

Geneva youths visit pen pals at SSJ Infirmary

Nurse offers travel tips

While many elderly people are experienced and adventurous airplane travelers, they should make advanced plans for their health needs to ensure enjoyable trips.

Helene Clark, a nurse gerontologist at The Catholic University of America in Washington, D.C., offers the following checklist for older travelers:

- If you have any medical conditions, check with your health care provider before traveling. Make sure you are physically stable and feeling well enough for the trip. Before leaving, you might want to obtain a health professional's name at your destination in case of emergency.

- Make sure medicine containers are leak-proof. Pack medication in carry-on luggage.

- Avoid tight shoes, girdles and panty hose that can constrict circulation.

- Bring low-salt, low-fat snacks such as fruit and crackers in case your plane and in-flight meal are delayed. This is important for diabetics.

- The air inside planes can be dry. Drink plenty of water to prevent dehydration.

- Try to reserve a seat by the restroom.

- Walk in the plane's aisle once an hour to keep your circulation going. Walk around the airport during layovers. If you can't leave the plane during stops, periodically move your feet. Also, tighten and relax your leg muscles.

- Ask the flight attendant for a pillow or bring one for your back.

- Do not let air vents blow directly on you. The draft can cause chilling and stiffness.

- If nasal congestion is a problem, an antihistamine 30 to 60 minutes before flying may help if your health professional approves. Be aware that antihistamines can cause drowsiness and dry your nose and mouth.

"Normally, when we're talking about elderly travelers these days we're talking about relatively well elderly. They're well oriented to time, place and date," said Clark, an assistant professor in CUA's School of Nursing.



S. John Wilkin/Staff photographer

Members of the eighth-grade class at Geneva's St. Stephen/St. Francis School, along with teachers Mary Bender and Mary Friday, traveled to the Sisters of St. Joseph Convent Infirmary, 4095 East Ave., Pittsford, on June 18 to visit with the women religious who have been their pen pals. Some of the 29 students had been corresponding with the sisters since the third grade, visiting the infirmary several times a year. The June 18 visit marked the last as a group for the youths, who graduated from the school last month. In the photo at top, Heather Zaso (left), Sister Agnes Paula, SSJ, and Kim Hagadorn share a laugh under the trees on the infirmary's patio. At left, Allison Hilberer (right) points out her yearbook picture to Sister Marie Catherine, SSJ.



Fairport youth group set to host art exhibit, auction

FAIRPORT — Church of the Resurrection's youth group will host an art exhibit and auction on Friday, July 16. The event will take place at the church, 63 Mason Road. A preview is scheduled to begin at 7 p.m., followed by the auction at 8.

Admission is \$5 per person. For details, call 716/223-5500.

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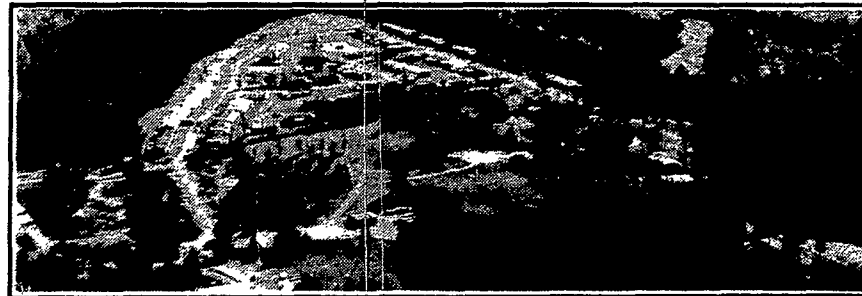


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