

Arts commission to host reception Sunday

The Farmington Area Arts Commission will host a reception for the recipients of the 1995 Artist-in-Residence and Distinguisht Service to the Arts awards.

Farmington Hills are invited to attend the reception at the Farmington Hills Activities Center at 22620 11 Mile Road near Middlebelt Road from 3-5 p.m. April 30. The awards presentation program will begin at 3:45 p.m.

The Artist-in-Residence award winner is Meghan Tazian, painter, sculptor and teacher at Oakland Community College. Rose Marie Gregor, dance instructor, is also to be honored for service to the arts.

Cranbrook Kingswood School Parents and Friends and the Michigan Chefs de Cuisine Association invite you to attend

Le Gala de Cuisine

Sunday, May 7, 1995
3:00 p.m. to 7:00 p.m.
Cranbrook Campus Quadrangle
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A Word From Your Pharmacist

by Robert M. Harb, R.Ph.

NSAIDS LINK TO HIGH BLOOD PRESSURE

Older people experiencing an unexpected rise in their blood pressure may want to review their consumption of non-steroidal anti-inflammatory drugs (NSAIDs) when taking for a while. According to a study reported in the Journal of the American Medical Association, NSAIDs have been found to trigger hypertension in some older people. The study included 11,000 people over age 65, half of whom had been prescribed blood pressure medication for the time it was found that those with recently stopped NSAIDs were significantly more likely to have taken NSAIDs than the population of hypertension among others. The implication is that, while NSAIDs have the potential of protecting (individuals involved in pain and inflammation) these same substances may regulate blood pressure.

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Don't let us estimate that 10% of older Americans take NSAIDs to relieve the symptoms of arthritis, as well as other aches and pains.

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In fashion: Rita Sherr, Sydelle Sonkin and Andi Wolfe will be modeling at the Hats Off to Fashion show at Adat Shalom Tuesday, May 2.

Adat Shalom Sisterhood show to feature season's fashions

Twelve youngsters will join their mothers and a team of professional and volunteer models in a fashion show featuring spring and summer apparel from area stores on Tuesday, May 2, at Adat Shalom Synagogue in Farmington Hills.

The show will highlight the Adat Shalom Synagogue Sisterhood's annual Donor Day. Hats off to Fashion will be coordinated by Marilyn Georgeson and Pat Sands and produced by Bluma Siegal.

The "runway" fashion show will feature items from Hersh's, Zeza, Marguerite, Steilmann, The Broadway, Patricia Miles, Annie's Antics, Bobette Shop, Im-

ginknit, President Tuxedo, Stephen Franklin Optics and Baggit.

In addition to professional models appearing in the show, four Adat Shalom members will be modeling: Linda Golden, Andi Wolfe of Bloomfield Hills and Rita Sherr and Sydelle Sonkin of West Bloomfield. Annie's Antics fashions will be modeled by 12 children between the ages of 3 and 9 and three of their mothers: Joan Epstein of Birmingham, Elyse Silber of Farmington and Nancy Rubin of Farmington Hills.

Adat Shalom is at 29901 Middlebelt Road in Farmington Hills. The day will begin at 10 a.m. with coffee and boutiques. Donor Day chairman is Gerrie Sollich, who has been working

with Sisterhood Ways and Means vice president Ceia Lubetky. Lori Isaner is coordinating the sisterhood's annual Donor Day program/journal.

Proceeds from Donor Day help to support the sisterhood's projects which benefit both the synagogue and the community.

Included among them are programs for New Americans from the former Soviet Union, Yeshiva Etra, The Jewish Brulle Institute, The "Windows" Program of Jewish Family Service, clients of Jewish Vocational Service, The Jewish Theological Seminary, United Synagogue Youth and Camp Ramah campers, and Camp Ramah in the Ukraine.

SHELDON IDEN

April 27 - June 8, 1995

A TRIBUTE

JANICE CHARACH EPSTEIN

Opening Reception April 27, 6:00 - 8:30 p.m.

Sponsored in part by HootMcHemery Star Lincoln-Mercury

Public Welcome - Free Admission

Jewish Community Center, 6600 W. Maple Rd., West Bloomfield, MI
Gallery Hours: Monday-Wednesday 11:00-6:00 p.m., Thursday 11:00-8:00 p.m., Sunday 11:00-4:00 p.m. For information, call (810) 661-7641

ElderMed offers talks, screenings

ElderMed at Botaford General Hospital is offering services and benefits to adults age 50 and over.

■ May 4 and 11 - The ABCs of Healthy Working. A lecture series for adults 40 years and over, is presented by ElderMed at Botaford and Farmington Public Schools. On May 4, "Taming office tension" features Botaford physical therapist George Andrews demonstrating "computer" and "deskercises" exercises for desk-bound office workers that help relieve stress, tension and muscle cramping. Wear comfortable clothing. On May 11, "Choosing home exercise equipment" features Botaford exercise physiologist Ed Riankast providing information on the types of home exercise equipment. Both

classes are 6:30-8 p.m. at Farmington Community School, 30415 Shilawasee; \$3.50 per class. Preregistration required. Call (810) 489-3333.

■ May 6 - Foot screening. Performed by Botaford Podiatry Clinic staff 9 a.m. to noon at Clarenceville School Building, 20165 Middlebelt, near Eight Mile Road. Program is free, but preregistration required by April 25. Call (810) 473-8933.

■ May 12 - Hearing screening. Performed by Botaford's E.N.T. Surgical Associates 10 a.m. to noon at Clarenceville School Building, auditorium lobby, 20165 Middlebelt Road, near Eight Mile. Program is free, but registration required by May 6. Call (810) 473-8933.

■ May 19 - Vision screening.

Performed by Botaford ophthalmologist Dr. Jeffrey Sage noon to 2 p.m. at Clarenceville School Building, 20165 Middlebelt Road, near Eight Mile Road. The program is free, but preregistration required by May 12. Call (810) 473-8933.

■ May 24 - Tea and talk: Who will decide for me when I can't? Two Botaford administrators, Margo Gorchow of hospital and community relations and Bill Scheuber of professional and support services, will discuss the durable power of attorney form, Michigan's legal document for indicating your health-care decisions in case of incapacitation and how to select a patient advocate. 2-4 p.m., at Vladimir's, 28125 Grand River Ave., Farmington Hills. Call (810) 471-8020.

Parents can help kids deal with bombing

People are feeling a bit jumpy since last week's bombing in Oklahoma City. Parents may find that children are reacting in different ways depending on their age and temperament.

It is not unusual for children or adults to exhibit signs of anxiety or stress for several weeks after a traumatic event such as the bombing, according to a local school psychologist. Some people experience a delayed reaction and may not respond right away.

- Signs of stress include:
- Physical ailments, such as stomach aches and headaches;
 - Sleep disorders, such as nightmares, excessive sleeping;
 - Regression to younger behavior, such as thumb sucking, bed wetting and difficulty separating from parents;
 - Unusual crying or tantrums;
 - Inability to concentrate, poor school performance;
 - Acting out by older children, use of drugs or alcohol, risk-taking behavior.

Jerry W. Hotchkin, school psychologist with the Farmington Public Schools, offers these

things parents can do to help children cope with a traumatic situation, adapted from National Association of School Psychologists publications.

■ Understand the kinds of fears and anxiety your child may be feeling. His/her fears may not be realistic, but they are very real to him/her. Children express fears that the bombing will happen again, be even stronger than this one and that their homes may be damaged or destroyed. Acknowledge these concerns.

■ Allow children to express their feelings. Many children will want to talk (and talk and talk) about the bombing. Others may need to express their fears through drawing, clay or other nonverbal mediums. It is most helpful to simply listen and encourage them to express their feelings without making value judgments or telling them it will never happen again. Do reassure them that you will do all you can to make it as safe for them as possible.

■ Answer questions with simple, accurate information, but without going into morbid details. You

may need to answer the same questions over and over as the child seeks reassurance and an understanding of the situation.

■ Provide extra attention and physical contact if necessary. Lots of touching and holding is comforting for children. Take extra time when putting them to bed.

■ Have a family emergency plan and discuss this with your children, where to go if there's a problem, how to contact one another, where emergency supplies are kept.

■ Allow children who want to an opportunity to help others, such as through food donation or other activities like making sympathy cards.

■ Be good models for your children of how you are coping with the situation. If you and your children are still experiencing much distress over the bombing and you are not seeing improvement over time, professional counseling may be needed. Feel free to contact the local school psychologist or social worker.

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Farmington Garden Club meets Monday

The Farmington Garden Club will meet Monday, May 1, to hear John Wendland, senior groundskeeper at Oakland University and member of the International Geranium Society. He will talk about the many varieties of geraniums, their care and culture. He will answer questions regarding these flowers.

The meeting will be at 12:30 p.m. at Longers House, 24705 Farmington Road. Refreshments are served at noon by the hostess committee: Adrienne Goldbaum, Betty Beck, Julia Cheri, Gene Nelson and Jackie Roman.

Artistic designs "Tee for Two"

staged on a card table will be done by members Barbara Denton, Nancy Johnson, Evelyn Kennedy and Gery Tobin.

Horiculture hint: A mixture of tablespoons baking soda and 2 table spoons horticultural oil 1 gallon water sprayed weekly will control black spot and mildew.