

## Senior citizen volunteers needed

Catholic Social Services is seeking volunteers 60 years old and up to help mentally and physically disabled folks for \$195/month.

The Senior Companion Program pays low-income seniors to periodically check in on disabled people who have few or no family members to help them. Visitation occurs in private homes, nursing homes, hospices and cen-

ters for developmentally disabled persons around Oakland County. Catholic Social Services gets \$261,000 from the federal government to run the program. That pays for 63 volunteers who visit about 400 disabled people in Oakland County, said program director Suzanne Zerwick. "The need for services and the need for volunteers is tremendous," she said, adding that she could expand the

program's services dramatically if more money was available. Volunteers must meet income guidelines to qualify. Their income may not exceed 125 percent of the official poverty level.

To see about getting one of these jobs, or to register a family member or friend who needs visits like this, call Zerwick or Erin Asdell at 333-3705.

## Free seminars designed to help cope with aging

Senior citizens struggling to cope with the problems and issues associated with aging have a friend in Catholic Social Services. The agency has developed a free four-part series of workshops on this topic called "But First, Today."

Funded by the Oakland County Department of Public Health Office of Substance Abuse Counseling, the four 90-minute sessions encourage the elderly to continue to learn and grow and to take control of their lives.

Typically, the program is presented at senior centers, churches, senior housing sites and other community settings where groups of seniors meet.

Issues covered in the workshops include aging myths, the importance of self-esteem, building healthier life styles, stress management, pain management and positive thinking.

"It's very uplifting and positive," said program presenter Jill Walker, "trying to get people to feel better about themselves. The people are usually very pleased."

Usually, Walker added, the appreciation of the seniors leaves her feeling quite well, too. "It's fantastic," she said. "I learn a lot from the people there. They're very warm, the best audience in the world."

To learn more, call Walker at 557-7373.

## OCC hosts Irish band Blackthorn

The spirit of St. Patrick's Day continues on Friday, March 18, as the Irish folk group Blackthorn returns to Oakland Community College's Highland Lakes campus.

The popular entertainers

take to the Student Center Arena stage at 8 p.m. for an evening of music and storytelling. The lively sons of Erin are known for their ability to engage audiences in the fun by encouraging everyone to become Irish for the evening.

Tickets are \$8 for the general public; \$6 for students and senior citizens. For tickets, call 360-3057 or 360-3041.

The Highland Lakes campus is located at 7550 Cooley Lake Road in Waterford. Free, ample parking is available.

## OU hosts workshop on goals

An Oakland University Continuing Education Center workshop called "Life Mission: The Essence of You" meets 7-10 p.m. Thursdays, April 14 to May 19.

The teacher will lead participants through an internal intuitive process that helps individuals identify what they really want from life, according to a press release.

Fee is \$129. Call 370-3033.



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