

Art with a connection to Michigan is told

The Farmington Branch Library will present Judy Knowles of the Founders Society of the Detroit Institute of Art at 7 p.m. Monday, May 7. She will narrate and show slides on the subject of "American Art with a Michigan Connection."

Knowles has been associated with the Detroit Institute of Art since 1978. Art has been her extended avocation for many years. Here in Detroit she has studied and given tours

in the areas of European, African, Native American, Asian and American art, along with many special exhibitions. Her pursuit of learning includes study tours in the major art centers in Europe and major museums of the United States.

The library is at 23500 Liberty Street in Farmington. Call 474-7770 to make reservations for this program.

Special mother sought

Submit an essay that explains why a mother you know should win the "Mother of the Year" award, and if she does she'll be transformed into a beautiful, relaxed and radiant woman.

The contest is being sponsored by Tamara's Institut de Beauté as a benefit for The Haven, Oakland

County's only shelter for abused and battered women.

Essays are to be no longer than 400 words and accompanied by a picture of the nominee and a \$10 fee. The entry should be sent no later than April 30 to Institut de Beauté, 32520 Northwestern Highway, Farmington Hills 48018.

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Osteoporosis Prevention Week observed by Wellness Center

E.J. Kozora, medical director of the Women's Health and Wellness Center in Farmington Hills, is teaming up with the National Osteoporosis Foundation and key federal agencies to educate Michigan residents about the prevention and treatment of osteoporosis.

The week-long campaign, conducted nationwide, begins on Mother's Day, May 13, and continues through May 19. The 1990 theme, "Generations of Prevention," underscores the need for men and women of all ages, especially teenage girls and adult women, to take preventive steps to keep bones healthy and reduce the risk of suffering serious fractures later in life.

According to the National Osteoporosis Foundation, osteoporosis affects 24 million Americans and causes 1.3 million bone fractures each year.

The condition is characterized by an excessive loss of bone tissue and an increased susceptibility to fractures of the hip, spine, and wrist. National expenditures for osteoporosis

are estimated at \$10 billion, including costs of hospitalization, nursing home services and lost productivity.

WOMEN MOST likely to have osteoporosis are those experiencing menopause before age 45, being Caucasian or Asian, being thin and/or having small bones.

Other risk factors include a family history of osteoporosis, chronically low calcium intake, excessive use of alcohol, cigarette smoking, taking certain medications, especially cortisone, thyroid or anticonvulsant medications, an inactive life-style and advanced age.

Since osteoporosis can develop silently for decades until a fracture occurs, early diagnosis is essential for therapy to be effective. The Women's Health and Wellness Center uses the newest technology — dual X-ray absorptiometry — to measure bone mass in the hip and spine and to assess the risk of fracture.

The technique is safe, rapid and

the most accurate of all methods. Testing will be offered at reduced rates during Osteoporosis Prevention Week.

"The good news about osteoporosis is that there are simple preventive steps people can take to help keep their bones healthy. These preventive measures should begin early and continue throughout life," Dr. Kozora said.

Kozora urges men and women of all ages to eat a well-balanced diet rich in calcium and to exercise regularly. Weight-bearing exercises, such as walking, dancing, and tennis, help to promote bone growth in the young and maintain bone health throughout life. Estrogen therapy may be beneficial for some postmenopausal women at risk for osteoporosis. Limiting both alcohol and smoking are also important preventive measures for men and women.

KOZORA encouraged older persons to do what they can to prevent falls that may result in fractures. He stressed the importance of making

homes "fall proof" by using non-slip rugs, installing guard rails in bathrooms, keeping stairwells clear of debris and taking other simple measures to reduce the risk of falling or tripping.

Regular vision and hearing checkups are also important for preventing falls due to poor eyesight and loss of balance.

Kozora, a board certified obstetrician, gynecologist and a member of the National Osteoporosis Foundation, has a special interest in menopause problems and osteoporosis.

He has attended post graduate courses at National Institutes of Health, Ford Hospital, Harvard Medical School and a recent three-day conference in Washington, D.C. — "Research Advances in Osteoporosis."

Federal agencies helping with the educational campaign include the National Institute of Arthritis, Musculoskeletal and Skin Diseases, and the Administration on Aging.

Registration or license needed by care providers

Michigan law requires those providing child care in their own homes to be registered or licensed. Registration is required for pro-

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child care

Marcie Walker

viders operating a family day-care home (up to six children), and licensing is required for a group day-care home (up to 12 children).

About 1,000 day-care homes in Oakland County have complied with these requirements, while many more are not in compliance.

The Oakland County Child Care Association lends support and assistance to those operating registered/licensed day-care homes. Established more than 12 years ago, the OCCCA publishes a monthly newsletter, holds meetings and provides education and training to its members.

"Those who last in this business say 'I can be a nurturer, but I'm also a businessperson,'" said OCCCA President Anita Barratt. "Our members learn the importance of conducting child care in a business-like fashion, such as signing an agreement with the parents."

During quarterly rap sessions, members discuss issues ranging from parents who are constantly late to dealing with children who bite.

During other meetings, members can fulfill training requirements. "At one meeting," said Barratt, "we had someone come and teach infant CPR, and all those attending received their certification."

Through their monthly newsletter, the OCCCA informs members of legislative updates and current regulatory developments within the Department of Social Services. The association attends public hearings and represents providers on the state and local level.

Serving as a network for providers, the OCCCA has also made large equipment buys at a considerable discount for its members.

For membership information, contact Robin Heintz at 757-5556.

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