborhood or in the community. Their most important concern
seemed to be their landscaping for it would
return a good short-term investment.
Rarely does a person come into a community and become very involved though
they know that they will only be there a
short time. I have a great admiration for
such people. They become involved and
they then suffer the pain of leaving friends.
Yet their life is full and rich of the beat of
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We are more apt to objectify these worries which tend to creep up upon us. Day
flammershold's book "Markings" is just
such a journal.
Here we see a wonderful mix of one who

such a journal.

Here we see a wonderful mix of one who paid attention to the day and put down his anxieties and concerns for the future. It is an ongoing challenge.

Dear Jo:
Are older people more accident prone or is it
just my imagination? I seem to be spending a
great deal of time lately just going back and forth
to the hospital. Most of my friends are there because of a fall or other such accidents. Please
address this subject in your column.

Mrs. R.

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Mrs. R.
Older people make up about 11 percent of the
population yet suffer 232 percent of all accidental
deaths. According to the National Institute on Aging, in North America, each year about 24,000
persons over age 65 die from accidental injuries
and more than 800,000 others sustain injuries that
are severe enough to disable them for at least one
day.

are severe enough to unsure the severe enough to unsure the severe enough to unsure your question, it is not your imagination. Older people are more accident process that reasons for this are many. The natural process of oning is a slowing process.

nation. Uner people are more accusent prone, sun the reasons for this are many. The natural process of aging is a slowing process.
Older people can't move as fast, their eyesight dims and their hearing decreases. If you add to that the disabilities associated with certain geriatric diseases such as arthritis and parkinsonism, along with the side effects of various medications, it's unsaring that there aren't more accidents. The greatest number of accidents in this age most prevalent. Ontoo the home, motor vehicle accidents and first.

Because of their tendency toward accidents, and cler people have to be more cautious so they can prevent accidents. Falls can be prevented by:

• illuminating all fails and stairway;
• using night lights in the bedrooms and bathrooms;

gerontology

A. Jolayne Farrell

installing handrails on both sides of stair-

wayr.

• tacking down carpeting and scatter rugs (if I had my way all scatter rugs would be hung on walls or stored in atties. . . they are lethally;

• installing grab bars on bathroom walls;
• using nonsidi mats in the bathtub;
• keeping exterior steps free of znow or other obstacles.

* keeping exterior steps free of anow or other obstacles.

Burns can be disabling in the elderly since the healing process is alower. To prevent burns, good habits should be continued such as, never smoking in bed or when drowny, avoid wearing locos fitting iflammable clothing around stoves and fireplaces, and by planning emergency exits in case of fire.

Most elderly people are very aware of the hazards of driving and make a conscious effort to drive more slowly and avoid rush hour traffic, particularly on freeways. Might driving for some is hazardous because of problems with glare and decreased night vision while others have no problems at all.

I hope I awen't painted too dim a picture of a conscious excidents, as a beath care professional shap ascen so much suffering due to accidents in older people, that I can not say enough about prevention.

Plastic bottles live on and on

What happens to the returnable plastic pop bot-ties?

The plastic pop bottle made its appearance on the grocery shelf in 1978 and rapidly captured more than 21 percent of the soft drink container market. Five bundred million pounds of the plas-tic bottles are manufactured yearly, but only one fifth are recycled. And this last attributed to the nine states in the U.S. which have bottle bills requiring becomes bettle deposits.

states in the U.S. which have bottle bills requiring beverage bottle deposits.

Kathy Reid, consumer representative for Pepsi Cola in Troy, told us Pepsi shreds the plastic bottles and selis them to a recycler. The shredded plastic is most considered to a selecting bag filling, (if takes 36 bottles to "fill" one sleeping bag), a second use the bottles to "fill" one sleeping bag), a second use flower and the selection of the sel

bottlets to "III" one sreeping pag, a second use plastic piping.

A representative from the Coca-Cola Co. in Detroit said that Coca-Cola only recycles the black plastic by the colar of the colar only recycles the black plastic by the colar only recycles the black plastic by the colar only recycles the black plastic colar only recycles the black plastic between the colar of the cycles plastic colar only the cycles of the cycles of









dward South of 12 Mile, Royal Oak 543-5300 CLIP & SAVE Steam Carpet Cleaning EAST



consumer mailbag

Terry Gibb

