

MEDICAL BRIEFS

Diet support

A new support group is being formed to encourage men and women who are trying to lose weight. This is intended to offer emotional support, camaraderie, and is not necessarily a "diet club." Individuals will be encouraged to follow their own healthy exercise and weight loss program. The group meets at 11 a.m., each Saturday, at Garden City Hospital. It is in the Medical Office Bldg., (east wing) in the basement, classroom 3. The meetings are free — donations may be requested for groups' expenses on occasion, as needed. Please call Lizz at (734) 261-4048 (leave message).

Infertility support

"Resolve of Michigan," an infertility support group serving the unique need of those experiencing infertility, will meet at 7 p.m. Feb. 2 at Mt. Clemens General Hospital, 1000 Harrington Blvd., in the sixth floor conference room B. Meetings are the first Wednesday of every month (March 1 and April 5).

Blood drive

The American Red Cross will sponsor a Community Blood Drive at St. Mary Hospital from 7 a.m. to 5 p.m., Monday, Jan. 31, in the St. Mary Hospital Auditorium. St. Mary Hospital is located at 26476 Five Mile Road at Lovain; participants should use the Five Mile Entrance. Call (734) 656-2990. Walk-ins are accepted, but appointments are preferred.

Fibromyalgia

Arthur's Place and the Arthritis Foundation are pleased to present an educational program titled "An Update on Fibromyalgia." Dr. Carol A. Beals will speak from 7-8 p.m. Tuesday, Feb. 8 at Arthur's Place. Beals is a nationally recognized rheumatologist and is director of the Beals Institute for Rheumatology and Autoimmune Disease in Lansing. If you are interested call (734) 254-0500 to register.

Weight management

Join Kroger Dietitians Diane Reynolds and Tina Miller for a complimentary store tour at the Plymouth Township Kroger between 4 and 7 p.m. Thursday, Jan. 27. Tours are 30 minutes each and will focus on selecting foods to fuel a healthy weight loss diet and long term weight maintenance. Call (800) KROGERS (select #3 twice on the automated system) to register. Walk-ins are welcome if space allows.

A few good mentors

Volunteers sought to guide pregnant teens

BY KIMBERLY A. MORTSON
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Jill Clinton, a prevention specialist with the Young Mothers Assistance Program of Hegira Programs, Inc., can't think of anything more challenging for a teenager than to be pregnant. With or without an emotional, physical or financial support system, a teenage pregnancy can be an enormous obstacle all around. Clinton, who began coordinating the Y-MAP parenting program in October, says the journey can be a lot less overwhelming with the support of a mentor.

"We're in need of mentors who can be empathetic, good listeners and nonjudgmental," said Clinton, a clinical social worker who received her masters degree in social work in 1993 after raising six children. Y-MAP was founded in 1993 to provide support services for young parents ages 13-22. Currently, it provides information, education and referrals through a vast resourcing network of agencies and programs throughout the state.

The Young Mothers Assistance Program is supported by Hegira Prevention Programs, a division of Hegira Programs, Inc. Federal and state funding is provided to support project costs. Y-MAP also receives grant monies from the Southeast Michigan Community Alliance.

Moving forward

Although the assistance program has been in place for the past seven years, Clinton said the mentoring aspect of the program, unfortunately, diminished over the last year. Since taking over Y-MAP Oct. 1, she's focusing her energies on "regrowing the mentoring program" and is in search of women who are willing to "model positive parenting skills."

"The rewards to the mentor are twofold," said Clinton. "It's only when we give that we really receive and get a greater sense of accomplishment. I think that's really important. You also give a young person the sense that she's worthwhile and worth being helped."

Mentors who volunteer their time first undergo five weeks of training that requires a 2-hour a week commitment for workshops on substance abuse, stereotyping, battery of a physical, sexual and emotional nature, family roles, interaction with teens and developmental issues.

Following the extensive training, Clinton said she will make every effort to match mentors with teenagers whose situations or personalities demand something specific from the relationship that they may not be receiving within their family network.

"There needs to be some flexibility on the part of

the mentor and teen," said Clinton. "We encourage them to meet neutrally until a trusting relationship can be established. Mentors should talk on the phone with the teen at least once a week and meet with them in person once a month whether they meet for coffee, a walk at the mall or see a movie."

'We're in need of mentors who can be empathetic, good listeners and nonjudgmental.'

Jill Clinton
— Y-MAP program coordinator

Mentors are also encouraged to attend the once-a-month meeting of the Y-MAP Support Group that gathers at the Newburgh United Methodist Church (36500 Ann Arbor Trail in Westland) on the second Monday of each month.

"We're looking for at least an 18-month commitment on the part of the mentor," said Clinton. "Many of these young women have no lifeline network, and lack the family and friends to encourage and support them at a time in their life when they need that love and attention the most. Their mom and dad are mad and upset and their friends no longer have things in common. They desperately need someone who's ready to listen and communicate without bias."

The Young Mothers Assistance Program has many resources for a pregnant teenager and for young parents beginning with the Y-MAP support group. It offers participants, both men and women, the chance to meet with others who share their feelings and experiences.

Guest speakers are invited to address issues such as positive parenting, substance abuse, job search, continuing education and parental rights. Clinton said free child care is available during the two-hour support group by volunteers from Mercy High School in Farmington Hills.

Other aspects of the Y-MAP program include:

■ **The Resource Network**
The Y-MAP staff provides information, phone numbers and referrals to area organizations and agencies whose focus is aiding young parents. Resources include alternative/occupational education; counseling services; early intervention; government agencies; housing assistance; and supplemental food programs.

■ **New Parent Class**
Hands-on information and discussion address issues such as nutrition and feeding; fetal alcohol syndrome; basic baby hygiene; immunizations; doctor visits; day-care choices and developmental

stages. Each class is only 90 minutes long and is free of charge. Dads are also encouraged to attend.

■ **Toddler Classes**
The Y-MAP Early Childhood STEP (Systematic Training for Effective Parenting) program is an eight-week course that provides information on how young children think, feel and act; skills that can increase enjoyment and effectiveness as a parent; skills that can develop a child's self-esteem and confidence; and support for the young mother/father as a parent and a person. Class is 90 minutes long and there is a small materials fee.

■ **Donations**
Parents in need can benefit from the generous donations of both food, clothing, diapers and baby equipment on a first come, first serve basis only. The Y-MAP staff also maintains a waiting list if there is an item that you are looking for but that is not available at the moment. New and gently used items include clothing (newborn through 4T); blankets, sheets; formula, baby food and diapers; cribs, strollers and high chairs; and toys.

Staying focused

Clinton also visits pregnant teens at Garden City High School, Redford Union High School and Wayne Memorial High School on a weekly basis to support the need for the young girls to stay in school or to receive their diploma/GED after the baby is born.

"Finishing school will help foster more positive outcomes for them in the future. It's hard to get a job if you don't have a diploma," added Clinton. "That's where the mentor comes in. A girl needs a caring adult to make sure there is support in place. It's not about doing things for them but about teaching them how to do things for themselves. They have to learn how to make the leap from adolescence to adult."

The high school teens also meet with a social worker, school counselor and nurse on a weekly basis in conjunction with Clinton's meetings.

"The key to a positive outcome, whether the mother decides to keep the baby or give it up for adoption, is that they both come through the pregnancy healthy and the girl is aware that there are people who care for her and want to help," said Clinton.

If you think you have four hours a month to commit to mentoring a pregnant teenager the Young Mother's Assistance Program is looking for volunteers — particularly if you, yourself, were a teenage mom, gave a child for adoption or had an abortion. Call (734) 513-7598 to find out more about mentoring or to register for a class if you are a new parent or pregnant teenager between the ages of 13 and 22.

MEDICAL DATEBOOK

WED, JAN. 19

DYSLEXIA SUPPORT
The January Dyslexia Support Group will meet to discuss ADD/ADHD information and treatment/behavior management. Dr. Arthur Robin, professor of Psychiatry/Behavioral Neuroscience and Pediatrics - Wayne State University School of Medicine. Meet at the Michigan Dyslexia Institute - Detroit Metro Center, 30280 Orchard Lake Road, Suite #130, Farmington Hills. Meeting begins at 7 p.m. There will be no February meeting.

THUR, JAN. 20

BREATHERS CLUB
Support and education group for adults with chronic lung diseases. Meets at 1 p.m. William

Beaumont Hospital, Administration Building, lower level - Classroom 2, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-6027.

INTERSTITIAL CYSTITIS
Support group for adults who have been diagnosed with the chronic bladder disorder interstitial cystitis. Spouses and support people invited. Meets from 7-9 p.m. William Beaumont Hospital, 10th Floor, classrooms A, B, C, 3601 W. Thirteen Mile Road, Royal Oak. Call (313) 421-8378.

PRE-MARRIAGE COUNSELING
Couples applying for a marriage license must show proof that they have received counseling regarding the transmission and prevention of sexually transmitted disease and AIDS. \$25/couple, \$15/single. From 7-8 p.m. at the Providence Medical Center - Novi. To register call (877) 345-6500.

Please see DATEBOOK, D5

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"This will be my first holiday at The Grand Court. When I was looking for a place to live, touring the many retirement communities was exhausting. Each place was pretty and everyone was nice, but the minute I walked through the doors at The Grand Court, I knew I was home!"

"Folks were chatting, singing and some were even dancing! A group was sitting together in the lobby. A bingo game was going on upstairs; and an exercise group was limbering up to the sounds of lively music. Laughter resounded throughout The Grand Court!"

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*Annual Percentage Yield is effective as of January 16, 2000.
Penalty for early withdrawal. Business or brokered accounts not eligible.
Rates subject to change without notice.