

High-risk groups can use flu shots



RENEE MAHLER

It is time to think about getting a flu shot. The Oakland County Health Division recommends that persons over 65 years old, or younger adults and children with chronic illnesses, protect themselves against this disease. These are the groups that have an increased risk of complications from the flu. The health department suggests that people who have continued close contact with high-risk persons also receive the vaccine. This year's flu vaccine protects against three viral strains: A/Texas, A/Beijing and B/Panama. There is a \$3 charge for the vac-

Fitness clinic to emphasize home training

With the onset of cold weather, many Americans are turning to their homes for workouts. A fitness clinic "Prescription for Cross Training at Home" will be held 7-9 p.m. Wednesday, Oct. 27, at Kenny Rehab Physical Therapy and Rehabilitation Center, 2840 Crooks Road, Suite 100, in Rochester Hills. Fee is \$5.

Reservations are required. For more information, call Kenny Rehab at 853-7330.

Students will learn how to design a complete home exercise program utilizing cross training techniques, effective training equipment, injury prevention methods, nutritional components you shouldn't overlook, and recommended fitness videos and books.

Participants should wear exercise attire to benefit from hands-on instruction and bring any questions regarding their own personal workouts.

Kenny Rehab's sports specialists include Dr. Samson Kpadejou, internal medicine and nutrition specialist; Dr. Timothy Sesi, physical medicine specialist; Karen Salkowski, personal trainer; and Jenny Theis, physical therapist.

This is the third in a series of four educational workshops designed to promote optimal health and physical fitness in the community. Kenny Rehab is a non-profit organization dedicated to maximizing the potentials of people with temporary and permanent mobility impairments.

Kenny Rehab provides physical therapy and rehabilitation services, as well as educational programs and services for people with disabilities.

cin. Medicare will cover the cost, however. No one will be turned away due to the inability to pay. In addition, pneumonia immunizations also will be administered. Cost is \$7 and, again, Medicare will be billed.

The Oakland County Health Department is offering these vaccines at its Pontiac clinic, 196 Oakland, and at its Southfield location, 27725 Greenfield, through the end of December. Clinic hours are Monday, noon to 7:30 p.m. and Tuesday-Friday 8:30 a.m. to 4:30 p.m. Senior adults should bring their Medicare cards, all other supplemental insurance cards and a picture ID with a current address. Persons who are allergic to eggs should not receive the flu vaccine.

If you are 65 or older, live in Oakland County and are homebound, the Services to the Aging Department of the Oakland County Health Department will send a nurse to your home to give you your flu shot. There is no charge for this service. You must, however, have a doctor's prescription for the shot, which your physician can mail for you. You also need to have the prescription and all your insurance cards available when the nurse comes. Medicare will cover any costs, but this service is not covered by Medicaid.

For additional information on the homebound service, or to set up an appointment, call 424-7090 Monday-Friday, 8:30 a.m. to 5

Getting a flu shot can reduce the risk of infection and lessen the severity of disease if infection should occur.

p.m. For information concerning immunizations offered at the Pontiac and Southfield sites, you can call the Oakland County Hotline, in the Pontiac area, dial 853-1892 and then select option number 2. In South Oakland County, dial 645-1150, Ext. 8-1022, and then select option number 2.

Getting a flu shot can reduce the risk of infection and lessen the severity of disease if infection should occur. Please note that the pneumococcal immunizations are available throughout the year upon client request in the Health Department clinics.

Oakland County Senior Power Day will be held Monday, Oct. 18, at the Southfield Civic Center Pavilion. Keynote speaker will be Esther Shapiro, director of consumers affairs for the City of Detroit. Shapiro will speak on "Making the Most of Your Senior Power." Two workshops also will be held. The workshops are entitled "National Health Care: the Clinton Administration's Propos-

al and Its Impact on Seniors" and "Services That Keep Seniors in Their Homes — and Out of Nursing Homes."

A public hearing will be held, giving older adults an opportunity to question their legislators, Oakland County commissioners and other elected officials about subjects pertinent to older citizens. A Resource Fair, offering printed materials and information, will be part of the program as well. Lunch will be served. A donation of \$2 per lunch is suggested. Admission to the 11th annual Oakland County Senior Power Day is free.

The Resource Fair opens at 9 a.m. The program will begin at 10 a.m. Consult your local senior citizens center for tickets or call the Area Agency on Aging 1-B at 202-9202. Anyone wishing to have lunch must have a ticket. Some transportation is available and, again, consult your local senior center.

Renee Mahler is a gerontologist and the director of communications and admission at a Rochester Hills nursing facility. She is a former member of the Michigan State Commission on Services to the Aging.

To leave a message for Mahler, from a touch-tone phone, call 853-2047, Ext. 1869. Send your questions to her at the Observer & Eccentric, 805 E. Maple, Birmingham 48009.

FASHION CALENDAR

FRIDAY, OCT. 15

Shelagh Burke

Trunk showing of Shelagh Burke jewelry — ancient influences and contemporary components combined with precious metals and gemstones — with personal appearance by Burke daily through Saturday, Oct. 16 at Roz & Sherm at Bloomfield Plaza in Bloomfield Township.

Bricker-Tunis

Giuliana Tesso, Italian furs trunk show, through Sunday, Oct. 17, at Bricker-Tunis Furrer in West Bloomfield.

Collection show

Daniel Green collection show, with choices from extensive slipper collection, 10 a.m. to 5 p.m. in Intimate Apparel at Jacobson's in Birmingham.

At ImaginKnit

Anny Blatt trunk show 10 a.m. to 6:30 p.m. Friday, Oct. 15, and 10 a.m. to 4 p.m. Saturday, Oct. 16, at ImaginKnit, new yarn shop in Applegate Square on Northwestern Highway in Southfield.

"Fashion Fantasia"

Fashions from the Somerset

Collection in Troy at "Fashion Fantasia," Our Lady of Providence League for Providence Hospital's luncheon and fashion show, at the Ritz-Carlton, Dearborn. Tickets \$35. For more information call 424-3300.

SATURDAY, OCT. 16

Neiman Marcus

Donna Karan trunk show 10 a.m. to 6 p.m. in Men's Clothing, Level One, at Neiman Marcus at the Somerset Collection in Troy.

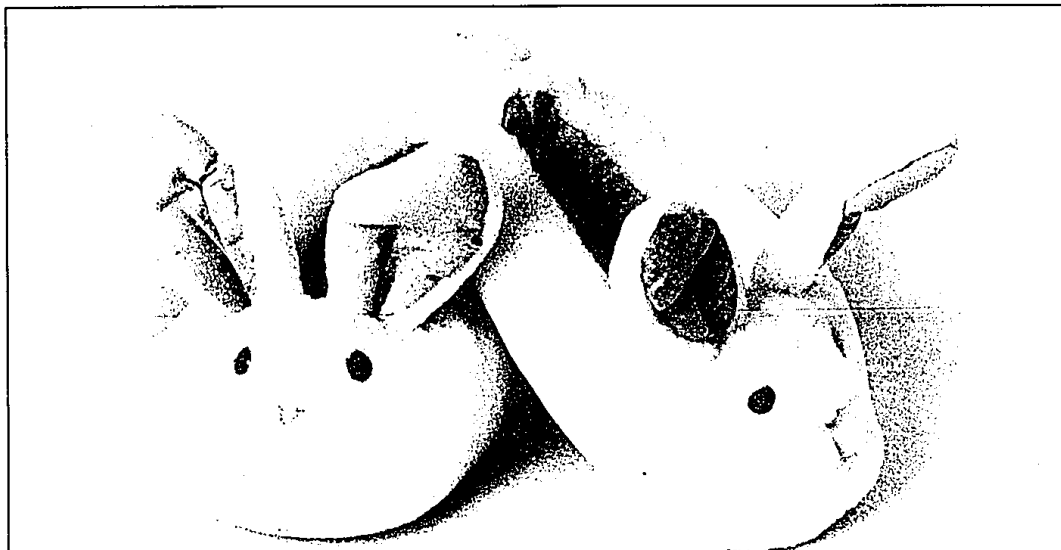
THURSDAY, OCT. 21

Don Thomas

Evening with Kaelin Skiwear's representative, Jack Tierney, at Don Thomas Sporthaus at 6600 Telegraph at Bloomfield Plaza in Bloomfield Township. Preview the Kaelin collection as Tierney highlights unique styles from Kaelin's 1994 collection. For more information call 626-9500.

The Boardwalk

#Fashions from Patricia Miles informally modeled noon to 2 p.m. at Stage & Co. restaurant at the Boardwalk shopping center on Orchard Lake Road in West Bloomfield.



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When you wear this pin it means you have chosen to contribute generously to the United Way. It means your money is working hard to help 1.7 million people in Wayne, Oakland and Macomb counties. Unemployed people. The elderly. The abused. Troubled youths. Homeless people, too. By contributing to the United Way, you help all of them—and many more—make their lives just a little better. And nothing else feels as good as that except, perhaps, your favorite pair of slippers. So please give generously to the United Way again this year and wear your pin with a grin.



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"Prejudice hurts. It really does."
— Liz



Liz is doing what all of us do. Living. Working. Trying to cope.

She and 7.2 million other Americans with mental retardation want to be treated just like everybody else. But too often they can't because they're considered second-class citizens. Too frequently they aren't welcomed as neighbors, students or employees.

Truth is... they are people, too. Just like everybody else. The Arc invites you to fight prejudice and join in the dialogue for greater understanding and acceptance. Give people a chance.

DETROIT Arc
831-0202



Join The Dialogue. Join The Arc. A national organization on mental retardation

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