

Volunteer, 90, helps out at hospital information desk

Mabel Zeisser celebrated her 90th birthday on Aug. 31, but the Farmington Hills woman has no plans to slow down.

Zeisser is a volunteer at Providence Medical Center - Providence Park in Novi where she helps out at the information desk.

Since 1982, she has logged more than 2,500 volunteer hours at the center, giving directions and helping visitors find their way.

When she isn't at the medical center, Zeisser spends time knitting caps for the babies born at the New Life Center at Providence Park or visiting nursing homes and senior centers.

Zeisser says she doesn't have the secret to longevity but helping others makes a difference.

"I feel I've been blessed," said Zeisser. "I feel I have to keep active and this is one way of doing it."



Mabel Zeisser

Senior trips offer wide variety

The City of Farmington Hills senior adult division is offering many trips this season.

A trip to the Shakespeare Festival in Stratford, Ontario Oct. 9 has waiting-list-only space, but an Oct. 28 excursion to Niagara Falls and the Shaw Festival in Niagara-On-The-Lake still has openings.

Also planned is a weekend trip Oct. 19-22 to Strasburg, Pa. to see the play "Noah," about the building of the ark.

There's a trip Nov. 2-14 to

Hawaii, Nov. 7-15 to Beijing, China, Feb. 9-17 to Portugal and March 4 to Ireland.

Closer to home, seniors will see Christmas with the Rockettes at the Fox Theatre Dec. 18, visit the hometown of Kellogg Cereal in Battle Creek Jan. 20 and the Empress Casino in Indianola Feb. 16-17.

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New York City is on the roster for May 13-18, the downtown Detroit fireworks in June, and Saugatuck July 15. A trip to France in October 1999 is also in the works.

The Farmington Hills Senior Center is a trip sponsor. Trips are open to people 55 years of age or older. Call 473-1830.

Chat room from page B1

Common yet serious

Clinical depression is a serious and common disorder of mood that is pervasive and intense, and which attacks the mind and body at the same time. Unlike grief or passing sadness, depression does not respond to a change in circumstances (for example, good news) nor does it dissipate with time (in contrast to normal responses such as the grief over the death of a loved one).

Depression can last for months or years if left untreated, resulting in disruption of relationships and professional productivity as well as disability or even death. Current theories indicate that clinical depression may be associated with an imbalance of chemicals in the brain that carry communications between nerve cells that control mood and other bodily systems that are disrupted in depression, such as sleep and appetite. In most people, depression can be treated successfully, either with medication or psychotherapy or a combination of the two.

According to the National Institute of Mental Health, depression affects more than 17

million Americans each year. Less than half of the people suffering from depression seek treatment for it. Twice as many women as men experience depression. The main symptoms that characterize clinical depression are depressed mood, diminished interest or pleasure in activities, significant change in appetite or weight, sleep disturbances, restlessness or sluggishness, fatigue or loss of energy, lack of concentration or indecision, feelings of worthlessness, inappropriate guilt, and thoughts of death or suicide.

On Thursday, Oct. 8, at the Center for Anxiety and Mood Disorders, free screenings and a chance to speak to a mental health professional privately will be available. A video on depression will be shown, and refreshments will be served. There will also be a support group from 7:30 to 9:30 p.m. and an assortment of self-help materials. The ADA is located on 6256 Orchard Lake Road, just north of Maple. For more information call the ADA at 932-3733.

Tina Shemtoob of Farmington Hills is publicist for the Center for Anxiety and Mood Disorders.

Impresario from page B1

we're not really in the city," he said. "I've been on the boat 10 years."

The last time he took the boat off-shore was when he entertained the Monte Carlo ballet company last May. Four telephone lines and cable connections make boat launching a dicey proposition.

"Dancers, artists, choreogra-

phers are always happy to come to the boat. It's a great view and most people enjoy the water. It's good for business."

Performances of "Romeo et Juliette," choreographed by Jean-Christophe Maillot, are 8 p.m. tonight and Friday, Saturday, at 2 and 8 p.m. and Sunday at 2 p.m. Order tickets by calling 313-874-SING.



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Mom's second-hand fall sale slated Oct. 3 at Costick center

The Farmington Area Community Women will host a Mom's Second-Hand Fall Sale 9 a.m. to noon on Saturday, Oct. 3, at the William Costick Activities Center, 11 Mile between Middlebelt and Lakeside.

There will be a \$1 admission charge. Refreshments will be available and strollers are allowed.

All proceeds will support the Farmington Emergency Fund, which helps pay bills (electric, gas, doctor, etc.) for local families in times of need. The Farmington Area Community Women is a nonprofit group which raises money for local charities.

To rent a table (\$30) call 489-0803 or 476-9074.

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