

Heart from page 1C

Franklin's responsibility for Change of Heart is in exercise evaluation and exercise programming. He will do individual and group counseling for all the participants. Bring a partner.

Pearls recommended that everyone enrolling in the program bring along a spouse, other family member or friend, who can help them follow through with the suggested life changes. Cost is \$300 per couple for two weeks (10 days), including meals (lunch every day the first week and din-

ner every evening the second week). Program hours are 9 a.m. to 5 p.m. the first week and 6-8:30 p.m. the second.

Franklin said people are being asked to take the preventive program on their own, and not expect their insurance company to cover it. "Insurance may pick up a portion of the medical component of the program," the exercise stress test, physical evaluation and blood cholesterol profile" (for the person being tested), he said.

Proper nutrition and exercise work together to lead the patient toward a more healthy lifestyle. Knudson said Change of Heart stresses a vegetarian approach and a lower fat intake (10 percent) than has generally been recommended. As to dairy products, there are many nonfat ones — such as cheese or yogurt — that may be selected. "We're promoting total vegetarianism," she emphasized but added, "Patients may choose fish or poultry if they so desire."

Cooking demonstrations will be presented on two days, and local restaurants will serve and explain meals the other days. The group also will go to the grocery store and learn how to choose and prepare food.

About exercise equipment

Detailing the exercise part of the program, Franklin said, "We want to provide background information on practices and principles," as well as explain the various kinds of equipment. "We stress mild to moderate exercise," he said, and mentioned that those exercising should not find themselves out of breath. "We will exercise arms, as well as legs," for total fitness, Franklin said.

Referring to the exercise equip-

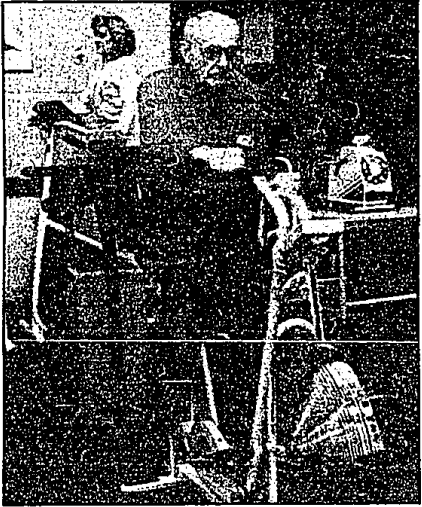
ment room, he declared, "We have some crazy contraptions out there." The bicycle, Stairmaster, recreational volleyball, cage ball, and aerobic walk equipment will be included in the exercise classes during the two weeks. Afterward, patients can join the Cardiac Rehabilitation Program at Beaumont to continue to work out, he said.

The first Change of Heart sessions begin in January, and enrollment is already filled. All sessions will be limited to six to eight pairs. For more information about the program, call 255-3705 Monday-Friday 9 a.m. to 4 p.m.

Two heart patients in Beaumont's regular Cardiac Rehabilitation Program who have changed their lifestyles include John DeMarsh of Birmingham and Adela Muzzall of Bloomfield Hills. Both exercise three days a week at the center and watch their diets carefully.

"I want to compliment my wife," said DeMarsh, who follows a vegetarian, 10 percent fat diet. "We eat better now than we did before. She has remade all the recipes we used before."

Muzzall watches her fat intake and her sugar. "I exercise heavily," she said. "I enjoy competition. I have a fun run in June. I pump iron."



STAFF PHOTOS BY DAN DEAN

Keeping fit: John DeMarsh and Adela Muzzall both exercise three days a week at the center's Cardiac Rehab unit.



What to eat: Registered dietician Melissa Knudson of Birmingham gives heart patients tips on proper nutrition, recommending a vegetarian, low-fat diet.

Writer needs people to be part of her life



GRAPHOLOGY PROFILES
Dear Mrs. Green,
I am 80 years old. Don't feel like it. So far had six brain seizures, two mild strokes, cancer of the colon — no chemo — cancer of the stomach — no radiation — high risk stomach surgery, blockage of the bowels — no stomach problems — eat three meals a day.

Tests show no damage to my brain. Lost my hearing after the seizures and a lot of strength. Walk like a penguin but still get around in the house. Past the door, a wheel chair.

Thanks for taking your time.
J.M.,
Farmington Hills

The writer in today's column appears to be a modern day Job who has been tested by numerous severe illnesses that would have vanquished a person of lesser strength and faith.

At the age of 80, determination and persistence are traits which are quickly recognized in this handwriting. She intends to accomplish what she sets about to

do. Problems are seen as challenges.

This is an extrovert who needs other people to share her life. She is uninhibited and wants to live her life to the fullest.

This is also a woman of maturity with interests that cover a wide spectrum. She is mentally active and spiritually seeking.

Pervasive in this handwriting is a good imagination. She is creative and resourceful. These qualities should make her an interesting companion. However, I can't help wondering if she is aware of her tendency to be critical and argumentative at times.

Large handwriting with showy capital letters reflects a desire for attention. Some of the things she does for others may be calculated. She enjoys the attention this brings her.

With all her health problems she is still willing to handle responsibility. The ability to organize and structure her daily life seems apparent.

This woman feels her experiences deeply. She fondly recalls the happy ones and does not always forget those that are not so happy.

Our writer is vocal and shares many things about herself. Currently, however, there appears to be something bothering her which she cannot share.

At times, she is restless and

*Dear Mrs. Green
I am 80 yrs old
like it. So far
brain seizures
and*

longs to be more physically active. She is also cognizant of her health limitations and does not allow them to get the best of her.

Even when feeling a little down, it seldom lasts very long. She appears to have commendable ability to pull herself up by her own bootstraps! I salute this remarkable lady!

If you would like to have your handwriting analyzed in this newspaper, write to Lorene C. Green, a certified graphologist, at 36251 Schoolcraft, Livonia 48150. Please use a full sheet of white, unlined paper, writing in the first person singular. All handwritten and full signature are all helpful. If you have various styles of handwriting, please include them. Lorene Green regrets that she cannot send out personal replies.



STEPHEN CANTRELL/STAFF PHOTOGRAPHER

Book talent: Margery Krevsky (left) and Harriett Fuller, both of Bloomfield Hills, are partners in Productions-Plus of Bingham Farms which books talent for auto shows throughout the country.

Auto from page 1C

An auto show narrator from the local area is Gall DiDia of Bloomfield Hills, representing Delco Electronics of Indiana and working with the Pontiac display. She wears conservative clothing in the show (such as a suit either with pants or skirt), "Because I have to get in and out of the car to show the electronics, the airbags, the headup display (which dis-

plays the speedometer on the windshield), the stereo system, the anti-lock brakes and seat controls. Also, I do talk about the engine."

Another local narrator, dressed in more glamorous fashion for the turntable, is Dalida Fullins of Southfield, whose outfits include a black St. John's knit jumpsuit with rhinestone trim.

Helpful agencies: toll-free numbers

A number of agencies and government departments offer free information or advice on a wide variety of subjects of interest and service to older adults and their families. Following is a list of toll-free numbers. Operators will be happy to answer your questions or direct you to other proper information sources.

- AT&T Special Needs Center 800-233-1222
- Alzheimer's & Related Disorders Center 800-621-0379
- American Cancer Society 800-ACS-2345
- American Council for the Blind 800-424-8666
- American Diabetes Association 800-232-4372
- American Parkinson's Disease Association 800-223-2732
- Arthritis Foundation 800-283-7800
- Auto Repairs Complaints 800-282-4204
- Cancer Information Center 800-422-6237
- Center for Independent Living 800-482-0222
- Emergency Assistance 800-292-5650
- Hospice 800-331-1620
- Housing Discrimination, HUD 800-424-8590
- Lawyer Referral 800-968-0738
- Legal Hotline for Seniors 800-347-LAWS
- Medical Information (Social Services) 800-638-6414
- Medicare Appeals 800-365-8899
- Medicare Inquiry (Part B) 800-482-4045

- Medicare Inquiry/Part A (Hospital) 800-872-2566
- Michigan Bell Special Needs Center 800-482-8254
- Nursing Home/Long Term Care 800-292-7852
- Physically Impaired Association of Michigan 800-274-7426
- Prescription Drug Credit (form) 800-367-6263
- Social Security 800-772-1213
- Taxpayers Assistance (State) 800-487-7000
- Taxpayers Information (Federal) 800-829-1040
- Utilities (Public Service Commission) 800-292-9555

We're looking for man with fashion flair

Got a suggestion for a man The Eccentric can highlight in Off the Cuff, an occasional feature that focuses on ordinary people with extraordinary flairs for fashion? If you know a man who is an Observer & Eccentric area resident — with a distinctive clothing sense, be it classic, trendy, homespun or outrageous — give us a call at 644-1100, Ext. 243. We have received many suggestions for women we can highlight in Off the Cuff but like to do these features on men occasionally and need more names to contact.

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Rob'n's Nest 7415 Orchard Lake Rd. West Bloomfield 737-2666 Mon-Sat 10-6, Thurs 10-7
Laurel Park Place 37760 W. Six Mile Rd. Bloomington 953-3700 Mon-Sat 10-9, Sun 12-5

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