

Smith from page 13A

experience. "Prescription for Burnout" investigates the signs and symptoms of burnout and methods to decompress. This can help in dealing more effectively with stress associated with burnout. In addition, attitudinal and perceptual reprogramming are explored that will help to redefine the situation. This strategy tends to lead to more effective coping and problem solving.

The workshop on humor, "The Magic of Humor: How Laughter Can Save Your Life" describes how laughter has physiological and psychological benefits. A Humor IQ is given as well as methods for developing a sense of humor. This is a class full of positive energy.

In addition to the above workshops, a once a month series of two hour stress related topics will be presented beginning in March. All classes are offered from 7 to 9 p.m. The topics include: "Attitu-

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dinal Healing" on March 25; "Art of Meditation" on April 22; and "The Hot Reactor — the Hostility Connection" on May 6. Registrations are required for all classes. For more information and registration, call Botsford General Hospital's Health Department Network at 810-477-6100.

Caroline Smith, RN, MSN, is health programs coordinator in Botsford's Health Development Network. She has over 13 years experience in health education and wellness including programs in stress management, health screenings and childbirth education.

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Beta Eta names Voisin

Beta Eta Chapter of Delta Kappa Gamma, an international society for key women educators, has named Mary Voisin as woman of distinction for 1996.

Voisin's career in Farmington as a teacher has been a

long and distinguished one, serving at Shawnee, William Grace and Beechview elementary schools. She will be honored at the Delta Kappa Gamma coordinating council luncheon in March and at the state convention in May.

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Longacre House appraises antiques

Ever wonder how much Aunt Tillie's old lamp is worth? Bring your antiques, collectibles, art works and other treasures to the Longacre House on Saturday, March 2, and receive written appraisal by Ernest DuMouchelle of DuMouchelle Art Galleries in Detroit.

The Longacre House is a non profit community center located in an historic mansion at 24706 Farmington Rd., just north of Ten Mile Rd. in Farmington Hills. The Longacre House volunteers are sponsoring the appraisal clinic to raise funds for the support of the center.

DuMouchelle has been in business since 1927, operating a fine art gallery, antique shop and auction house. DuMouchelle is a certified gemologist and well known appraiser, as well as vice president of the gallery.

Appointments will be scheduled in half hour blocks between 10 a.m. and 4 p.m., March 2. Each person will have approximately ten minutes for their appraisal, depending on the number of items appraised. The fee is \$7 per item. A \$7 deposit will reserve your appointment.

For an appointment, call the Longacre House at 477-8404.

Event benefits cancer, opening of Gilda's Club

WDIV-TV medical reporter Asha Blake and Richard Golden, president of D.O.C. Optics, will host a benefit for Gilda's Club of Metro Detroit on Monday, March 4 at Chianti Villa Lago in Grosse Pointe Farms.

Cocktails and a strolling supper will be offered in Jimmy Schmidt's restaurant beginning at 6:30 p.m. Proceeds from the benefit, at \$40 per person, will go

towards the opening of the Gilda's Club.

The club is a free, non profit, non residential social and emotional support community for men, women and children with all types of cancer, as well as their family and friends.

It is named in memory of Gilda Radner, comedian, actress and former Detroit resident who died of ovarian cancer several years ago. For tickets, call the metro Detroit chapter at 851-6557.

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A.D.D. and Learning Problems Linked to Vision

Livonia - For the past three years, Dr. John Jacobi, optometrist, and his visual therapy staff have helped hundreds of patients overcome their vision-related learning difficulties. Why look to vision for relief? Vision is our number one tool for gathering information. 80% of learning takes place through the visual system.



Eric working with Dr. Jacobi and his vision therapist.

In addition, vision is strongly linked to concentration. Symptoms of visual deficiencies and Attention Deficit Disorders are very similar. "My concern is that a child with A.D.D. may have undiagnosed vision problems," says Dr. Jacobi. "There could be a serious, yet treatable vision deficiency that is being overlooked."

The first step is a thorough testing of sight, eye movements, visual concentration, visual memory, coordination, and letter reversals. Juli Ygeal, vision therapist, explains, "This simple testing can change a child's entire future. I've met so many concerned parents, who are desperately searching for answers. It's wonderful to be able to give such hope to these children."

"Identifying the problem is just the beginning," notes Dr. Jacobi. "The real hope lies in the fact that in most cases, it is correctable. These students have potential to make gains - great gains."

Dr. Jacobi is dedicated to this need for vision testing. He is currently offering free testing at Suburban Optometric in Livonia. Call (313) 525-8170 for an appointment.

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