

## medical briefs/helpline

### ● FOCUS ON LIVING

Focus on Living, a cancer support group of the American Cancer Society, will meet at St. Mary Hospital, Livonia at 7:30 p.m. Wednesday, July 17. Cancer patients and members of their families are welcome. For more information, call 464-4800, Ext. 2313.

### ● POST POLIO CONNECTION

Post Polio Connection, a support group for polio survivors, will meet at 7:30 p.m. Tuesday, July 16 at the First Presbyterian Church of Ann Arbor, 1432 Washburn near South University, in the Curtis Room 2nd floor, which is accessible by elevator.

Dr. Sue Hobart will be guest speaker. Her topic will be "Managing Emotions in the Midst of Change." For more information, call Lina Pasauke at 764-7140.

### ● HEALTH TESTS, INFORMATION

Annapolis Hospital will provide free health tests for persons 60 and older on July 31 at the Senior Citizen and Community Center, 12121 Hemingway, Redford Township. This free service will include cancer tests and health information on many subjects. For an appointment, call 467-4638.

### ● QUIT-SMOKING CLINIC

FreeStart, a quit-smoking program co-sponsored by the American Cancer Society and the Garden City Osteopathic Hospital, will be held July 15, 18, 22 and 25 from 7-8 p.m. at the hospital, 6245 Inkster Road in Garden City. To register for the free program, call 421-3500, Ext. 266.

### ● LAMAZE CLASSES

The Lamaze Childbirth Education

Association of Livonia is offering several series of classes this summer. The list follows: Holy Cross Lutheran Church 30550 Six Mile, Livonia, on Saturdays, July 13-Aug. 17 and on Thursdays, July 25-Aug. 29; Faith Lutheran Church, 30000 Five Mile Road, Livonia, on Wednesdays, Aug. 7-Sept. 11; Church of the Savior, 38100 Five Mile Road, Livonia, on Saturdays, Aug. 17-Sept. 28.

Weekday classes are from 7-9:30 p.m.; Saturday classes, 9-11:30 a.m. Classes should be started two to three months before the baby's due date. For information or to register, call 592-8618. Fee is \$38 per couple. Refresher couples are welcome at a reduced rate.

A free class on breastfeeding and cesarean delivery will be offered from 7-9 p.m. Monday, July 15 at St. Matthew United Methodist Church, 30900 Six Mile Road, Livonia.

### ● FREE STRESS TESTS

Suburban West Community Center, 11677 Beech Daly, Redford, is offering free stress tests for adults during the week of July 15-19. The tests will give a rough idea as to how vulnerable you are to stress and whether or not you have a stress prone personality.

Each test is self-administered and lasts about five minutes. Staff members will provide a brief interpretation of the results. No appointment is necessary to take the tests. In addition to the Redford office, the center has a satellite office at 875 S. Main, Plymouth.

### ● ENCORE MEETS

Encore, the YWCA post-breast-surgery support group, will be meeting weekly throughout the summer months in three different locations.

Times and locations follow: every

Monday from 10:30 a.m. to 12:30 p.m. in Dearborn Athletic Club; every Thursday 9 a.m. to 12:30 p.m. in Westland Forum Health Spa; and every Friday, 1-3 p.m. at Miller School, Canton.

The program has three components: pool exercise, floor exercise and support discussion. For more information, call Sharon Morris at 722-7359.

### ● EXAMS AVAILABLE

Families with children and young people are invited to take advantage of St. Mary Hospital Family Medical Center's special discounted rates during the month of July for physicals which may be needed for camp, sports or school. The special rates also apply to immunization and completion of health forms. The health center is located at 19355 Merriman Road, one block north of Seven Mile Road in Livonia. For an appointment, call 474-2910 after 8 a.m. Monday through Friday.

### ● MENTAL HEALTH AID

Suburban West Community Center, a non-profit community mental health agency, has announced that its Problems in Living Clinic has limited funds available to pay counseling costs for clients based on their ability to pay.

The Problems in Living Clinic provides outpatient counseling to adults and families for a wide variety of problems including anxiety and depression, marriage conflicts, fertility and adoption, parenting concerns, headaches and pain reduction, sexual functioning, communication, stress management, spouse and child abuse.

The clinic also provides service to adults who have been previously hospitalized or who are currently in crisis, based on their ability to pay.

Suburban West has two locations. The main office is in Redford Township at 11677 Beech Daly (937-9500) and a satellite building in Plymouth at 875 S. Main (961-2686). For more information, contact either office.

### ● RESPIRATORY CARE

Dorvin University Convalescent Center in Livonia again will offer summer vacation day-care programs for a day, weekend or month.

For further information about the service, call Dorvin at 478-0550 or 427-8270.

### ● CHILDBIRTH CLASSES

On Monday, July 15, a Lamaze orientation class will be conducted at 7:30 p.m. at Newburg Methodist Church. This is an introduction to the Lamaze birth technique and features a birth film, "Man's Classic." There is \$1 per person charge at the door. For further information, call 459-7477.

### ● TEEN ASTHMA CLUB

The Teen Asthma Club is an active group of youths who believe that their respiratory condition should not exclude them from sports and social activities. The club's sponsor, the Asthma and Emphysema Association of Michigan, can be reached at 353-LUNG for membership or program information. The free program is open to asthmatic youths 12-17 years old.

### ● PAP/BREAST EXAMS

Pap smear examinations will be given at the Michigan Cancer Foundation's Detroit center at 15600 W. Seven Mile Road, July 16 in the morning. In the afternoon, breast exams will be offered. Call 493-0043 for an appointment.

## 'Marvelous Mutt' contest under way

Muscular Dystrophy Association is now taking nominations for its "Most Marvelous Mutt" contest. Entrants nominate their dog, then collect votes from friends and neighbors, along with \$1 for each vote to be donated to the association.

Depending on the number of votes, the pets will be eligible for prizes. The top vote-getter's owner will receive a portable color television set.

To enter, send nominations, along

with a \$2 entry fee, name, address and phone number to Most Marvelous Mutt Contest, Muscular Dystrophy Association, 10440 W. Nine Mile Road, Oak Park 48237. Inquiries will be taken by calling the association, 399-8800.

The contest ends July 28. The Jerry Lewis telethon, staged every Labor Day weekend to raise funds for the national association, will begin at 9 p.m. Sept. 1, aired from Caesar's Palace in Las Vegas, Nev.

## Youth hostels plan benefit

The sail committee of the Michigan Council, American Youth Hostels Inc., is hosting the third annual benefit barbecue at 6 p.m. Friday at the Edsel and Eleanor Ford House in Grosse Pointe.

The barbecue is open to the public.

The \$12.50 ticket price will entitle those attending to tour the entire Ford House.

Menu items for the dinner will include kielbasa, sauerkraut, rolls, German potato salad, and alcoholic and non-alcoholic drinks. There will be door prizes.

Tickets for the fund-raising event may be purchased by mail or in person at the AYH office, 3024 Coolidge, Berkeley (545-0511).

## Hygienist is named

Gail Ann Szczepkowski of Farmington Hills has received a certificate in dental hygiene from the University of Detroit School of Dentistry. She plans to complete her bachelor's degree while working in the Tampa, Fla., area.

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