

Need SOMEONE to Fly With?

IF YOU OR A FRIEND OR A loved one wants to fly somewhere—anywhere in the entire world—but needs personalized assistance, we have the solution. Flying Companions, an Atlanta-based company, provides a travel service for elders who are unable to fly by themselves.

Suppose you are a grandmother living in Los Angeles and you want to visit your grandchildren who live in Chicago, but you're disabled and need help making the trip. You can call the toll-free number, 1-888-350-8886, and arrange for a flying companion to travel with you.

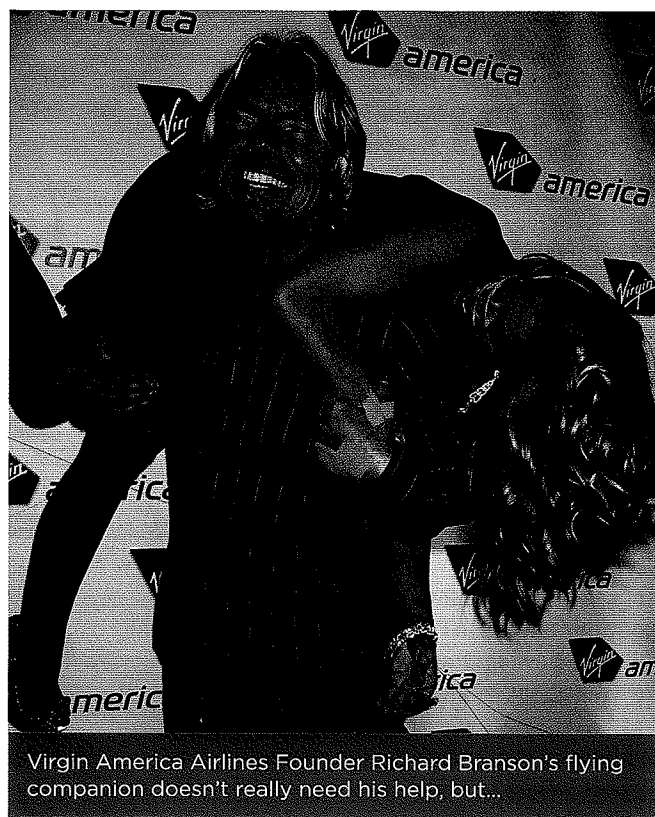
Depending upon your needs, your licensed companion will take care of a multitude of tasks for you. This includes researching airfares, making all the travel arrangements, escorting you from home to the airport, and helping you with a wheelchair. At the airport,

your companion will also help you check in, guide you through an expedited security checkpoint, provide access to an airline lounge while you're waiting, and assist you in boarding.

On the plane, he or she will make sure you have a pillow; keep you entertained with movies, magazines or a game of cards; and most importantly, assist you with bathroom trips. When you arrive, the companion will retrieve and manage your luggage. All the while, Flying Companions promises to keep your family members or friends informed as to the progress of your trip.

According to company president Doug Ianelli, the cost of this service would be \$1,233 for a one-way trip and \$1,773 for a round-trip, plus the cost of an additional airplane ticket for your companion.

Contacted by ELDR, Doug explains, "I enjoy helping



Virgin America Airlines Founder Richard Branson's flying companion doesn't really need his help, but...

elders so they may remain independent and continue to travel to see the world. Our service takes the stress out of flying and removes layers

of stress for many family members." We think this is a great idea and a great service. Go to flyingcompanions.com for more information.

It's Easy: Test Yourself for Diabetes

This simple at-home kit does the trick.

Type 2 diabetes (non-insulin dependent) affects more than 20 million people in the United States alone. Because it exhibits few symptoms until its advanced stages, millions more are unaware they are at risk.

If you are concerned that you might be diabetic or even pre-diabetic, there is an FDA-approved test you can take right in your home. Called the BIOSAFE Diabetes Risk Assessment, it comes in a ready-to-use kit that includes an instant test and a send-in laboratory confirmation. The instant test will give you an immediate glucose reading, and the mail-in confirmation

provides a laboratory analysis for hemoglobin A1c, which indicates your average blood glucose level during the previous 90 days.

You have to nick your finger to get a drop of blood for both tests, so if you're squeamish about doing this, you might want to ask your doctor to test you. Otherwise it's quite easy and painless.

Taken in combination, these two results are a reliable indicator of diabetes or a pre-diabetes condition. The cost of the tests is \$24.95. To learn more, visit the website ebiosafe.com.