

Toll-free number assists diabetics

ON AGING

Q. I live in Livonia but my father lives near Houghton Lake. He was recently diagnosed with type II diabetes. I gave him the American Diabetes Association toll-free number you recommended but the number is not in service in his area. Is there another number he can call?

A. The American Diabetes Association does have a toll-free number that will service the entire state of Michigan. That number is 1-800-525-9292. Hours for calling are Monday-Friday 8 a.m. to 4 p.m.

According to the association, there are approximately 255,000 people in Michigan diagnosed with diabetes, and it has been found that the disease is especially common among African-Americans, Native Americans, Hispanics, and Asian and Pacific Islanders. The prevalence of diabetes seems to increase with age and the disease may go undetected until individuals may suffer from

one of its serious complications such as stroke, blindness or heart and kidney disease. Also, people who are overweight and have a family history of diabetes are at risk. Type I or insulin-dependent diabetes often occurs in children or young adults. The symptoms, which develop quickly, include excessive hunger or thirst, fatigue, blurred vision, frequent urination and sudden weight loss. Daily insulin injections, exercise, and proper nutrition are required to control this type. Type II is non-insulin dependent and can often be controlled with the proper diet, exercise and possibly oral medications.

The mission of the American Diabetes Association is to "prevent and cure diabetes and to improve the lives of all people affected by diabetes." A non-profit agency supported by public support, the association provides public and professional education, referral and information services and supports research programs.

It also has youth programs and a summer camp for diabetic children. Its affiliate office is in Southfield and there are regional offices in Grand Rapids, Flint and Saginaw. In addition to its many

services, the association also will provide lawyer and physician referral.

I was surprised to learn that so many diabetics have experienced employment discrimination based on their disease and that these employees may be perceived as disabled. The association will help to advise any person who has experienced this type of discrimination also. There is no charge for referrals.

Anyone with diabetes plays a crucial role in the management of his or her disease. They have the responsibility of daily balancing their diet, medication and activity levels. Vital to their care is a thorough understanding of the disease and an awareness of the advances in the care and treatment of diabetics.

Q. I am the president of our resident council in a senior citizens apartment complex. We meet once a month and like to invite a speaker who will give us information on subjects important to seniors. We would like to have someone come and talk about insurance, but we don't want anyone who is going to try to sell us policies. Who can we call?

A. Mr. Wayne Tanner of the State of Michigan's Insurance Bureau will be pleased to address your council, providing you have 30 or more people in attendance. Tanner can speak about Medicare, Supplemental Insurance policies and Long-Term Care Insurance. He is available to speak during the day or evening and will even come on week-ends if necessary. Ext. 1869. Send your questions to her at the Observer & Eccentric, 805 E. Maple, Birmingham 48009.

To leave a message for Mahler, from a touch-tone phone, call 933-2247, Ext. 1869. Send your questions to her at the Observer & Eccentric, 805 E. Maple, Birmingham 48009.

Players from page 1C

Each year Astrein's jewelers has donated a special piece to the ball. The first year, when a drawing was held, "We designed a pearl necklace with a gold center and six-or-seven-carat amethyst in the center," Richard Astrein recalled. This year, "We are now custom designing a real interesting pin/pendant combination."

Astrein is active in the Birmingham Kiwanis, where most of his civic activities got started. He is on the board of directors for the Sanctuary, only home for runaways in Oakland County; heads the Birmingham Downtown Merchants Association, and is on the board of directors for the Beaumont Foundation of Beaumont Hospital.

Angela, who has given in excess of \$1,000 or more of a gift in kind, are sponsors of the ball. They include the Michigan Na-

tional Bank, the law firm Vandenberg Garza, Azar's Oriental Rug, The Community House, The Observer & Eccentric, and players member and artist Doug Parrish, who donates to the silent auction an offer to paint a portrait valued at \$3,000-\$4,000.

The first Theatre Arts Ball was held in 1990 in the marble atrium at Leone Fur Salon, the second ball at The Community House and the third at the Townsend Hotel.

Information about tickets is available by calling Jim Masters at 643-8084.

The Community House will mark its 70th year with a party on the anniversary date, Wednesday, April 28, using the same Roaring Twenties theme as the Birmingham Village Players and the phrase "Twenty Three Skiddoo and Happy Birthday Too!"

Murals from page 1C

"The Price" by Arthur Miller was the most recent production, presented by the players in January. Member JoAnn Britton, who is one of the people soliciting donations from Birmingham-Bloomfield merchants for the silent auction at the Theatre Arts Ball said, "We have written to Arthur Miller and told him it was our 70th year. We asked him to

sign a poster (from the show) for our auction." Members are hopeful he will sign the poster and return it in time for the ball.

The Birmingham Village Players next production is "Les Liaisons Dangereuses," opening Friday, March 19. For ticket information, call 644-2076.

Posters mark month on parent awareness

To launch Michigan's first Parenting Awareness Month, an originally designed poster has been presented to two state legislators by Birmingham Bloomfield Families in Action and the law firm of Dykema Gossett.

State Sen. Michael Bouchard (R-Birmingham) and State Rep. Tracy Yockich (D-St. Clair Shores) played a key role in having the legislature designate March as Parenting Awareness Month. In a recent ceremony at the State Capitol in Lansing, they received copies of the poster from

Susan Rogers, president of the BBFA, and Stewart Mandell, a BBFA director and attorney with Dykema Gossett. The poster will be distributed throughout the state.

Parenting Awareness Month is the brainchild of Mandell, a parent of two elementary school children.

Parents who want assistance in creating or operating parenting education programs can contact BBFA at 644-2246 or the Prevention Network at 1-800-344-3400.

This writer wants to be seen and heard

GRAPHOLOGY PROFILES

Dear Lorene, I am in my late 40s, female and right handed. Over the years I have seen my handwriting change. I used to write more like this but then I noticed my handwriting became more like this. I am very interested in graphology because I believe in the projective hypothesis. I hope when you analyze my writing you will be able to say what it is about my style that leads you to your conclusions. I would find that very interesting. Thank you. B.S.

I am in my late 40s, female and right handed. Over the years I have seen my handwriting change.

suggests more control over the emotions. However, as I have already mentioned the whole handwriting must be considered before an accurate assessment can be made. Our writer today is extremely interested in making a big first impression on others. She is socially oriented and wants to be seen and heard. She also often has a need for physical activity. A seeming contradiction to this is a need she also harbors a need for time by herself to pursue her own interests. While they co-exist, the need for people is greater.

Words come easily to our writer and she can express herself fluently. She is inclined to flatter those she needs, telling them what they wish to hear. Her amiability appears to be somewhat exaggerated. She may not be as uncalculating and responsive as she appears initially. Her ego appears to need reinforcement. Some disappointment with the early male

authority figure may be unresolved.

While projecting this friendly image, she is extremely secretive and defensive as she tries to conceal her own personal problems. She is inclined to blame and/or manipulate others. Excuses or alibis are used to save face. Few people are privy to what goes on behind the outer surface. This behavior can result in inner tension.

A little carelessness veaves throughout this handwriting. While it may be in small ways, such as hurrying or bruising herself, she needs to be mindful of it. If unchecked it could develop into something more serious.

Our writer is flexible and resourceful. She is not inclined to do a great amount of preplanning but plans as her work progresses. She is more productive when not bound by convention. New materials and good equipment are im-

portant to her.

Strong persistence is pervasive in this handwriting, telling it is probably her most outstanding trait. Augmenting this is an indomitable force of will which furnishes the needed energy to achieve her goals. She is not reluctant to take a risk.

If you would like to have your handwriting analyzed in this newspaper, write to Lorene C. Green, a certified graphologist, at 36261 Schoolcraft, Livonia 48150. Please use a full sheet of white, unlined paper, writing in the first person singular. Age, handedness and full signature are helpful. And objective feedback is always welcome. Lorene Green regrets that time does not allow her to mail personal replies.

Lecture geared to older adults

Diet experts from William Beaumont Hospital's Division of Preventive and Nutritional Medicine will offer tips for successful weight management at a free program called "Pounds and Sense - Weighty Issues in Your Second Fifty Years."

The program will be held 7-9:30 p.m. Thursday, March 11, at Beaumont's Administration Building Auditorium, 3601 W. 13 Mile Road, Royal Oak (just west of Woodward). Participants must register by calling 1-800-639-7377.

Dr. Charles Lucas, director of Beaumont's Division of Preventive and Nutritional Medicine, will offer practical advice on lifestyle changes to promote weight loss.

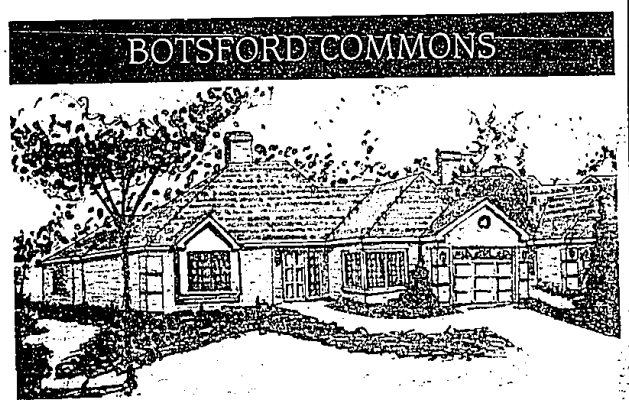
"You have to look at yourself objectively, and your habits, then decide that you are willing to make changes that will result in more disciplined eating and an active lifestyle," says Dr. Lucas.

Dr. Lucas will explain how to start an exercise regimen without spending any money, why it's important to keep a diet and exercise

diary, and how to eliminate "senseless snacking."

A Beaumont dietician will discuss the healthiest foods to eat when you're trying to lose weight, how to read confusing food labels, how to cut down fats while increasing fiber in your diet, and other information including recipes for healthier eating.

The program is sponsored jointly by Beaumont's Department of Older Adult Services and Division of Preventive and Nutritional Medicine.



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DENTAL IMPLANTS

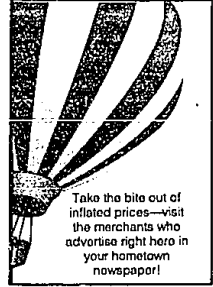


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