

THE BRONX TALKS ...

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Renee Hulen, RN, on lead poisoning:

Make sure that children are tested. By testing, that is the parents' greatest defense in terms of the lead poisoning that the children are exposed to. When you bring your children in, especially when they're one or two years of age, tell the pediatrician that you would like to have your child tested. Wash the children's hands before they eat and before bedtime because children put their hands in their mouth. If they're playing with toys or pacifiers, make sure you wash them frequently. Give them a high diet of calcium and iron. When you're drinking, when you're cooking, when you're preparing food or formula, don't use hot water because the bacteria could live in it. Wipe your feet before you enter your home so you're not bringing any dust into your home.

Bruce Hurwitz, Aging in America, on long-term care insurance:

Everyone needs to know about it. Everyone needs to have it. The problem is when most people start thinking about it, they're already well on in life and they can't afford it. If you don't have long-term care insurance, what happens? If you need to go into a nursing home, or if you need long-term home health care, or if you need adult day care, you're going to have to pay for it out of your own pocket until such time that you can't afford it anymore, and then Medicare

and Medicaid kick in. You have to divest of all your financial assets, and in some cases a lot of what you own. One out of every three seniors will require long-term care insurance. As a general rule of thumb, shop around. Make sure that your premiums never rise. Make sure that your coverage increases a few percentage points every year. You have to decide how long you want the coverage for. It could be for two, three, four or six years, or for life.

BronxTalk PrimeTime is broadcast live at 8:30pm each Monday night on BRONXNET's channel 67. It is repeated each day at 9:30a.m., 3:30p.m., and 8:30p.m. BronxTalk AM is broadcast live from 10am-12 noon Monday through Friday on BRONXNET's channel 67 and is heard on the Internet at bronxnet.org.

It is repeated each night from 10pm-12mid. All editions of BronxTalk are hosted by Gary Axelbank and produced by Jane Folloro.

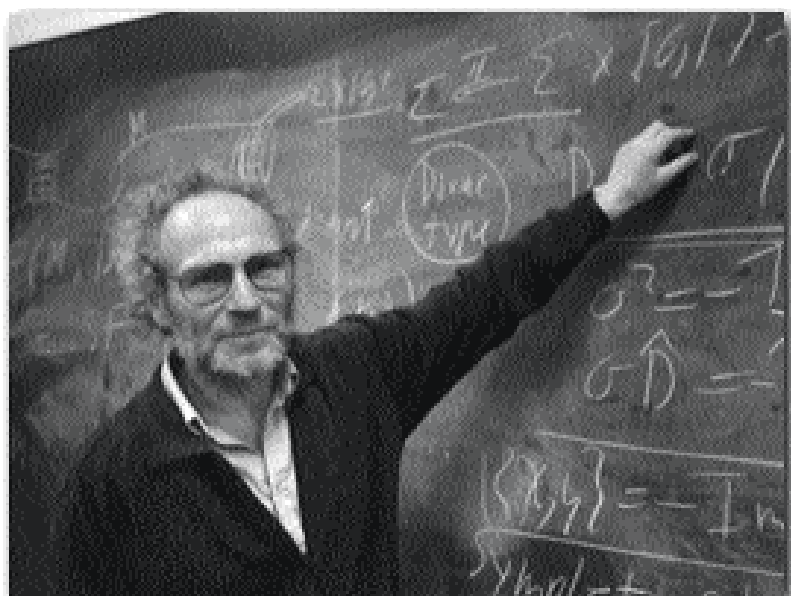
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