Good news about women and aging

Elinor Waters, director of the Continuum Center at Oakland University, will bring good news about women and aging when she speaks at 7 pm. Monday, April 3, in Farmington Branch Library.
"I'm going to dispel a few myths," Waters said. "The empty nest syndrome is one. That is not a cause for depression. Matter of fact I know more than a few women who think of

depression. Matter of fact I know more than a few women who think of it as a cause for reclebration. It opens the door to so many options. Then are probably more choices in mid-life than at any other time of one's "I don't want to sound like a cockeyed optimist but with a little thought and a little direction any transition in your life can be made a little smoother."

To help make the transitions smoother, Waters will lead her audience in some value clarification excrises, sinced to help think out what to do with the rest of their lives. "You have to think out what is im-

to do with the rest of their lives.
"You have to think out what is important to you," she said. "And I can help you think about the meshing of your life between your family, work, community, volunteerism, whatever is in your life."

THE PRIMARY focus of the Con-tinuum Center's programming is to



'I don't want to sound like a cockeyed optimist, but with a little thought and a little direction any transition in your life smoother.

> – Elinor Waters Director Continuum Center Oakland University

provide assistance for adults faced with changes in job, family or personal situations. Since its founding in 1965, the center has plonecred programs in adult career counseling, aging and the training and use of peer counselors.

As director of the center, Waters is involved in all aspects of its work. Her particular areas of expertise are consulting and training in groun

consulting and training in group leadership, communication skills

and retirement planning.

She has received grants from Na-tional Institute of Mental Health, the Administration on Aging and several private foundations to develop mod-el programs at the Continuum Cen-ter.

ter.
Waters is also a faculty member
at Oakland University, where she
teaches courses to prepare human
service workers to work with older
people, career development and

group procedures.
She serves, for the 1988-89 season, as president of Association for Adult Develoment and Aging, and has been a national trainer for American Association of Counseling and Development's Gerontological Counseling Skills Project.

"HITTING YOUR Stride: Good News About Women and Aging" is sponsored by Farmington Chapter of Older Women's League (OWL) as a public service. There is no admission charge.

charge.

All meetings planned by the local OWL chapter pertain, for the most part, to women and are either educational or informational aimed to make life better for mid-life and old-

On the national level, OWL works to change public policy to benefit women, to improve the image and status of older women; to provide mutual support for its members; and to achieve conomic and social equity.

Targets for change are Social Se-curity, pension rights, health insur-ance, caregiver support services, jobs, and budget cuts that dispropor-tionately hurt women. Inquiries are taken by Virginia Ni-coll, 474-3094.



Children of the American Revolution from the Farmington-based chapter are in back Katherine Amrose, Michelle Davis, Susan Hartwing and Kandra Falerios. In the front are Carla Soule, Susan Amrose, Dana Lee, A J. Lee and Robert Kerwin.

C.A.R. members meet in convention

Members of Lexington Alarm So-ciety Children of the American Rev-olution attended the 56th Michigan State Conference in Lansing this month. The conference was led by state president, Nichole Huard, 15, of Farmington Hills.

on the day of WalkAmerica, April 30. All three men assisted with Wal-kAmerica 1988, which was one of the most successful walk-a-thons ever held by the Southeast Michigan Chapter of the March of Dimes.

Sillars says he is pleased to participate again this year. "I can predict great weather but there's not much I can do to make it happen. I can also predict a healther start in life for America's children and fortunately there is something I can do about that."

The walk-a-thon has become a sig-nificant source of funds for the flight against birth defects since the first event in Columbus, Ohio, Since then, it has spread to some 1,400 commun-ities across the country, becoming the largest outdoor fund-raiser in the

If you or your company would like to become involved in WalkAmerica, call the Southeast Michigan Chapter of the March of Dimes at 423-3200 during regular business hours.

Susan Hartwig, 13, was elected state 1st vice president for the coming year. Other Farmington Hills members elected to state office are Michelle Davis, organizing secretary; Christine Huard, recording secretary; and Nichole Huard, director. Kandra Falerios and Charles Kerwin

retary, and Nichole Huard, director, and a Palerios and Charles Kervin Kandra Palerios and Kervin Kandra Kervin Ke

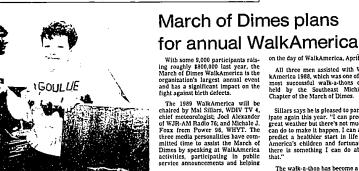
Antiques appraised

Funds raised through WalkAmerica, and the corporate component, TeamWalk, support the research, community service and educational programs conducted by the March of Dimes. The March of Dimes is a partnership of thousands of volunteers and health-care professionals working together to reduce the rate of infant mortality and birth defects and to reduce the lincidence of low birthweight.

DuMouchelle Galleries representatives will be appraising items from 10 am. to 4 p.m. Wednesday, April 5 in Plymouth Historical Museum by appointment.

There is a limit of four hand-carried items per person, with a charge of 44 per items.

The Plymouth Historical Museum is at 155 South Main Street. Call the museum, 455-8940, Wednesday, Thursday, Saturday or Sanday between the hours of 1 p.m. and 4 p.m. to set up an appointment.



Gottlieb is surrounded by some of the sof her work that will go on display in ues through the month of April.

Sculptures on display

the work of Joyce Gottlieb will be on display in the Farmington Branch Library throughout the month of April. Gottlieb's reliefs and three-dimensional sculptures are all figurative.

"It ry to capture something meaningful to me that I see in my subject — an essence of the being I am por

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Gottlieb is a resident of West Bloomfield and a member of the Farmington Artists Club.

A close-up look at one of the works of Joyce Gottlieb.



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April 17 in West Bloomfield
For Information contact
Pat 681-6348 Men, if you're about to turn 18, it's at any U.S. Post Office. It's quick. It's easy. And it's the law.

