

Growing Old

Don't fight it, learn to deal with it, says OCC course instructor

Barbara Majoros decries the familiar myths and stereotypes that loudly proclaim aging is to be feared, hated, and definitely not discussed.

"Whether it is wrinkles or gray hair, or someone saying they can't teach old dogs new tricks, or they have turned 40 and expect it to be down hill from there on, it just isn't so," Majoros says.

"Since old is something we are all getting, learning how to successfully deal with it should be an individual's prime concern. Rather than ignore it, fight it or rebel against, we should learn to face it."

Majoros, a social worker and short course instructor, takes that philosophy into the Oakland Community College

classroom for another 10 week course offered 7-9 p.m. Mondays and 9-11 a.m. Tuesdays, beginning the week of Jan. 23.

She cites several purposes for the course. "Gerontology Career for the 80's" she teaches on the Orchard Ridge Campus.

"I want to stimulate interest in the field of gerontology, help change attitudes toward senior adults, provide useful information for those experiencing problems with aging parents, and to help students of all ages understand their own aging process," she said.

TIME SPENT in the class finds the students role playing and experiencing life in a retirement home with the loss

of decision making powers. Experiencing physical handicaps and losses is one of the many highlights of the class.

All of the students simulate hearing loss, visual impairment and the loss of touch. They also find themselves walking the campus halls with canes and walkers.

When they return from this stroll their attitudes and feelings are totally different toward the elderly and handicapped. They experience the difficulty of walking up and down stairs, opening doors and most of all they experience the impatience and stares from other students.

Majoros also uses films, slides, guest speakers and field trips to enhance the learning process.

"This class is strictly upbeat," she said, "combining factual information

along with a touch of humor, which is needed if we are to really see our true attitudes toward aging."

The age range of her students has run from 18-72, which is exciting to her because everyone has so much to share with each other."

MAJOROS divides her time between teaching, counseling, and filming educational programs for seniors on cable TV in Madison Heights. She is also a member of the Intergenerational Committee for Oakland Schools, helping to

spearhead a drive that will make educators aware of senior adults as an untapped resource."

The aging specialist says the field of gerontology is fascinating, and one that is growing due to a desire for change and knowledge. She admits to staying "awake in the wee hours of the morning" thinking of new ideas and new ways to stimulate, educate and help people of all ages.

Registration for her class can be made by calling Oakland Community College, 471-7500.

Living in slow time

Continued from Page 1

"Four years later, I came back to school and the first psychology class did for me. I knew just what I wanted to do."

TAI CHI and Rosman's work as a therapist is not in conflict with one another, he contends.

"People have so much anxiety and pressure today. Something has to lessen that anxiety. I've taught clients Tai Chi who came for therapy and some have attended my classes in Farmington."

"People with arthritis report they have less discomfort after practicing Tai Chi."

Rosman says the art has not made its

mark in this country as yet and hasn't many practitioners.

In the Orient, the art is practiced and respected. Rosman's hopes are pinned on a graduation gift of a trip to the Orient, so he can learn more and absorb more of the ancient system.

Meanwhile, the men and women who came to watch and try Tai Chi learned that its symbol is the Tai Chi fist, that though it is a fist, it is gentle.

With Tai Chi, the nice thing is you don't have to think, he tells them. "The more you think, the less you can do the postures."

"Let your mind go blank, keep your hand curved in a posture of energy, a ball of energy. I ask you not to think, to relax. Don't drop the ball, while it's powerful, it's very fragile."



Barbara Majoros

Ski clinics offered to the blind

A series of cross country ski clinics for the blind will take place at Glen Oaks Golf Course in Farmington Hills.

At 11 a.m. Saturdays, Jan. 14, 28 and Feb. 4, volunteer guides will lead skiers age 10 and up through basic instructional clinics on cross country skiing.

Proper use of equipment, correct

methods of dressing, and cross country techniques will be discussed before skiers are led onto the course for some practical experience.

Cost for the program is \$1 per person, per clinic. The fee includes transportation from designated pick-up

points, equipment and instruction. Preregistration is required.

Glen Oaks is at 30500 13 Mile Road between Orchard Lake and Middlebelt Roads. For registration call Farmington Hills Parks and Recreation Department, 474-8115.

Job club set

Job Club, to aid the unemployed in researching the job market, begins at 1:30 p.m. every Monday and Thursday beginning Jan. 30 for three weeks in YMCA of Western Wayne County, 28279 Michigan Avenue.

Registration information is given by Sue Gidwell, in the Y, during regular office hours, 581-4110.

ENERGY.
We can't afford to waste it.

DAVIDA'S
Dress Shop

CLEARANCE SALE

ON ALL FALL & WINTER CLOTHING

Up To **75% OFF**

FRIDAY AND SATURDAY
JANUARY 13th & 14th

OAK PARK
25003 Coolidge Hwy.
Between 10 & 10 1/2 Miles
Daily 10 - 5 p.m.

APPLEGATE
29839 Northwestern
Between 12 & 13 Miles
Daily 10:30-5:30 p.m.
Thurs. Even. "til 8:30.

The #1 Look for M'Lady

Mary Glancz
presents
That Elegant Glow

Eighteen years of experience have gone into perfecting the Mary Glancz Personalized Skin Care Technique

••• That's What Makes Her #1 In Facials •••

Head to toe European Skin Care
Deep Pore Cleansing, Resurfacing Treatment, Body Massage, Leg Tonic, Body Facials, Hand Treatments, Manicures, Pedicures, Electrolysis, Waxing, Make-Up, etc.

The Skin Glow Specialist
Mary Glancz
102 Pierce Avenue
Birmingham, MI 48011
642-6787

kay baum

Bass Factory Outlet Prices

No need to go to Maine...
We have their prices!

New Spring Styles
Arriving Daily

Michigan's Largest Selection of Bass Shoes

kay baum
DOWNTOWN BIRMINGHAM
PHONE 642-7228

If Fad Diets Have Failed...
If Liquid Protein Has Failed...
If Hypnosis Has Failed...
If Diet Pills Have Failed...
If Health Clubs Have Failed...

YOU CAN NOW LOSE WEIGHT FOREVER

WE GUARANTEE IT!

WEIGHT NO MORE

Through the Weight No More System you will lose weight consistently and, most importantly, permanently. The system is a total way of life approach to weight control that consists of behavioral, psychological, sociological, and physiological components. Weight No More is based upon years of scientific research and has proven to be effective whether you need to lose 5 pounds or 150 pounds, whether this is your first attempt to lose weight or your fourth attempt.

Weight No More was developed by Dr. Don R. Powell, a nationally recognized behavioral psychologist. Dr. Powell was the winner of the 1982 Governor's Physical Fitness and Health Award, the State of Michigan's highest health and fitness honor. He has presented papers on his work at the national meetings of the American Medical Association, American Public Health Association, and American Psychological Association and has appeared on hundreds of television and radio shows including "Good Morning America."

So come to a free introductory meeting to learn how the Weight No More System guarantees that it will work for you. There is no need to weight any longer.

FREE INTRODUCTORY MEETINGS

PROVIDENCE HOSPITAL - SOUTHFIELD
January 17 or January 19

10:00 A.M.
Cafeteria Conference Rm. B
DePaul Center

7:30 P.M.
Room 8C
Professional Medical Building

WEIGHT NO MORE

10111 West 2nd Ave. Suite 101, Southfield, Michigan 48075
(313) 252-7866

QUESTION: ARE YOU THROWING MONEY AWAY ON HIGH PRICED WOMEN'S CLOTHING??

YOU WON'T WITH US!!

BECAUSE...

NOTHING IS OVER

\$39.99*

VALUES TO \$160.00

at the

FASHION GUILD'S FAMOUS SEMI-ANNUAL CLEARANCE SALE

FRIDAY-SATURDAY-SUNDAY

JANUARY 13-14-15

FROM 11 AM TO 6 PM

SOUTHFIELD CIVIC CENTER

12 1/2 Mile and Evergreen Road

YOU WON'T BELIEVE THE VALUES AND SAVINGS!!

• OUR ENTIRE STOCK OF BLOUSES	REG. \$20-84	NOW \$4.99	TO \$29.99
• OUR ENTIRE STOCK OF SWEATERS	REG. \$28-100	NOW \$6.99	TO \$39.99
• OUR ENTIRE STOCK OF SKIRTS	REG. \$28-90	NOW \$8.99	TO \$29.99
• OUR ENTIRE STOCK OF SLACKS	REG. \$28-90	NOW \$8.99	TO \$39.99
• OUR ENTIRE STOCK OF BLAZERS	REG. \$68-145	NOW \$19.99	TO \$39.99
• OUR ENTIRE STOCK OF DRESSES	REG. \$44-120	NOW \$10.99	TO \$39.99

*SOME ITEMS PRICED FROM \$160.00 TO \$600.00 WILL BE PRICED 60% TO 70% OFF AT THESE PRICES • NO CHARGES • NO REFUNDS • NO KIDDING