

## Book gives guidelines on exercise for seniors

Q. I work in a small senior center and want to start an exercise program for the people who attend. I have looked at many books but I am not really pleased with any of them. Do you have any suggestions as to where I can find good materials?

A. Statistics published by the American Association of Homes and Services for the Aging, state that the number of Americans 65 and older who joined health clubs grew 145 percent between 1988 and 1995. These numbers are expected to grow even more. The benefits of exercise, even for the frail elderly, cannot be stressed enough. Recently the American Council on Exercise has created a book entitled Exercise for Older Adults. The 244-page book was written by experts in exercise physiology and psychology and gives guidelines for helping older adults exercise. The book is \$25. To order call toll free, 1-800-747-4467. I suggest you also check with your local library.

### Attitude important in independent living

People are living longer and healthier lives. Those who can are choosing to live in their own homes.

The National Council on Aging recently held a series of seminars "designed to increase awareness about tools for independent living." The program stressed the importance of main-

#### ON AGING



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taining communication with family and friends and eliminating hazards often found in the home. The Council also emphasized that lifestyle and attitude play an important part to living safer and more independently at home. A few suggestions are:

Find ways to simplify your life; develop good eating, exercising and sleeping patterns; connect with people regularly; focus on your strengths, be aware of your needs and limitations; do not try to do everything yourself—delegate what you cannot do; don't ignore problems, they will not go away; let others know about what you need and let them help you; use new products, such as cellular phones, and devices such as hand rails or community services that will let you remain more independent while feeling safer in your own home.

On Aging columnist Renee Mahtler is a gerontologist and a former member of the Michigan State Commission on Services to the Aging.

To leave a message for Mahtler, from a touch-tone phone, call (313)953-2047, mailbox 1809.

Send your questions to her at The Eccentric Newspapers, 805 E. Maple, Birmingham 48009.

## Volunteers sought to help with medication research

William Beaumont Hospital, Royal Oak, is seeking volunteers to help with research studies on new medications. All study-related health care will be provided to participants without charge.

Following are the areas in which volunteers are needed:

### Cholesterol and Coronary Artery Disease

The Cardiovascular Disease division needs volunteers who have coronary artery disease and/or elevated cholesterol levels to test the effectiveness of a combination of a U.S. Food and Drug

Administration-approved medication that lowers cholesterol and an investigational medication that may improve blood flow to the heart.

Prospective volunteers must have elevated cholesterol levels already confirmed by testing and must not have diabetes. Call (248) 551-9161 or (248) 551-5991 for more information.

### Blood Pressure

People 18 and older with high blood pressure are needed to volunteer for two research studies of new medi-

cations. Call the Cardiovascular Disease Division at Beaumont Royal Oak, at (248) 551-5991 or the Division of Preventive and Nutritional Medicine in Birmingham toll-free 1-888-807-8839 for more information.

### Diabetes

Beaumont's Division of Preventive and Nutritional Medicine in Birmingham needs people with diabetes for research studies testing new oral medications to help lower their blood sugar levels.

Volunteers will be compensated for their time and travel. Call toll-free 1-888-807-8839 for more information.

### Enlarged prostate

The department of Urology at William Beaumont Hospital, Royal Oaks needs men with enlarged prostates to participate in a research study of a medication that may help ease the symptoms associated with this condition.

Prostate enlargement is a non-cancerous condition that typically narrows the urethra, creating difficulty in urination and/or the urge to urinate frequently. Call (248) 551-3355 for more information.

## 'Helping Hands' offers assistance to older adults

If you are an older adult who needs assistance around the house but can't hire full-time help, you can find a helping hand through William Beaumont Hospital, Royal Oak.

"Helping Hands," a non-profit program managed by Beaumont's Department of Older Adult Services, provides companionship and personal assistance to independent-living and homebound senior citizens in the community.

Services provided by "Helping Hands" include assistance with bathing, shopping, meal preparation, light housekeeping and transportation. While "Helping Hands" workers can provide many types of basic assistance, they do not provide medical care or replace maid service.

"Helping Hands" services are provided 24 hours a day, seven days a week. Minimum service provided is six hours per week for at least four weeks, and clients are billed on an hourly

basis. For more information, call Beaumont's Senior Resource Line toll-free at 1-800-328-2243.

"The goal of this program is to help seniors continue to live independently in their own homes as long as possible," said Paula Dirkes, Beaumont's "Helping Hands" coordinator. "It is ideal for older adults who need an affordable alternative to a full-time caregiver in their home."

Beaumont's Department of Older Adult Services offers a comprehensive range of services to older adults, a health information library, senior hotline for information and referral, Medicare information program, community health education classes, support groups and the Advantage 55 membership discount program. There is also a Geriatric Evaluation Clinic staffed by geriatricians in the Medical Office Building at William Beaumont Hospital, Royal Oak.

### CLARIFICATION

A telephone number for the Michigan Metro Girl Scout Council in last week's newspaper should have said that the num-

ber is: (1-800) 328-0309. Or, contact the Michigan Metro Girl Scouts Web site at [www.mnagesc.org](http://www.mnagesc.org).

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