- THE CAROLINA TIMES SAT., MAY 15, 1976



OF HABITS FACTORS AFFECTING EATING **OLDER PEOPLE**

May is Senior Citizens Month. Throughout this month many programs have focused on helping the elderly to continue leading meaningful and fulfilling lives. To most of us, eating is an important part of our lives. This is not always true of the elderly - especially of those living alone. Eating habits often deteriorate as people grow older even though the individuals may have good knowledge of nutritional needs. Some of the factors which affect eating habits during later years are as follows:

Income - In this current inflationary period many people on fixed incomes do not have money to meet needs. Many are too proud to ask for assistance. The food budget is cut in order to purchase other necessities. Too, low incomes also cause people to turn to living quarters which may have inadequate facilities for preparation and storage of food.

Transportation - Tied closely to the problem of income is that of transportation. If money is limited, the elderly person may not be able to get to the store to buy the variety of foods needed for an adquate diet. Even if the corner grocery is relied upon, the older person may not have the physical strength to carry food in sufficient quantities to meet needs; variety is limited: cost is high.

Energy - Some of the elderly, though not ill, often have too little energy to prepare adequate meals. This is particularly true on days when housework, for example, is done. Lack of energy leads to the "tea and toast" habit, which may set up a vicious cycle since poor diets can contribute to the lack of energy.

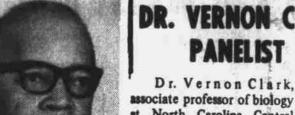
Teeth - A lack of teeth or poor fitting dentures makes eating difficult. This leads people to the soft foods, often high in carbohydrate. The meats and raw fruits and vegetables are neglected. Estimates run as high as 45% - 50 % of adults have lost their teeth by age 65 years, so this is an extremely important factor in relation to food habits.

Digestion - Though Swedish research indicates that nar was "Bicentennial to digestive distress usually comes prior to old age, it may be the 21st Century - Outlook accentuated in old age. Food may be digested more slowly due for the Future in the United to a reduction in digestive secretions. Too, lack of exercise, low liquid intake, and low roughage intake help contribute to con- States." stipation problems, a compalint of many older people.

Senses - Both the sense of smell and taste decline with uate, is also a member of the age. There are fewer taste buds, for example, so food doesn't NCM Board of Directors. taste as good as it once did. Waning eyesight too, may play a role in poor food habits if it makes shopping and food preparation National Officer, difficult

Loneliness - Many old people are lonely. If they live alone Chi Eta Phi and eat alone day after day, there is little incentive to prepare a well-balanced, attractive meal. Some social interaction at meal times can improve the appetite. Without it, the individual Sorority, Inc., often turns to something easy - just to get a mealtime behind Visits NCCU him.

Illness - The fact that chronic illnesses are common in olu age has already been mentioned. When illness calls for drastic National Dean of Sponsors change in food habits, it may precipitate a crisis for the older person. The fear of being unable to continue living independ- for all Beta Chapters (under ently may affect eating habits as much as the change called for graduate) of Chi Eta Phi Sorority, Inc., visited the camby the illness pus of North Carolina Central Because of factors such as these, meal programs for the University recently to confer elderly can be a real benefit to a community. Unfortunately, with Beta members enrolled there are too few such programs. Those in operation seldom, if in the Department of Nursing. ever, begin to meet the needs of all the elderly in an area. Expansion of both conjugate feeding sites and home delivered meals occasion was Mrs. Helen S. is seen as a challenge which must be dealt with in many comm- Miller, Chairman, Department unities in North Carolina. Private citizens can help by of Nursing and national board contributing many volunteer services and time toward under- member of the organization. standing, companionship, transportation, and encouragement for senior citizens. Do you know of someone you can help?



NOAH H. BENNETT, JR. BENNETT ADDRESSES institution.

SEMINAR Meeting 40th AME Noah H. Bennett, Jr., **Zion Meet** senior vice president-chief actuary of North Carolina Mutual Life Insurance Co. Opens delivered one of the key addresses at the Bicentennial In, Chicago Spring Seminars at Florida

FLORIDA A&M

A & M University in Talla-

and

The theme of the semi-

Bennett, a FAMU grad-

hassee May 4.

black

century.

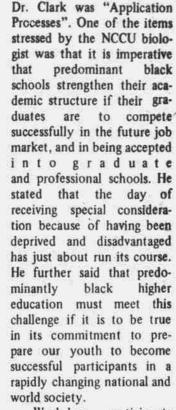
CHICAGO - More than 500 delegates, coming from Bennett's address, "The the 48 domestic conferences Corporate Impact on the of the United States, Quality of Life in the Metro-Islands, South America, Virpolis," was one in a series gin Islands, London, Africa of speeches and position and Alaska, registered at the papers delivered at the three day affair that was devoted to McCornick Inn, Wednesday for the opening of the 40th defining some of the key Quadrennial session of the issues affecting the lives of General Conference, A. M. minority E. 7ion Church. in the latter years of this

The opening session featured the serving of the Holy Sacrement of the Lord's Surper, at Greater Walters Church, 8422 South Damen St., with the senior prelate, Bishop H. B. Shaw, Wilmington,, presiding. He was assisted by the other bishops, William M. Smith, Mobile, Ala., W. A. Hilliard, Detroit, Mich.; A. G. Dunstor., Jr., Philadelphia, Pa.; C. H. Foggie, Pittsburgh, Pa.; J. C. Hoggard, Indianapolis, Ind.; J. W. Wector, Favetteville; C. R. Coleman, Baltimore, Md.; Arthur Marshall, Jr., Atlanta, Ga.; John H. Miller, Dallas, Texas: J. Leake, Charlotte, and K. L. Speaks, Roosevelt, N. Y.

Bishop W. A. Hilliard, host-bishop, delivered the

DR. VERNON CLARK IS PANELIST AT SHAW UNIV.

associate professor of biology at North Carolina Central University, served as a panelist (May 10th) in a program concerned with increasing the number of minority students in health professions through Career counseling. The program was sponsored by The Health Manpower Development Corporation, Health Careers Information System, Washington, D. C. Shaw University was the host The area discussed by



Workshop participants received certificates at the conclusion of the activity. An answer-question session was held, and those attending were able to submit written evaluation of the proceedings.



President Ran Few of the Durham Kiwanis Club presents plaques of recognition and appreciation to the Teachers of the Year.

For their outstanding contributions to the lives of youth of Durham and Durham County, special recognition was given by the Durham Kiwanis Club at a luncheon at the Downtowner Motor Inn.

In center is Mrs. Thelma Tuck Carrington, an English teacher at the Brogden Junior High School, who was chosen Teacher of the Year for the city. Mrs. Carrington has spent 30 years in the classroom helping to mold the minds of youth. At right, is Mrs. Rosa Small, a teacher at Lowes Grove School who was named Teacher of the Year for Durham County. Mrs. Small has been a teacher for 16 years.



High School

[Continued from Page 1] with Illinois Congressman Phil Crane.

New York Times reporter Nancy Hicks represented the press to the North Carolinians, and Assistant U. S. Attorney Henry Gill led a discussion of the judiciary.

The Washington week was keynoted by Tom Henderschott, a professional staff member of the House Ways and Means Committee.

CLOSE UP is a nonprofit, non-partisan educational foundation that uses Washington as an open teaching classroom for government. High school students and teachers are given first-hand contact with influential members of the federal government during the week-long study program in the Captial City.

Raleigh/Durham CLOSE UP group also heard a State Department panel discuss "Food, Fuel, and Resources: Economic Forces Shaping Foreign Policy of the 1970's", as well as a White House aide and a corporate lobbyist.

More leisurely activities undertaken by the Tar Heel contingent were day and evening tours of Washington, a pizza party, an afternoon at the Smithsonian Institution, and a live theater performance of "Front Page" at Washington's Arena Stage on the waterfront.

Raleigh/Durham participants were the second North Carolina group to visit and study in Washington under CLOSE UP's auspices. The first group attended in 1975.

Approximately 40% of the Raleigh/Durham CLOSE UP delegation attended the

program on full fellowship. They were recipients of the Allen J. Ellender fellowship program, which was passed by Congress in 1972.

Ellender fellowships are earmarked for low-income and disadvantaged students who otherwise would not be able attend the program. to Ellender fellowships help insure that a socio-economic cross-section of the greater

Raleigh/Durham area can attend CLOSE UP. Local CLOSE UP student and teacher participants are

from Hillside: June Steel, Cathy Vaughan, Lee Chestnut, Ruffin, Charles E. Avon J. Willie Barnes, Jordan: Edith Annette Brodie, Andrea Fulton, Northern: Yvonne Wilkins, Phyllis Barnette.

Official hostess for the

After a closed conference with the members, Mrs. Crouch was presented a NCCU cup and was given a tour of the campus.

In addition to the chapter at NCCU, other student chapters on college campuses are located at Howard University, Federal City College, Dillard University, Tuskegee Institute, N. C. A & T University, Prairie View A & M College, Wayne State University, Indiana University, University of Michigan and Hampton Institute.

Students attending the conference were:

> Cathy Badgett, Maglon Bell, Patricia Burnett, Brenda Fisher, Linda Fisher, Elaine Gilmer, Lauretta Hayes, Glen Esther Howell, Pearl McGill, Ella Rease, Gloria Williams, Maude Williams and Wilma Yellock.

> > The Professional Cooper-

ation Committee, an arm of

the DCAE, met with, and

proposed to the Board,

a package of reccomendations

that included the Board

ing on public record that it

supported a sixteen per cent

Durham City Board Of Education Has Meeting the institution of a "check

The Durham City Board list" type of grading report of Education held it regular of the students, as opposed to semi-monthly meeting May the standard numerical pro-10. The board focused its cess was accepted by unaniattention to the 1976-77 mous ayes from the board. school year calendar. A mo-The new system will differ tion to accept a proposal depending on grade level. which would call for a nine (9) week grading report and

Brown

[Continued from Page 1] whom I respect and admire and a man who I believe will offer a great deal to this country."

increase, of state employees Dymally has already begun salaries. In addition to the campaigning out-of-state for salary increase, next year's Governor Brown. "I will be PCC president, John Deeds, going on the road again and also elaborated on about doing a lot of work in twenty-five recommendations California with the Mayor," which the members felt Dymally said. "Wherever I would strengthen the school have the strength, I'm going system. Among them were: to use that for Brown." [Continued on Page 11]

communion sermon. He made a blistering attack upon the evils that attend the world. He called upon the denomination to become more vocal about sin and said that we do not talk about sin as an abstraction. We know however, sin as a concrete realization.

SEARS RECEIVES PEACEMAKER

GREENSBORO - Stan Davis, General Manager of Carolina Peacemaker announced in a letter to R. O. Luter, Advertising Manager, Sears, that Sears has been selected as one of the six companies to receive the first annual Peacemaker Supporter Award. The award was presented to Sears during the Peacemaker's ninth anniversary Awards banquet held at the Cosmos Club in Greensboro recently. The speaker for the

momentous occasion was Rev. Jesse Jackson, National Director of Operation PUSH, Chicago, Illinois.

Davis stated that "through Sears financial support in the for of advertising dollars, the Peacemaker has been able to consistently increase its service to the total community. The selection committee and staff of the Peacemaker salute you (Mr. Luter) and Sears for recognizing the credibility of the black press, the Carolina Peacemaker.

"We also extend to you our sincere appreciation for your past and present

The Carolina Peacemaker Ninth Anniversary Awards Banquet was a most successful even. Black Business Awareness would also "like to thank the Carolina Peacemaker to include Dr. J. M. Kilimanjaro, Publisher and Stan Davis, General Manager, for the outstanding service the Peacemaker renders to the total community."

AWARD By Earl Gill

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