

Teen diabetics form new self-help group

Several teenage diabetics held their first organizational meeting to form a self-help group to share feelings about being a diabetic.

And they invite others to join them, with leader Marilyn Citron, at 7:30 p.m. Wednesday, Dec. 10, in Southfield Civic Center, on Evergreen Road, between

10 and 11 Mile roads.

"Teenage diabetics are probably the most difficult patients endocrinologists have to treat," Ms. Citron said, speaking of the doctors who specialize in hormone problems.

"These patients not only have the everyday variety of growing-up pains, but

also face living with prescribed perimeters of do's and don'ts," she said.

"Beign over protected by parents and misunderstood by peers, too, often leads these young diabetics to poor diabetic control," she said.

Ms. Citron will help the teens orga-

nize meetings, arrange for speakers and plan activities. Beginning with 15-18-year-olds, plans eventually call for organizing groups for all ages.

Her objectives for the teens is to get them to relate experiences of successful coping with the condition, adding, "I have trouble calling diabetes a disease."

She hopes to teach members of the group about diet, exercise, medication, stress, and urine testing utilizing guest speakers and audio-visuals.

Parents and friends will learn about what it means to be a diabetic in special sessions.

"I want the group to have fun participating in sports, parties and related activities, all reinforcing the concept that diabetes can lead a 'normal' life," she said.

Childbirth preparation class set

Expectant parents are invited to join Teresa Grondin, registered nurse and member of the International Childbirth Education Association at a new Farmington Community Center childbirth preparation class.

Attendance is suggested during the

third trimester of pregnancy, according to Mrs. Grondin, who has studied the latest methods and techniques of childbirth and labor support.

Discussion will include the emotional changes accompanying pregnancy, labor and delivery plus relaxation and

breathing techniques during labor.

The adjustment to parenthood will be the topic of one session. Classes will meet in six sessions beginning Friday, Nov. 14. The hours are 7:30-9:30 p.m. Fee is \$35 per couple, with registrations taken by calling the center, 477-8404.



Mercy High greetings

This greeting card designed by Roseann Hebel is one of three cards Our Lady of Mercy High School offers for sale that have been designed by Mercy alumnae, now all professional artists. The card wishes "Peace, Health and Happiness throughout the coming year," and sells for \$3, for a box of 15. Telephone orders are taken by calling the school, 476-8020, ext. 241.

PTA hosts bazaar

The Gill School PTA will sponsor its annual Christmas Bazaar from 10 a.m. to 4 p.m. Saturday, Dec. 6, in the school on Gill Road, west of Farmington Road between Eight and Nine Mile.

An array of crafts, decorations, gift items, new books and baked goods will be featured. There will also be a raffle

and a "Children Only Shop" where youngsters may select and buy their own gifts and have them gift wrapped.

Food will be available for lunch and the Girl Scouts of Gill School will provide baby-sitting for a nominal fee.

There is no admission charge to the building.

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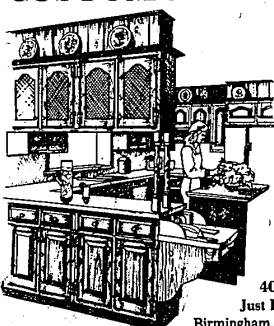
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