



retirement memos

Margaret Miller

It's still a scramble

Seems impossible it's a whole year ago that I was working my way through winding up a job, getting ready to move and preparing for Christmas. The holiday projects were getting short shrift. I had been that way for a lot of Christmases. "It will be different next year," I kept telling myself. "I'll be retired, and there won't be nearly as much to do and I'll have months to get all the things I want to be ready for Christmas."

The retirement happened. And, wonder of wonders, one big Christmas present was being completed by mid-summer. But otherwise, well, here I am, with Christmas approaching at a gallop again and my preparation as far in arrears as ever.

PART OF MY problem is in my determination to make more Christmas gifts for those I love. There seemed no reason for not doing that this year. And the projects are all planned and mostly started, just not finished yet.

Another element is the flurry of activity, both professional and volunteer variety, that hit Joe and me in the fall of our first retirement year.

Then there's the fact that deadlines are earlier when you have to pack Christmas into boxes to send to daugh-

ters as far away as Alaska. Finally, throw in the difficulty a transplanted northerner has in believing Christmas is so close when the gulf breezes are so soft and the sun keeps shining so warmly.

IT ALL ADDS UP to one more Christmas of rushing at the last minute. All that's saving me, actually, is that part of the family Christmas won't come until after New Year's Day. Two of our daughters are planning visits the first part of January, so we'll try to keep the Christmas tree and have a delayed celebration. And that means I have a couple of extra weeks to get their presents ready.

As in all Christmas past, it will all be done. The shopping will be accomplished, the made-by-hand gifts will be completed, the cookies will be baked and the cards will be written and mailed.

There are some things in life not necessarily changed by retirement. But maybe next year.

Margaret Miller was Suburban Life editor for the Observer Newspapers for 16 years. She and her husband Joe have retired to Florida where she writes Retirement Memos.

Author to speak on aging

Dr. Muriel Oberleider, author of "Avoid the Aging Trap," will be the keynote speaker at a mental health conference to be held Thursday and Friday, Dec. 1-2, in Sheraton-Southfield Hotel. The Continuum Center of Oakland University's School of Human and Educational Services is sponsoring the conference titled "Promoting Mental Health in the Later Years."

Other speakers on the program include Olivia Maynard, director of Michigan Office of Services to the Aging, and Detroit Councilwoman Mary Mahaffey.

The program will also include a special presentation on stress management for human service workers by Continuum Center staff member, Roberta Dailey, and a session focusing on the use of older adults as peer counselors in programs for the aging.

Oberleider is a diplomate in clinical psychology and assistant professor of clinical psychology at the School of Medicine, University of California at Irvine. Oberleider will address the conference at 9:30 a.m. Thursday. To register, contact Judy Amir at the Continuum Center, 377-3053.

Grandparenting class offered

Sisal Hospital of Detroit sponsors a free class for grandparents and expectant grandparents, from 6:30-8 p.m. two Monday evenings, Dec. 5 and Dec. 12. The class includes an update on maternity and infant care, a discussion on effective grandparenting and a tour of Sisal's new Mothers and Infants Center. To register, call Sisal at 493-8086.

Network meets

Professional Women's Network meets 7:30 a.m. Friday, Dec. 9, in Farmington Community Center, 24705 Farmington Road.

The monthly meeting begins with breakfast and a get-acquainted period. This is followed by a speaker. The group offers women the professional and business world an opportunity to exchange information with one another and make business and social contacts.

Meetings are set for the second Friday of each month. Reservations at \$4 each must be made the Wednesday preceding each meeting by calling the center at 477-8404.

A cocktail party will be hosted by the network at 6:30 p.m. Monday, Dec. 12, in the center. Reservations are necessary.

Mercy junior wins award

Wende Markey, 16, a junior at Mercy High School, received a speaker's award during a model United Nations Assembly.

More than 400 students participated in the assembly at Marian High School. Wende's persuasive speaking abilities and representation of Cuba's foreign policy earned her the award.

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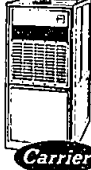
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