Corporations help families balance lives

IBM has recently implemented several programs designed to assist employees in balancing their carcers and family life.

These programs are available to all IBM employees in the United States. The company has 1,800 employees in southeast Michigan.

Two programs were implemented in October 1988 — an extended leave for new parents and a flexible work schedule.

"IBM now provides a three-year teave of absence following the birth or adoption of a child or for other family responsibilities," said Elise

Shepler, IBM's Information Representative at the company's Southfield location.

field location.

Leaves are approved on a case-bycase basis, she said. During this
time, employees receive all company-paid benefits and are assured a
comparable job upon their return.
"The program does have a few restrictions. During the first year of
their leave, a parent can elect to
work part time; however, in the second and third years, the employee
must be available for part-time;
however, in the second and third

In an effort to better accommodate employee schedules or family needs, IBM now also allows some flexibility in work schedules. Employees may start work up to one hour before or after the company's normal start time.

Another IBM program, which be-gan in 1984, is the Child Care Reffer-al Service. Through this program, IBM employees receive free refer-rals for the child-care alternative of



care Marcle Walker

their coulce.

The referral service does all of the leg-work involved to ensure that the child-care center or caregiver meets their personal specifications and is qualified to care for their child.

Tips for a trim, slim and healthy summer

Lorraine Stefano, founder and director of Think Trim, has some suggestions for a trim and healthy summer.

START EASY — One way to more trim and fit you is through excise. Begin with a moderate program with your doctor's permission. You will be less likely to have sore muscles or injuries if you take it one step at a time. Soon you will be excising all you want and one step closer to your goal.

CUT DOWN — NOT OUT — Studies have been sufficiently with the weight. You will have reached your goal.

EUT DOWN — NOT OUT — Studies have been sufficiently will have reached your goal.

EXILY TIPE FOODS OF THE SEASON — The season's fresh fruits

and vegetables are nutritious, deli-cious and naturally low-calorie foods. Include them in daily meals.

foods. Include them in dally meals.

BUY A NEW OUTFIT — A new
piece of clothing can help you to feel
like a new person. Even if you are
short of the desired cloth you buying
something to spice up by buying
something to spice up wardrobe. It will make you feel better
about yourself and act as an incentive until those additional pounds
come off.

FOCUS ON THE POSITIVE — Make a list of the things you like about your body; expressive eyes,

nice smile, great shoulders, wonderful calves. You and your body will feel better.

PICTURE YOUR TRIM BODY —

Visualize the trim body you want in your mind. See yourself moving about effortlessly in that body. Feel how light and energetic you are. If you believe it in your mind, you will see it in the mirror.

Think Trim classes and seminars are conducted at area hospitals, community centers, corporations and colleges. For more information on Think Trim programs or a current schedule of classes and siminars call 589-3283.



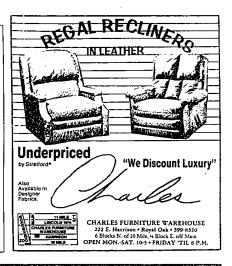
40th year marked

Frank and Dolores Minidis celebrate their 40th wedding anniversary June 11 with a cruise to Hawaii. He is retired from a 30-year career at Bethlehem Steel. The Farmington Hills residents have a daughter, Pamila, and a son, Frank



\$60,000 success

*La Fete au Jardin' raised \$60,000 for the single parent programs that take place in \$1. Vincent & Sarah Fisher Center. The smiles from Bill and Judi Roberts and Juliet and Ed Jonna stem from topping the proceeds in last year's fund-raising event. The Roberts are owners of Beverly Hills Grill and the Jonnas own Merchant of Vinc, two of about 40 merchants who donated food and beverages for guests to sample on the grounds of the Farmington Hills complex.





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Don't be impressed just by how we look even though we offer a variety of rooms overlooking flowering courtyards or the surrounding woods; or by our graciously furnished living and dining rooms; or by our soda parlor, gift shop, movie theater, and gourmet restaurant. And for your comfort, Peachwood Inn is fully air conditioned.

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