

Carley: Homes Can Present Barriers To Independent Living

For people with arthritis or other disabling conditions, even their homes can present barriers to independent living. Barbara Carley, a volunteer with the North Carolina Chapter of the Arthritis Foundation, points out that, "For many of the 36 million Americans with arthritis, stairs restrict movement, cabinets are out of reach and bathrooms pose a maze of obstacles."

Some simple and inexpensive modifications can help those with disabilities be more self-sufficient at home. Carley suggests the following:
 -To open doors more easily, replace present hinges with fold-back hinges; or use double-action hinges to allow a door to be pushed open from either direction.
 -Rubber or metal levers which slip over conventional doorknobs make grasping easier. For a more permanent solution, replace knobs with lever handles.

-Two-handed cookware, special jar openers, and storage aids such as lazy susans simplify kitchen chores.
 -For those who cannot stand for long periods or who are in wheelchairs, pull-out shelves or lap boards provide convenient work space.
 -Raised toilet seats are available with armrest units.
 -Safety grab bars can be installed in the bathroom, as towel bars are not designed to support a person's

weight.
 -Special bath seats allow the disabled to sit more comfortably in the tub and to enter it more safely.
 -Organize all bathing and grooming items close at hand with a special bath shelf or caddy.
 -Chairs, sofas, and beds that are too low can be elevated simply by placing wooden blocks under each furniture leg.
 -Hard foam rubber cushions can

be used to build up chair seats to a comfortable height.
 -Rolling carts can be purchased or built to help move items with ease.
 "If you have a disability such as arthritis, you may want to ask your physician to arrange for an occupational therapist to visit your home and give you specific suggestions for adapting it to your particular needs," Carley added.

Louise Brennan
 ...Teaches new courses

CPCCC Schedules Registration For Spring Quarter

Learn how to kayak, how to renovate an old house, or how to survive being a parent during the spring quarter at Central Piedmont Community College.

In addition to the liberal arts degree programs and career training always offered by CPCCC, new courses include political action taught by Louise Brennan, computer assisted design for those interested in a career in art or advertising, organic horticulture, and a look at women in the criminal justice system.

Tuition is \$4.25 per quarter hour for most courses, or \$51 for a full load of courses. Classes begin April 1 and end June 18.

Registration for spring quarter begins March 4-7 for current students and continues March 11-14 for all others. Registration centers are located on the main campus at Kings Drive and Elizabeth Avenue, and at learning centers in Freedom Mall, Matthews, Pineville, and Cornelius. Hours are 9 a.m. - 2 p.m. and 5-9 p.m.

The complete schedule of courses will appear in the Sunday, February 24, edition of The Charlotte Observer or will be available on campus after that date.

For more information about registration, call 373-6940. To talk with a counselor before registration, call 373-8854.

Single Adult

Conference Planned

Single-parenting, relationships, sexuality, divorce and more will be the topics discussed during a two-day single adult conference titled, "FOCUS 85". This conference will include twelve workshops on Friday, March 15 and Saturday, March 16, held at the Calvary Church in Charlotte.

In addition to the workshops, there will be a keynote speaker, panel discussion, social hours and a concert on Saturday evening.

This year's keynote speaker will be nationally known author, pastor and Christian leader, Dr. Tim LaHaye from San Diego, California. Dr. LaHaye is founder and President of Family Life Seminars and has traveled around the world with his wife, Beverly, conducting these two-day seminars. He is also the founder of the San Diego Christian Unified School System and Christian Heritage College. Some of his best-selling books are "Spirit Controlled Temperament," "Battle for the Mind," and "The Act of Marriage."

FOCUS 85 will conclude with a concert on Saturday evening with nationally known vocalist, Christine Wyrzten. Christine, a popular contemporary Christian singer from Schroom Lake, New York has recorded ten albums.

The registration fee for FOCUS 85 is \$15.00 before February 24, and \$20.00 after the 24th. Price includes all conference materials, concert ticket, snacks and a lunch on Saturday. Free child care facilities and housing will be available upon request.

For more information and to pre-register, call Calvary Singles Office at 704-386-6560 or write Calvary Church Singles, 5500 Sardia Rd., Charlotte, North Carolina 28226.

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