New activities can help to bring back sense of purpose, direction, after loss

Q. All of my children are grown and my husband dided three years ago. I still go to work every day and keep up my house, but Just don't have any desire to do anything else. People tell me I'm missing a lot, but Just and get myself to care. Is this normal for a 50ish woman?

A. It is very normal to feel directionless after major changes in ones life. According to psychological scales, the loss of ones spouse is considered one of the most devastating tife-changing events one can go through, surpassed only by the death of a child. It often takes people a significant amount of time to readjust to this new, single status in life, especially if the marriage was a good one. Have you considered bereavement counseling? Three years is an awfully long time to be average into being active in the community again.

One of the biggest problems widows and widowers face is a lack of purpose. People need a reason to be and many times after the loss of a spouse, and with the community again.

One of the biggest problems widows and widowers face is a lack of purpose. People need a reason to be and many times after the loss of a spouse, and with our children are grown, we lack a reason to pet out of bed in the morning. It sounds

sider a dating service, loss importantly, get out! It's for certain the new beau you're looking for is not waiting in your living room!

If dating doesn't interest you currently, consider groups activities with friends, like traveling. Group tours offer great low-fare ways to have fun, see new sights and break out of our regular routine. It also gives something to plan for and look forward to. Locally, there are tours to places of interest, like art museums and unique shopping experiences, sporting events. Take a class, adult education programs effer a wide variety of interests, from a new hobby to changing erreers. It's a great way to make friends with similar interests too.

In ve you considered voluntering for your furgine loar.

make friends with similar interests too.

Have you considered volunteering for your favorite charity? Volunteering for your favorite charity? Volunteering helps us step outside curselves and focus on someone else, forgetting our own troubles in the process. Hospitals, school programs and animal shelters are begging for help. It's a great feeling, and helpful too.

Do you have any pets? Research has shown people with pets are healthier and happier. Pets cone our stress, keep us company, case the loneliness of living alone and sometimes provide us with a reason to take a walk. And pets

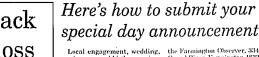
get out! It's for certain the new beau you're looking for is not walting in your living room! If dating doesn't interest you currently, consider group activities with friends, like trav-

make a great conservation piece. One of our neighbors reg-ularly takes their parrot for a walk. What a sight that is!

walk. What a sight that is!

There are so many directions
to go in. You are much too
young to throw in the towel
and consider your life "over."
Women in their 50s can live
another 30 plus years and that
is a whole lot of future to fill.
Good luck embarking on the
second exciting stage of your
life.

Lake Orion resident Karei Lake Orion resident Karen Wiater is a psychotherupist in Bloomfield Hills, specializing in relationship conflicts, Ques-tions for her can be sent to: Karen Wiater, Suburban Life, The Eccentrie, 805 E. Maple, Birmingham, 48009.



Local engagement, wedding, anniversary and birth announcements run in the Thursday and Sunday editions of The Observer & Eccentric. Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield arens should send their engagement, wedding, anniversary or birth information, with or without photograph, to: Attn Brides, The Eccentric, 805 E. Maple, Birmingham 48009. Residents of the Troy and Rochester arens should send information to The Eccentric, 400 Water Street, Suite 203, Rochester 48307.

Residents of the Farmington aren should send information to

the Farmington Observer, 33411
Grand River, Furmington 48335.
Treprinted furns that outline the information needed for your engagement or wedding announcement are available at Observer & Eccentric offices.
For engagement announcements, please submit at least 45 days before the wedding.
Black and white, 5 x 7 photos and other sizes will be necepted.
If you have questions regarding your announcement, call Sue Wills in Birmingham at (248) 901-2560; Debbie Douglas in Rochester at (248) 651-57676, or Katie McManus in Farmington at (248) 477-5450.

BIRTHS

Sharra Marie Manke

Mr. and Mrs. Glenn Manke of Pontiac announce the birth of their daughter, Sharra Marie,

Nov. 11, at Crittenton Hospital.
Her grandparents are Mr. and
Mrs. Fred Manke of Troy and
Mr. and Mrs. Thomas Wagner of
Edwardsburg, Mich.

Childbirth refresher class set

Do you breathe or do you blow through a contraction? And what was that relaxation exercise that was so helpful in easing the ten-sion of labor? Those techniques you learned in childbirth classes n fade from your memory and difficult to recall in subse-

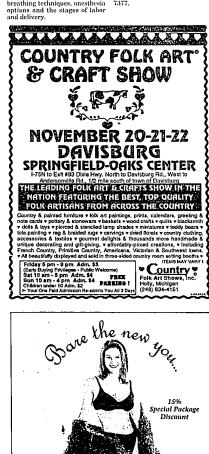
quent pregnancies.
William Beaumont Hospital
offers the "Childbirth Education
Refresher Class" for expectant
parents to review relaxation and
breathing techniques, anesthesia
options and the stages of labor
and delivery.

Class is scheduled for 9 a.m.-1 Class is scheduled for 9 a.m.-1, n.m. Snturday, Dec. 5, at Beaumont Medical Building, Conference Rooms A & B. 6900 Orchard Lake Road, West Bloomfield; and 7-9 p.m. Modays, Dec. 7 and 14, at William Beaumont Hospital, Classroom G,44201 Dequindre Road, Troy, Class fee is \$25 and you must register in advance, For more information on the class or to register call tull-free 1-800-633-7377.

s seen on Channel 7's Healthy Living Live!

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