For the health of it

Botsford Hospital lists program offerings for May

Following is a list of May programs sponsored by Botsford Community Hospital:

■ Monday, May 1 — Managing Asthma and Staying Healthy (MASH). This three-week series teaches the skills needed to control and manage asthma attacks and covers such topics as common triggers for attacks, proper use of medications, the role of exercise and the use of the peak flow monitor. At 6:30 p.m. Pre-registration and $20 fee (covers fee for both person with asthma and a family member), $15/ElderMed members. Held at Botsford General Hospital's East Pavilion, classroom 2-B, 28050 Grand River, Farmington Hills. To register and for more information, call 477-6100.

■ Monday, May 1 — Stroke Club Meeting: "Speak Louder, Please." At 6:15 p.m., free. Botsford Hospital's three-south dining room, 28050 Grand River, Farmington Hills. Call 471-8753.

■ Tuesday, May 2 — Cholesterol Connection. Five-session workshop, taught by registered dietitian, presents information on how to lower cholesterol the natural way. Learn about fat, cholesterol, weight loss, grocery shopping and the new food labels. Class will be held at 7 p.m. Tuesdays in May. Fee $40/series ($35 ElderMed members). Preregistration required. Botsford's Health Development Network, 39750 Grand River, Novi. 471-6100.

■ Thursday, May 4 — Positive Living Workshop: "It's All in Your Head — Learning to Relax and Live." All Positive Living Workshop sessions, 7 p.m., Thursdays in May. Fee $15 fee for each session or $45/series. Preregistration required. Held at Botsford's Health Development Network, 39750 Grand River, Novi. 477-6100.

■ Tuesday, May 9 — Help for Impotent Men (HIM): "Coping with Prostate Cancer and Impotence." At 7 p.m. Educational support group. Free. Botsford General Hospital's East Pavilion, Conference Room 2-B, 28050 Grand River. 477-6100.

■ Tuesday, May 9 — Cooking Demo: "Herbs and Spices." Gourmet cook Linda Wells shows how you can use herbs and spices innovatively to enhance the flavor of dishes. Samples. At 7 p.m. Fee $5. Preregistration required. Botsford's Health Development Network, 39750 Grand River, Novi. 477-6100.

■ Tuesday, May 9 — Could It Be Asthma? Are you experiencing coughing, wheezing or shortness of breath? Did you know that the majority of asthma cases go undiagnosed? Don't put yourself at risk, learn the facts. Presentation by E. Albert Treel, M.D., no charge, 7-9 p.m. Botsford General Hospital's Community Room, 28050 Grand River, Farmington Hills. 477-6100.

■ *Thursday, May 11 — Positive* Living Workshop: "Trials, Tribulations & Transitions." All Positive Living Workshop sessions, 7 p.m., Thursdays in May. Fee $15 for each session or $45/series. Preregistration required. Held at Botsford's Health Development Network, 39750 Grand River, Novi. 477-6100.

■ Monday, May 15 — Prostate Cancer Awareness Program. No charge, comprehensive education and screening program for men 40-plus. Botsford board-certified urologist Dr. Steven Roth presents the facts on risk factors, signs and symptoms, diagnostic techniques and treatment options and an opportunity to ask questions. Following the lecture, attendees can schedule free digital rectal exams and prostaste-specific antigen (PSA) blood tests for either May 22 or May 24 at Botsford's Health Development Network in Novi. No charge at 10 a.m. to noon at the Botsford Inn, 28000 Grand River, Farmington Hills. Advance registration required. 477-6100.

■ Tuesday, May 16 — Diabetes *Support Group Meeting:* "Footwear and Foot Care for person with Diabetes." Presented by David Unger, DPM at 7 p.m. No charge. Botsford's Health Development Network, 39750 Grand River, Novi. 477-6100.

■ Wednesday, May 17 — Prostate Cancer Awareness Program. No charge. Comprehensive education and screening program for men 40-plus. Botsford board-certified urologist Dr. Steven Roth presents the facts on risk factors, signs and symptoms, diagnostic techniques and treatment options and an opportunity to ask questions Following the lecture, attendees can schedule free digital rectal exams and prostaste-specific antigen (PSA) blood tests for either May 22 or May 24 at Botsford's Health Development Network in Novi. No charge. From 7-9 p.m. in Botsford Genereal Hospital's Community Room, 28050 Grand River, Farmington Hills. Advance registration required. 477-6100.

■ Thursday, May 18 — Positive *Living Workshop: "Prescription* for Burnout." All Positive Living Workshop session at 7 p.m., Thursdays in May. Fee $15 for each session or $45/series. Preregistration required. Held at Botsford's Health Development Network, 39750 Grand River, Novi. 477-6100.

■ Wednesday, May 24 — Cardiac Support Group: "Relaxation." At 6 p.m., no charge at Botsford Hospital's West Pavilion, Conference Room 2-A, 28050 Grand River, Farmington Hills. 471-8870.

■ Thursday, May 25 — Positive Living Workshop: "The Magic of Humor — How Laughter Can Save Your Life." All Positive Living Workshop session, 7 p.m., Thursdays in May. Fee $15 for each session or $45/series. Preregistration required. Held at Botsford's Health Development *Network, 39750 Grand River,* Novi. 477-6100.

NOTICE OF PUBLIC HEARING
FARMINGTON HILLS CITY COUNCIL
MAY 15, 1995
7:30 P.M.

NOTICE IS HEREBY GIVEN that there will be a Public Hearing held on Monday, May 15, 1995, at 7:30 p.m. for the purpose of hearing opinions on the partial vacation of a sanitary sewer easement on the Pep Boys site, 28001 Grand River, Section 34, City of Farmington Hills, Oakland County, Michigan.
Any person who is interested is invited to participate in the discussion of the proposed vacation at the Farmington Hills Administration Building, 31555 Eleven Mile Road, Farmington Hills, Michigan. Phone: 474-6115.

KATHRYN A. DORNAN, City Clerk
The City of Farmington Hills

Publish: May 1, 1995

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NOTICE OF PUBLIC HEARING
FARMINGTON HILLS CITY COUNCIL
MAY 15, 1995
7:30 P.M.

NOTICE IS HEREBY GIVEN that there will be a Public Hearing held on Monday, May 15, 1995, at 7:30 p.m. for the purpose of hearing opinions on the vacation of a water main easement on the Compuware site, 31440 Grand River, Section 1, City of Farmington Hills, Oakland County, Michigan.
Any person who is interested is invited to participate in the discussion of the proposed vacation at the Farmington Hills Administration Building, 31555 Eleven Mile Road, Farmington Hills, Michigan. Phone: 474-6115.

KATHRYN A. DORNAN, City Clerk
The City of Farmington Hills

Publish: May 1, 1995

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The more it's worth to America — U.S. SAVINGS BONDS

Spotlight on
Physical Therapy & Sports Medicine

TAKING THE HEAT

The standard rule for the immediate treatment of strains and sprains is spelled out by the acronym "RICE": Rest, Ice, Compression, and Elevation. However, whereas this advice will stand an injury in good stead for the first 48 to 72 hours after it occurs, a switch in treatment strategy is called for thereafter. That is, once the swelling has subsided, it is time for heat. Why? Ice reduces blood flow and limits tissue damage that may result from internal bleeding in the immediate aftermath of a sprain or strain. Once ice does its work, however, it is time to call upon heat to increase blood flow and speed oxygen and healing enzymes to the injury site. Heat therapy should not be used if inflammation persists or if there is infection or loss of sensation.

The purpose of our weekly column is to bring you information about the benefits of physical therapy and the various therapeutic techniques available. The primary objective of physical therapy is to promote optimum health and function. If your physician diagnoses an injury or disorder that inhibits function or movement, contact the expert staff at MILDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (810) 478-7330. Our programs are designed to treat a variety of patient problems including orthopedic and sports related injuries as well as personal and industrial injuries. Located at 33566 Eight Mile Road, Suite A, Farmington Hills, we are open weekdays by appointment.

P.S. Ultrasound provides the deepest heat penetration of any of the heat therapies.

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Directed by Mary Ann Stevenson • Musical Direction by Richard Berberian • Choreography by Ann Chapman • Original Production Directed by Martin Charnin • Presented on Broadway by Mike Nichols • Produced by Irwin Meyer, Stephen R. Friedman, Lewis Allen • Alvin Nederlander Associates Inc. • Icarus Productions • The John F. Kennedy Center for the Performing Arts

Lydia Mendelssohn Theatre • May 3-6, 1995
Wednesday thru Saturday 8 p.m.; Saturday Matinee 2 p.m.
Call 971-AACT for tickets and information;
beginning May 1, call 763-1085
Special Children/Youth Ticket Prices

Dentistry in the 90s
by Herbert M. Gardner, D.D.S. & Martha P. Zindorman, R.H., D.D.S

STROKE SCREEN

As it now turns out, dentists can concern themselves with a type of plaque other than the one that coats the teeth. According to a recent study, a panoramic x-ray can detect calcium deposits in neck arteries that are an indication of damaged artery walls and plaque buildup. Each year, artery-choking plaque proves fatal to more than 150,000 stroke victims in this country. Some of this number could be helped by early treatment on the basis of x-ray detection. Panoramic X-rays have proven to be effective in this respect because the camera tracks in a circle around the patient's head and picks up the presence of calcium deposits in neck arteries. While no one suggests that these x-rays should be routine for stroke screening, they can provide useful information when warranted.

During May, "Stroke Awareness Month," we would like to alert the public about stroke's warning signs. At LIVONIA VILLAGE DENTAL ASSOCIATES, we appreciate the opportunity to provide you with quality dental care. We're located at 19171 Merriman Road, where our staff is made up of well-trained professionals, who work together as a team to bring you the highest quality treatment in a warm, caring setting. Please call 478-2110 to schedule a convenient appointment. Smiles are our business. Mn. Mon., Tue., Thur. & Fri. 8-5, Wed. 12 p.m.

LIVONIA VILLAGE DENTAL
19171 MERRIMAN • LIVONIA
(810) 478-2110

P.S. Panoramic X-rays can also help detect the source of TMJ problems by providing a picture of the temporomandibular joint.

NOTICE OF PUBLIC HEARING
BEFORE THE CITY COUNCIL
OF THE CITY OF FARMINGTON HILLS

RELATING TO A PROJECT PLAN
FOR THE ECONOMIC DEVELOPMENT CORPORATION
OF THE CITY OF FARMINGTON HILLS
(BOTSFORD CONTINUING CARE
CORPORATION PROJECT) AND THE ISSUANCE OF
LIMITED OBLIGATION REVENUE BONDS

NOTICE IS HEREBY GIVEN that the City Council of the City of Farmington Hills will hold a public hearing at 7:30 o'clock, p.m., at the City Hall in the City Council Chambers, 31555 Eleven Mile Road, Farmington Hills, Michigan, on May 15, 1995, on a Project Plan and the proposed issuance by The Economic Development Corporation of the City of Farmington Hills ("Issuer") of its Revenue Bonds (Botsford Continuing Care Corporation Project), Series 1995A (the "Bonds") in the maximum aggregate principal amount not to exceed $24,000,000, to provide funds to loan to Botsford Continuing Care Corporation (the "Borrower"), to be used, together with other available funds to pay for the costs of the acquisition, construction and equipping of an approximately 73,959 net square feet nursing home, the renovation of an existing nursing home into an approximately 83,440 net square feet assisted living facility and shared support spaces and the equipping thereof, to fund a debt service reserve fund, to pay for bond insurance or other credit enhancement, if any, and to pay costs of issuance.

The Project is to be initially owned by Botsford Continuing Care Corporation and undertaken for its benefit and the benefit of the Botsford Obligated Group, whose members currently include the Borrower, Botsford General Hospital ("Hospital"), Ziegler Health Care Corporation and Community Emergency Medical Service, Inc. Ownership and/or operation of the Project may be transferred to the Hospital at a later date. The Project is located at or adjacent to 21430 Archwood Circle, Farmington Hills, Michigan, south of Folsom Road and west of Tuck Road.

The Bonds will be a limited obligation of the Issuer and re-payment of the loan relating to the Bonds will be an obligation of the Obligated Group.

Maps, plats, and a description of the proposed Project Plan, are available for public inspection at the office of The Economic Development Corporation of the City of Farmington Hills, 31555 Eleven Mile Road, Farmington Hills, Michigan 48018, and all aspects of the proposed Project Plan will be open for discussion at the public hearing, including the proposed issuance of limited obligation revenue bonds in the maximum principal amount of $24,000,000 by The Economic Development Corporation of the City of Farmington Hills to assist in the financing of the Project. The Project Plan contains further information about the issuance of such Bonds and the financial parameters of the proposed bond issue.

The City Council will consider the approval of the Project Plan and the proposed bond issue only after the public hearing has been completed.

The City council shall provide an opportunity for interested persons to be heard and shall receive and consider communications in writing with reference to the hearing. The hearing shall provide the fullest opportunity for expression of opinion, for argument on the merits, and for introduction of documentary evidence pertinent to the proposed Project Plan and the proposed bond issue.

KATHRYN A. DORNAN, City Clerk
Farmington Hills, Michigan

Published, Posted and Mailed to property owners of record within the Project District Area
Publish: May 1, 1995

Kotila's
Family Chiropractic
Life Center

Dr. Sheila Makool

Dr. Sheila Makool has just joined the staff here at Kotila Life Center. Dr. Makool was a graduate of Life Chiropractic College in December 1992. She is an active member of the MCC and ICA. She specializes in various chiropractic adjusting techniques and is excited about treating you and your family, here at Kotila Life Center.

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ARTHRITIS SPEAKS OUT

With good reason. If you have arthritis, you are concerned over not doing anything that may hurt your joints.

The best consultant on this matter is yourself. Your body will tell you what you can and cannot do. There is no silent loss in arthritis; inflammation, the source of impairment, leaves a calling card at every stop. The pain may be sudden and intense as in gout, or aching and fatiguing as in rheumatoid arthritis, but when arthritis acts it makes its presence known.

If your joints feel good or at least tolerable, then they are that way; you can proceed with the activity you had in mind. Holding back to preserve your strength doesn't work, as flares of arthritis don't depend on how rested you are. Being tired just makes the experience of pain worse.

Remember that your body also dictates what you should not undertake. If you hurt, you must at least slow down, and if possible, stop. Pain comes from irritated joints, further exercise only increases irritation causing more pain and greater risk of joint impairment.

No pain, no gain does not apply to damaged joints, the better rule is: no pain, make gain.

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Phillip J. Lesky, Owner