

Ideas

Chilling Out. Juli Urken, 51, a self-described “can-do” entrepreneur in Treasure Island, Fla., got tired of losing sleep to menopausal hot flashes and night sweats. So she and a friend invented a torso-size, gel-filled “ice” pack that their company, CoolSistas, bills as a safe alternative to hormone replacement therapy.



Making History. You can organize personal health information—from allergies and other medical conditions to medications and treatment histories—at www.ihealthrecord.org.

Your password-protected record is confidential; you provide access privileges, as needed, to doctors, family members or emergency personnel.

Bad Medicine. Anticholinergic drugs—commonly prescribed for hypertension, arrhythmia, incontinence, Parkinson’s disease and other conditions—may sometimes lead to cognitive problems that are diagnosed as dementia, a study in the *British Medical Journal* warns.

The Whole Shebang. If you’ve never heard of registered financial gerontologists, you’re not alone: The title was created only three years ago, and there are only about 150 or so of them nationwide. RFGs are accountants, financial planners and other professionals who specialize in “wealth span planning for older consumers and their families,” according to the nonprofit organization that certifies them.

WISDOM *continued...*

depression and the meaning of life. (Example: “I’m seeing a boy with tattoos, and I don’t know what to tell my parents.”)

The online Dear Abbys must be at least 60, fill out a questionnaire and go through a screening process. At CrownPointe of Indianapolis, an assisted living center, a group of men and women meet weekly to field questions. But most of the advice givers, like Cobb, work via computer from home. Cobb, for her part, fields from three to five questions a day.

Later this year Elder Wisdom Circle will unveil “Advice TV,” which it bills as “the world’s only advice column via webcam video.” Move over, Dr. Phil. —Cathie Gandel



EMPLOYMENT

Is It Time to Say Goodbye to That Gold Watch?

When veteran political columnist Jules Witcover of the *Baltimore Sun* learned last August that he was being let go, the news came in the form of a two-line letter delivered to his home by overnight mail.

“We appreciate your many

years of service to *The Sun* and its readers and wish you well in all of your future endeavors,” the letter—from the newspaper’s human resources department—said.

As corporations from coast to coast slash costs and payrolls, Witcover, 78, isn’t the only dedicated employee who’s gotten the boot without so much as a face-to-face explanation or thank-you. Even if the gold watch and retirement

party haven’t yet of the dodo and geon, they’re cl danged list.

“There’s a lot here,” says Chr an assistant pro University of Sc nia’s Marshall S ness. “There ar without a lot of ploeyes, and er out loyalty to th

As a result, s body’s become looking out onl herself—or the

What irks W is that the news from either of h *Sun*. (Editor Tin editorial page e Donovan each s sumed the other

“I don’t thinl qualify as a bes tice,” says Stev of the Society f source Manage

More than t employees wh rudely tell the (about it, Porath shows. “With fi “that rate is eve

As for Witce going it alone, j 16th book (*The Ink-Stained Wh tury Pounding t Beat*) and conti syndicated colt pears in about

he like —Sus



“This is so amazing. I am 53 years old, [but] I feel like I’m 16. And if I wasn’t in the middle of a hot flash, I’d believe that.”

—S. EPATHA MERKERSON, WHO PLAYS LT. ANITA VAN BUREN ON *LAW & ORDER*, AT THE GOLDEN GLOBE AWARDS