

OCC offers all-day seminar on effects of growing old

"The Concerns of Aging" will be the topic for an all-day seminar, from 9:30 a.m. to 4:30 p.m. Saturday, May 17, in H building on the Orchard Ridge Campus of Oakland Community College.

The seminar is without charge, sponsored by the campus WomenCenter and the OCC Student Intern Program. Each session offered is complete within itself so guests may attend any or all of the workshops offered.

Participants are asked to bring a lunch. Coffee and dessert will be provided by the sponsors.

Esther Shapiro, director of Detroit

Consumer Affairs Department, and Jack White, a senior advocate, are the keynote speakers.

Ms. Shapiro's talk is called "The Senior Citizen, Senile or Swinger? White's talk is called "An Inside Look at Retirement."

The workshops which follow these talks will address the economic, mental and physical health issues which are realities for old people today.

AT 11:15 a.m., participants may choose to attend "Critical Issue in Nursing Home Reform" led by the Coalition for Nursing Home Reform-Citi-

sens for Better Care, or "The Legal Concerns of Senior Citizens" led by attorney Gisela C. McCabe.

The noon break runs from 12:15-1 p.m. when a movie will be shown.

A choice of two sessions run from 1-2 p.m.

A slide show-lecture-discussion group will be formed by The Metro North Gray Panthers and the Coalition for National Health Service for the workshop "National Health Service and Women."

"Women, Work and the Economy" will be led by Nancy Knisley, special programs coordinator for the college, and Mary White, director of Orchard Ridge WomenCenter.

From 2:15-3:15 p.m., participants can hear Robert Mielke from Macomb Community College on the subject of "Displaced Homemakers." Or, Mel Chudoff, coordinator of Mental Health Associates Degree Program of the college, speak on "Family Roles and Aging."

The last session of the afternoon offers "Women's Health and the Aging Process," led by Jackie Stefo, of Feminist Women's Health Center in Detroit.

Running concurrently will be the workshop "Aging and Stress and Stress Reduction" led by Joann Sharkey, Labor Education Program, of Northern Michigan University.

Pre-registration is not necessary to attend any of the workshops.

May is Mental Health Month

Mental Health Association in Michigan participates in a nationwide campaign designed to help the public understand and manage stress during May, designated as Mental Health Month.

The group offers free "Emotional Survival Kits" which will be mailed on request by calling the association, 557-6777.

"Stress is one of the major barriers to overall good health today," said John K. Cannon, president of the group. "Excessive stress can tax a person's system to a point where it can leave scars

which mar a person's physical condition.

"That person can become more susceptible to heart attacks, mental breakdowns, hypertension, ulcers, migraine headaches and general physical illness."

Through the survival kits persons will be helped to recognize common sources of stress, assess his or her own capacity to tolerate stress and become more aware of alternative means for coping with stress.

The kit provides stress information and tips for relaxation. It also addresses the topics of depression and anxiety.



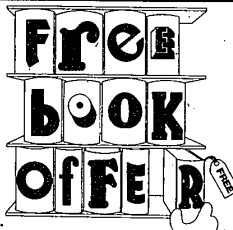
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Dionne Warwick thought Red Cross was only about hurricanes.

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Group I Select any item from Group I FREE when you deposit \$300 or more:

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B. 3-Piece Stainless Steel Storage Bowl Set with Covers. Regal's revolutionary storage bowls are great for keeping foods fresh, delicious, tasty! In gleaming stainless steel, with plastic covers to keep in freshness. Set comes with small, medium and large sized bowls for all your storage needs.

Group II Select any item from Group II FREE when you deposit \$1000 or more:

C. 10" Gourmet Pan. Be it gourmet delights or everyday meals, this pan will prepare your favorite foods to mouth-watering perfection. Extra-heavy aluminum heats evenly without "hot spots", and the all-new SilverStone lined interior gives you no-stick cooking and cleaning.

D. Betty Crocker Cookbook. From appetizers to zucchini, it's all in this comprehensive cookbook that features kitchen-tested recipes for any meal or snack. Handy reference sections provide special hints for any cook, from beginner to experienced, to make your cooking easier and more delicious.

E. 11" Square Griddle. Handy griddle does it all — baking, grilling, broiling and fry. And the SilverStone-lined interior assures you of no-stick cooking and cleanup. Made of extra-heavy aluminum for even heating, sloping sides for easy access.

Group III Select any item from Group III FREE when you deposit \$5000 or more:

F. 2-Quart Porcelain-Cast Aluminum Covered Casserole. Genuine porcelain with two-tone decorative stripes make this casserole as lovely to look at as to cook with. SilverStone-lined interior minimizes cleanup; extra heavy aluminum construction assures even heating.

G. 1-4 Cup Poly Drip Coffee Maker. Automatic Coffee Maker. Make delicious coffee in less than 1 minute per cup! There's a water window for easy filling, and a removable pump to make cleaning easy, too. Economical to use, this coffee maker saves on coffee, comes with a full 3-year warranty.

H. 5 1/2 Quart Poly Pot. Automatic Electric Slow Cooker. Let us cook low 'n' slow, or "turn it up" a little faster. Made of sturdy, lightweight, heat-resistant polypropylene. Giant 5 1/2-qt. cooking well is lined with Teflon II for no-stick, no-scor luxury. Comes with see-through lid and handy cord storage.

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