

It's Up to Us to Check on Elderly

A recent television report revealed that Crisis Control in Winston-Salem had run out of fuel money to distribute to the needy in this city. The reporter said that there were some people in Winston-Salem who were subject to freezing to death unless ways could be found to help them cope with the freezing temperatures in this area.

Each time we turn up our automatic heat, or enter our warm homes, we should think of these unfortunate

social clubs, churches and all organizations in our city should help check on all elderly people that they know to see whether they are warm and have sufficient food to eat.

It is not unusual for elderly persons living alone to be freezing and starving to death and keeping their conditions secret from relatives and friends. Some of them are senile. Others have deep pride and feel left on the outside of a society that pictures and

•Make lap robes to keep them warm.

•Take hot soups and crackers and crock pot meals to the elderly. They often do not get the proper nutrition.

•Wash for them, or clean for them, because some cannot see well. They do not know when their houses are dirty.

•Call them on the telephone or stop by and say hello.

Better Living

By
JoAnne Falls



people. Within recent years, doctors have focused public attention on the problems of elderly people who live alone in cold houses. Their bodies cannot stand severe cold, and they are more likely to freeze to death than younger people. Their bodies get chilled quicker. This means that individuals, neighborhood clubs,

plays up youth and beauty. Most advertisements picture young people, and almost all television shows center around youth. Many elderly people feel that life has passed them by and that they are no longer appreciated and loved. These are some other things that citizens and organizations can do to help the elderly:

•Remember them with some "Thinking of You" cards.

•Send them the church bulletin.

•Ask their opinion about something. They feel useful when this is done.

•Go by and wash their hair, and help them dress for church.

Wachovia

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Carolina Times; Thomas C. Jervay, publisher of the Wilmington Journal; Ernest H. Pitt, editor/publisher of the Winston-Salem Chronicle; Bernard Reeves, advertising manager of the Charlotte Post; and Jimmy and Pauline Swinson, publishers of the Metro Times in Goldsboro.

Wachovia executives at the session included:

Medlin, John F. McNair, vice chairman of the board; Dalton D. Ruffin, Northwest regional vice president; Jack R. Tischler, senior vice president and marketing director; Isaiah Tidwell, vice president; Roy E. Phillips, assistant vice president and Ben Boswell, assistant vice president.

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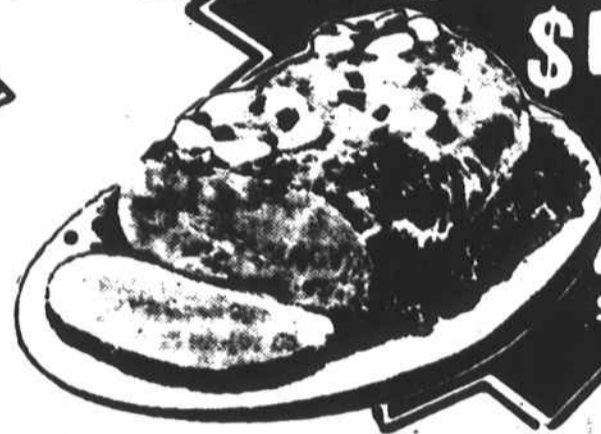
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