

## Be Budget-Wise at the Pharmacy

If you're over 65 years old, chances are you take at least one medication regularly. You might even take two, three or more on a daily basis.

Today's medications can lessen pain, cure diseases and add years to people's lives. They can also be very expensive.

Fortunately, there are ways you can save money on most medicines without sacrificing quality. But be prepared to do a little homework!

### CONSIDER GENERICS

Perhaps the easiest way to save money is to ask your doctor or pharmacist this question: "Is a generic form of this medicine available?"

A survey conducted by the AARP found that many older people believe that generics are inferior to brand name medicines. But they aren't. Here's why:

When a medication is new, it's available only from the company that produced it. The company receives a patent to protect its investment in developing the medicine. The drug is given a brand name, such as Prozac.

After a number of years have passed—up to 20 or more—the orig-

inal patent expires. When the patent expires, other companies are allowed to manufacture what is, in effect, a copy of the original medicine, reported Steve Findlay, the director of research at the nonprofit National Institute for Health Care Management.

The copy has the same biological effect as the original so it is called a "bioequivalent."

The copy also costs less money than the patented version, and it's sold under the medicine's generic name. Prozac, for example, is now available as the generic fluoxetine.

If a generic version of the drug you're taking is available, you can let your doctor know you prefer the less expensive medicine. The doctor can approve your request or explain why the brand-name medicine might be better for you.

*Dr. Walter H. Janke is a retired cardiovascular surgeon who is now the President and Chief Executive officer of America's Health Choice Medical Plans, Inc., a Medicare + Choice HMO. (For more information, call 800-308-9823)*



Walter H. Janke, M.D.  
FACC, FACS

## Happiness: a good bank account, a good cook and a good digestion.

— Jean Jacques Rousseau

### LOOKING AT LANGUAGE

## The Revenge of Anguished English

I'm pleased to announce that I'll soon be the father of a bouncing baby book—*The Revenge of Anguished English*, which St. Martin's Press will publish in early April. *Revenge* will be the fifth and last book in my long-running *Anguished English* series. As such, the book will continue the tradition of my presenting more than two dozen categories of verbal fluffs and flubs, goofs and gaffes and blunders, botches, boo-boos and bloopers;

Bloopers are that rarest of rarities: true mistakes that are truly funny. In regular life, mishaps are usually too harrowing to be hilarious:

You thought your car was in "Drive" when it was, in fact, in "Reverse." Looking straight ahead, you press on the gas pedal—not funny.

You brush your teeth with rash ointment—not funny.

You're a dentist, and you're moving in with the drill. You sneeze—*extremely* unfunny.

But consider these beguiling boo-boos:

- In an essay, a student wrote, "In 1957, Eugene O'Neill won a Pullet Surprise."
- Many gas stations equipped with snack stores display the sign "Eat Here and Get Gas."
- A headline blared GRANDMOTHER OF EIGHT MAKES HOLE IN ONE.
- A newspaper informed its readers that "the license fee for altered dogs with a certificate will be \$3, and for pets owned by senior citizens who have not been altered the fee will be \$1.50."
- A classified ad offered "antique desk suitable for lady with thick legs and large drawers."

- During the course of a Gemini flight broadcast, Frank McGhee, of NBC News, reported: "I have just learned that we do have the film of the astronaut's breakfast, which should be coming up shortly."
- On the Joey Bishop Show, Joey asked Sen. Barry Goldwater if he would like to be on the show twice a week. The senator answered, "I'd much rather watch you in bed with my wife."

See? A wiggle of a word, a swerve of a typing finger, a tangle of the tongue—and suddenly the world brightens, and you're enjoying a gleeful, guilt-free guffaw! Good for you!

And it is indeed good for you. Increasingly doctors are coming to believe that laughter just might really be the very best medicine of all. Each year the evidence grows that ingesting humor does a body good. Laughter colors the cheeks, puffs up the lungs, firms the muscles, fortifies the immune system, stabilizes blood sugar levels, adds endorphins to the brain and T-cells to the immune system, aerates the capillaries, reduces stress hormones and toxins, dulls pain and inflammation and tickles the funny bone. As the Irish proverb winks, "A good laugh and a long sleep are the two best cures."

*Dr. Richard Lederer, the author of many books about language and humor, lives in southern California.*

*His current book is "A Man Of My Words" (St. Martin's Press). He is the 2002 recipient of the Toastmasters International Golden Gavel Award. Explore his website at [www.verbivore.com](http://www.verbivore.com)*



Richard Lederer

## Ask Genevieve

Dear Genevieve,

My humans are all bragging about the New Year's resolutions they've made. What are these things, and did you make any for this new year?

— Love, Candy



Genevieve, our canine columnist

Dear Candy,

A resolution is a promise you make to yourself to do something. A New Year's resolution is a promise you make to yourself that you know you can't keep. That's why you put it off until the new year, instead of starting right now. I've got a few New Year's resolutions this time around: lose 1/2 pound, be more charitable toward cats, and be less impatient with my pet humans. In fact, this is the same set of resolutions as last year, and the year before that. Using the same list every year saves a lot of time.

Kibbles and Kisses, Genevieve

*Eiffel Press, Publisher of the pet classic "Memoirs of a Papillon: The Canine Guide to Living with Humans without Going Mad"; and "A Tongue in the Sink: The Harrowing Adventures of a Baby Boomer Childhood." To comment, call 941-918-0411 or go to [www.dogtellsall.com](http://www.dogtellsall.com)*



## SUMMER RENTALS

MT. SNOW, VERMONT

by the Weekend, Week, Month or Season.

We offer Hillside Condos, Townhouses, Chalets, Large and Small Homes. We are specialists... All we do is Rent.

Phone (802) 464-1445 or 888-336-1445 (Toll Free Number)

www.mountainresortrentals.com  
Email: [rentverm@sover.net](mailto:rentverm@sover.net)

"Southern Vermont's Year-Round Rental Center"

Route 100  
North Commercial Center  
P.O. Box 1804  
W. Dover, VT 05366

You must be getting older...

You've accidentally opened your outgoing mail.



### Look For Our April Issue

#### • UNIQUELY SINGAPORE

A city like no other, a world of possibilities... lots of thrilling spectacles and artistic inspiration. A bridge between the East and the West for centuries, today it is a vibrant melting pot of ideas, cultures and peoples.

#### • THE 100 BEST ART TOWNS IN AMERICA

Exciting and intriguing communities across North America.

#### • SATAY OF BEEF WITH PEANUT SAUCE

The beef pairs nicely with peanut sauce...use the same recipe for chicken or lamb.

#### • THE ART OF MAN: FACES OF PLASTIC SURGERY

Cosmetic Surgery: Guide to most asked questions for men and women.



## DO YOU HAVE DIFFICULTY WITH WALKING, BALANCE, WEAKNESS OR PAIN?

- Physical Therapy • Occupational Therapy
- Massage Therapy • Pool Therapy

## PERSONALIZED THERAPY IN YOUR HOME

No Out-of-Pocket Costs • Medicare Only

Our Therapists Have Many Years Of Serving Seniors With Compassion

LIFE QUALITY REHABILITATIVE SERVICES INC.  
561-869-0867