

Sheren-Sakanich

Mr. and Mrs. David Sheren of Bloomfield Hills announce the engagement of their daughter, Lynne Marie, to James M. Sakanich, son of Mr. and Mrs. Bernard Sakanich of Sandy Lake, Pa.
The bride-to-be is a graduate of Seaholm High School and Albion College. She is property manager with the John Buck Co. in Chicago.
Her fiancé is a graduate of Indiana University. He is a commercial broker with CB Commercial Real Estate in Chicago.
A March wedding is planned



at Birmingham First United Methodist Church.

Littleton-Martin

Mr. and Mrs. David Littleton of Orchard Lake announce the engagement of their daughter, Susan Catherine, to Gabriel Jason Martin, son of Greg Martin of Monroe and Sally Martin of Monroe.
The bride-to-be is a graduate of West Bloomfield High School and Western Michigan University. She is a fourth-grade teacher at Detroit Country Day School.
Her fiancé is a graduate of Monroe Catholic Central High School and Western Michigan University. He is a certified pedorthist at Martin's Shoe House.



A July wedding is planned at St. John's Catholic Church in Monroe.

WEDDINGS AND ENGAGEMENTS

Thompson-Gauger

Dr. and Mrs. D. Eugene Thompson of Bloomfield Hills announce the engagement of their daughter, Dr. Virginia, to Dr. Paul Gauger, son of Mr. and Mrs. Glenn Gauger of Chesterfield, Mo.
The bride-to-be is a graduate of Northwestern University and St. Louis University School of Medicine. She is completing her anesthetic training at the University of Michigan.
Her fiancé is a graduate of the University of Missouri Medical School. He is chief general surgical resident at the University of Michigan.



A late 1998 wedding is planned.

Rohder-Boggs

Mr. and Mrs. Clifton B. Rohder of Birmingham announce the engagement of their daughter, Beth Allison, to Ronnie Allen Boggs Jr., son of Mr. and Mrs. Ronnie Boggs of Lincoln, N.C.
The bride-to-be is a graduate of Seaholm High School and Oakland Community College Dental Hygiene School.
Her fiancé is a graduate of Clarkston High School and IIT Technical Institute.
A July wedding is planned at



St. Mary's-in-the-Hills Episcopal Church in Lake Orion.

Submitting announcements

Residents of the Birmingham-Bloomfield, West Bloomfield and Southfield areas should send their engagement, wedding, anniversary or birth information, with or without photograph, to: Attn Brides, The Eccentric, 805 E. Maple, Birmingham 48009.
Residents of the Troy and Rochester areas should send information to The Eccentric, 1914 S. Rochester Road, Rochester Hills 48307.
Residents of the Farming-

ton area should send information to the Farmington Observer, 33411 Grand River, Farmington 48336.
If you have questions, call Sue Willis in Birmingham at (248) 901-2560; Debbie Douglas in Rochester at (248) 651-7575, or Katie McManus in Farmington at (248) 477-6460.
For a recorded message, call (248) 901-4730 for The Eccentric and (313) 953-2065 for The Observer.

O'Donoghue-Ferrari

Mr. and Mrs. John J. O'Donoghue of West Bloomfield announce the engagement of their daughter, Susan Ann, to Samuel Carl Ferrari, son of Samuel J. Ferrari and the late Beverly Ferrari of Beverly Hills.
The bride-to-be is a graduate of West Bloomfield High School, Hillsdale College and Lawrence Technological University. She is employed by General Motors Corp.-Cadillac Motor Division.
Her fiancé is a graduate of Groves High School and Hillsdale College. He is the owner of an insurance agency in Birmingham.



A January 1999 wedding planned.

How social support affects elderly who need help

The reasonable hope or strong certainty that social support will be available has a more beneficial effect on the mental and physical health of the elderly under economic stress than actually receiving help, according to a national study from the University of Michigan School of Public Health.

Indeed, the actual provision of support, even when it is absolutely required, can backfire sometimes and increase stress and depression.

The U-M findings are based on interviews with 947 persons aged 65 or older (average age was 74) from across the country. The study, authored by Neal M. Krause, professor of health behavior and health education at the U-M School of Public Health and research scientist at the U-M Institute of Gerontology, appears in the November 1997 issue of the journal of Gerontology: Psychological Sciences.

The 50- to 80-minute interviews were conducted by Louis Harris and Associates in 1992-93. The elderly were queried

about their anticipation that informal support — emotional, informational or tangible (help with daily tasks, and so on) — would be available if they needed it in the future and how much informal social support they had actually received in the last year.

They also reported on which major economic stressors they had encountered in the past year, how much social support they had actually received, how often they felt "sad, blue or depressed," and how often they had somatic symptoms of stress such as difficulties sleeping, eating and getting going.

The major economic stressors included having difficulty paying phone or utility bills; a loss of 20

percent or more of one's income; a problem with Social Security or retirement benefits; failing to qualify for money to pay for medical, food or housing expenses; and having been unable to pay for a major purchase.

Sixteen percent of those in the study had encountered one of the economic stressors in the last year, while five percent had encountered more than one.

The effects of anticipated support on the elderly under economic stress:

The economically stressed elderly who believed that no one would come to their aid in the future (in the bottom quartile of anticipated support scores) had the greatest number of depressive symptoms.

"Those who thought they would get a little assistance were considerably less depressed (in the secondhand third quartile) and the effects of financial difficulties were offset completely among those who had the highest anticipated support scores (in the fourth quartile)," Krause said. "In fact, the highest level of anticipated support reduced the noxious effects of economic stress on depression scores by approximately 77 percent."

The pattern was similar for the effect of anticipated support on somatic symptoms — sleeping, eating, and getting going. "Here again, the highest level of anticipated support reduced the effect of economic difficulties on somatic symptoms by 79 percent," he said.

The effects of received support on those with economic stressors:

In contrast to anticipated support, receiving assistance was not beneficial to mental health. Krause found that symptoms of depression were significantly greater among those who actually received assistance from their support network compared with those who got no assistance.

"Indeed, depression scores were actually 15 times higher among those who received assistance compared to those who did not," Krause said.

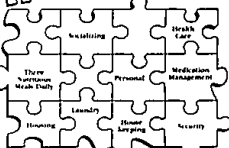
Despite the increased depression scores among those who received assistance, Krause also discovered that, paradoxically, "the more assistance elders had received from others in the past,

the more likely they were to believe that their social network would help out in the future, if need be. So, although the direct effect of received support is negative, these effects are offset somewhat by providing future hope."

How can family and friends minimize the negative effects of providing assistance to older people? "Don't be too ready to help too much. Send a message to them that you have faith in their ability to cope," Krause suggested. "Let older people tell you what they need and when they need it. Say to them, 'I'll be very happy to help you out. Just tell me when you need it.' That way they can anticipate support and feel hopeful while they try to solve the problem on their own."

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If You're a Man, You May be At Risk.

Talk to your doctor about prostate cancer. Your prostate is a small gland located at the base of your bladder. Many men don't even know they have a prostate or that prostate cancer is common, especially among older men. In fact, prostate cancer is the leading form of cancer in Michigan.

What should you do? If you're between 50 and 75 years old, ask your doctor if you should be tested. Have this talk when you turn 40 if there is prostate cancer in your family or if you're African American. And if you experience pain or discomfort when you urinate, see a doctor right away.

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Prostate cancer is the 5th leading cause of cancer death in men and the 2nd leading cause of cancer death in African American men.