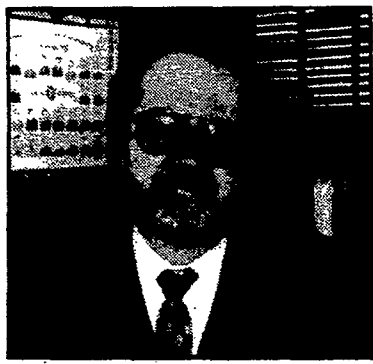


Thoughts to Consider



EDWIN SULEWSKI
Funeral Director

When should we get back to a regular routine after a loved one dies?

No two people react in exactly the same way to the death of a loved one! Some people do well by plunging into old routines or setting up new ones. Others need time to adjust without the deceased. They need time to express feelings, to learn new ways of doing things and to put affairs in order. The critical matter is that the grieving person be aware of and willing to deal with the changes death has created. Activity solely for the purpose of escaping feelings and running from the pain will not work. On the other hand inactivity can further depression. The newly bereaved should take time to deal with feelings and then begin the tasks necessary to make life meaningful.



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Conference delegate reports health care tops elder issues

By Nancy Hartnagel
Catholic News Service

WASHINGTON — For older Americans "the overall issue and concern — across races and cultures — is health care, particularly long-term care," said Jacqueline E. Wilson, a delegate at the fourth White House Conference on Aging.

Wilson, executive director of the Office of Black Catholics for the Archdiocese of Washington, was elected to represent the National Black Catholic Congress at the May 2-5 conference in Washington.

The overwhelming interest in health care, Wilson told Catholic News Service in a May 22 interview, "was a recognition that people of all races and cultures are living longer," reflecting projections into the 21st century that "people 50 and older will outnumber those under 50 for the first time in history."

Catholic values played a part in discussions, she said. "In our search for ways to serve the underserved and those most vulnerable in our society, the way we deliver health care is very important. It must respect the dignity of the human person."

The right to work also is a related issue, she noted. "We need to make a decent living," she said, in order "to participate in a meaningful way in our own retirement plans throughout our working lives."

Wilson, who is also president of the National Association of Black Catholic Administrators, was one of 2,217 delegates who worked on resolutions. They adopted 50 in all on health care, economic security, housing issues and quality of living.

Although most resolutions bridged racial and cultural differences, she said benefits of the conference for minorities included calls for:

- * More attention to homes headed by grandparents and removal of legal barriers for grandparents regarding school and guardianship issues, visitation rights, and financial help in caring for grandchildren.
- * More attention to such intergenerational issues as the isolation and loneliness of older Americans, diminishing respect for older people within both family and community, and elder abuse.

More sensitivity to minorities regarding language and culture, specifically in the use of inclusive language in resolutions and the call for community social service and health care workers to speak the language of their older clients.

More research money to study the needs and concerns of people over 55, and to pinpoint research to special populations such as women and ethnic and racial minorities.

"For the first time there was a definite plea to provide preventive health care for children," said Wilson. This is important so these future senior citizens "won't be coming back in the 21st century and saying the same things we have been saying in the 20th century."

It was good to say that elders are not in competition with children for services, she added. "We are saying fund programs for both children and seniors; don't play one off against the other."

She said that at the conference there was a strong representation of African- and Asian-Americans. Those delegates numbered about 300. But "a Hispanic presence was noticeably missing," she said and offered some reasons why.

"Very few Hispanics look to government to care for their elderly," she said. "They believe they can do it better."

Conference recommendations are expected to influence U.S. policies on aging for the next 10 years.

Senior golf tourney slated for Genesee Valley June 16

ROCHESTER — The 19th annual Senior Golf Tournament will take place Friday, June 16, at Genesee Valley Golf Course on East River Road.

The event, sponsored by Monroe County Office for the Aging, is open to men and women, age 60 and over. Rain date is June 19.

Tee-off times begin at 8:30 a.m. No cost is involved other than greens fees.

To pre-register, call 716/274-7824 Mondays, Tuesdays and Thursdays.

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