

Botsford offers wide variety

Botsford General Hospital is sponsoring a number of programs in July.

- **Stroke Club Meeting:** 6:15 p.m., Monday, July 10 at Botsford General Hospital's 3-South dining room, 29050 Grand River Avenue. For more information, call (810) 471-8753.
- **Help for Impotent Men (HIM), The Art of Therapeutic Massage:** 7 p.m., Tuesday, July 11 at Botsford General Hospital's east pavilion, conference room 2-B. For more information, call 477-6100.
- **Baby-sitting: Not Just Kid's Stuff (Ages 11-14):** Learn basic first aid, what to do in an emergency and child-management techniques. A three-session workshop, held the last three Wednesday mornings in July, 9:30 a.m.-noon, Wednesday, July 12. The cost is \$25 and registration is required. The sessions are at Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 477-6100.
- **Women's Health Series: Health Risk Appraisal.** Individualized assessment of total cholesterol, HDL and other health risks will be taken, including a personalized booklet of results, from 7:30-9 p.m., Thursday, July 13. A \$35 fee is charged and one additional session registration fee is required. For more information and to register, call (810) 477-6100.
- **Diabetes Support Group Meeting:** Annual Summer Picnic, Hawaiian Style, 7 p.m., Tuesday, July 18 at Botsford's Health Development Network, 39750 Grand River Avenue in Novi. There is no charge. For more information, call (810) 477-6100.
- **Women's Health Series: On the Move.** Make fitness last a lifetime. Thursday, July 20. An exercise physiologist will give tips on getting motivated, finding the workout that's best for you and sticking with the program. This is one of a series of special sessions offered through August. The cost is \$5 for each session, with discounts available for multiple sessions. Registration is required and sessions will be held in Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 477-6100.
- **Cooking Demo: Cooking Without Fat.** Samples will be available at 7 p.m., Tuesday, July 25 at Botsford Health Development Network. A \$5 fee will be charged. Registration is required. For more information and to register, call (810) 477-6100.
- **Women's Health Series: Grocery Shopping Made Easy 7:30-9 p.m., Thursday, July 27.** Learn the latest trends in the healthy American diet to reduce fat and increase fiber, fruits and vegetables. Take a simulated guided tour through the grocery store to help reduce confusion about food selection. This is one of a series of special sessions offered through August. A \$5 fee will be charged at each session, with discounts available for multiple sessions. Registration is required. Sessions will be held in Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 477-6100.
- **ElderMed** at Botsford is a free lifetime membership program offering a variety of services and benefits to adults 50 and over. Stroll back in time with a visit to picturesque Crossroads Village, a restored mid-19th century village, on Tuesday, Aug. 8.
- The trip will also include a ride on the Huckleberry Railroad, which features a steam locomotive and antique passenger cars; a country-buffet luncheon; and a 45-minute sail on Mott Lake aboard the Genesee Belle, a paddlewheel riverboat.
- A tour will depart from Vladimir's, 28125 Grand River, Farmington Hills, at 9 a.m. and arrive back in Farmington Hills at approximately 5:30 p.m. The cost is \$43 for members and \$43 for non-members. Prepaid reservations are required. For more information, or to reserve your spot, call (810) 471-8020.
- **A Life In Your Hands, CPR Classes: Adult, Infant/Child.** The sessions will be held at Community Health Eight Mile Road in Southfield. A \$15 fee will be charged. For more information and to register, call (810) 356-3900, Ext. 255.
- **Breastfeeding Basics.** This workshop covers the how-to's of breast-feeding. Holders of a breast-feeding as well as the answers to questions and concerns of women who are already breast-feeding. Classes are held at Botsford's Health Development Network in Novi. For more information and to register, call (810) 477-6100.
- **Caregivers Program.** Caring for Dementia Patients, is a free program for individuals caring for adults with Alzheimer's disease or closed-head injuries, co-sponsored by Botsford's Geropsychiatric Services and the Detroit Area Chapter of the Alzheimer's Association. Topics covered include an overview of dementia, management of difficult behaviors and coping skills for caregivers.
- The sessions are held on Monday evenings, 6:30-7:30 p.m., at Botsford General Hospital's Detroit Area Chapter, Room 2-East B, 29050 Grand River Avenue in Farmington Hills. For more information and to register, call (810) 471-8723.
- **Car Seat Rental and Education Program.** Through this educational program you can rent an infant or toddler seat for your children at a modest cost. For more information and an appointment, call Botsford General Hospital's Community Relations Department at (810) 442-7966.
- **Childbirth Classes.** Celebrate the Event. A six-week childbirth preparation program is offered, as well as childbirth review classes. A \$45 fee will be charged and registration is required. Classes are held at Botsford's Health Development Network in Novi. For more information and to register, call (810) 477-6100.
- **Cholesterol and Vision screenings.** Total cholesterol screening by fingerstick method is held between 1-4 p.m., the third Monday of each month. A \$5 fee is charged. Screenings will be taken at Botsford Center for Health Improvement-Health Development Network, 39750 Grand River Avenue, Novi. For more information, call (810) 477-6100.
- **Diabetes and You.** This six-week class explores all areas of diabetes self-care. Registration and a fee are required; some insurances may cover class fee. Classes are held at Botsford General Hospital, Farmington Hills, and the Botsford Center for Health Improvement in Novi. For more information and to register, call (810) 477-6100.
- **E-Z Yoga.** This six-week class enhances flexibility, strengthens muscles, improves breathing and promotes relaxation. The program is held at Botsford Center for Health Improvement, 39750 Grand River Avenue in Novi. A \$25-35 fee is charged. Day and evening classes are available. For more information and to register, call (810) 473-5600.
- **Fitness Fun.** Starting with Chair, the program, at Botsford Center for Health Improvement at 39750 Grand River in Novi, is geared toward the older adult who wants to move from a sedentary lifestyle into a moderate exercise program. The fee is \$25 and registration is required. For more information and to register, call (810) 473-5600.
- **Free Blood Pressure and Vision Screenings** will be taken between 1-4 p.m., the second Monday of each month at Botsford General Hospital's lobby, 29050 Grand River in Farmington Hills on a drop-in basis. No reservations are needed. For more information, call 477-6100.
- **Free Foot Screenings.** The program is offered to persons of all ages every Tuesday, 9 a.m. to noon at Botsford General Hospital, Suite 203, North Professional Building, which is attached to the main hospital, 29050 Grand River Avenue in Farmington Hills. For more information, or to make an appointment, call (810) 473-1320, weekdays 9 a.m.-5 p.m.
- **Heart Disease Risk Reduction Programs** are offered to help modify risk factors associated with heart disease at Botsford General Hospital's CardioCare Center, 29050 Grand River Avenue in Farmington Hills. The fee is dependent on the level of programming. For more information, call (810) 471-8870.
- **Intermediate Water Aerobics** class is a 50-minute water exercise program for postnatal and post-physical therapy patients at Botsford Center for Health Improvement, 39750 Grand River Avenue in Novi. The six-week class is \$35 and registration is required. For more information and to register, call (810) 473-5600.
- **Kinetics I & II** offers light-activity to more strenuous fitness programs for those individuals with muscular-skeletal or endurance limitations that are producing difficulty with their daily living. The program is eight weeks. Registration and a \$60 fee is required. The program is held at Botsford Center for Health Improvement, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 473-5600.
- **Nutrition for Two: Baby and You.** Get your baby off to a healthy start. Register early in pregnancy. Screenings are offered monthly. Registration and a \$10 fee are required. The program is held at Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information and to register, call (810) 477-6100.

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Summertime memories: Children and adults as well went for a swim recently at Woodbrooke Hills Swim and Tennis Club in Farmington Hills. The boys are Casey Noroyan, 5; Paul Luoma, 10; Michael Maurer, 9; Justin Noroyan, 9; Danny Nagelbach, 9; and Alexander Noroyan, 7.

RELIGION CALENDAR

Items for the religion calendar should be submitted no later than noon Friday for the next Thursday's issue.

- **GRACE CHAPEL EVANGELICAL PRESBYTERIAN**
Grace Chapel Evangelical Presbyterian Church in Farmington Hills will host The Continentals, more than 35 cast members, including vocalists, instrumentalists, dramatists and technicians at 7 p.m., Saturday, July 8. The group will present, "Celebrate Before the Lord." The concert is free. All of the young people who are part of the Continentals are carefully selected from among thousands who audition annually from around the world. The program is fine-tuned during an intensive rehearsal camp in southern California. Then each group leaves for an approximate 10 week tour throughout the United States and many foreign countries. For more information call (810)488-0151.
- **FARMINGTON HILLS BAPTIST CHURCH**
Farmington Hills Baptist Church, 25301 Middlebelt Road will host the Praise Quartet from Pensacola Christian Church at 6 p.m., Sunday, July 9. The Quartet's program will feature cheerful, heart-warming music with a message, and a multimedia presentation about the college. Located on the sunny Gulf Coast of North-west Florida, Pensacola Christian College offers a wide variety of programs on the undergraduate and graduate levels. Situated on a beautiful campus, the college has grown from 100 students in 1974 to more than 3,300 students today. The Praise Quartet is one of

- **FAITH COVENANT CHURCH**
Faith Covenant Church, 35415 W. 14 Mile, near Drake in Farmington Hills, will have new summer hours through Sept. 3. Worship services is 9:30 a.m. followed by Sunday school at 10:45 a.m.
- **FARMINGTON HILLS CHURCH OF GOD**
Farmington Hills Church of God, 25717 Power, between 10 Mile and 11 Mile, services are at 8:30 a.m. and 11 a.m. on Sunday. Sunday school is at 10 a.m. for children and adults. Nursery care is available at all services. Everyone is welcome. For more information, call 477-9144.
- **ADAY SHALONS SYNAGOGUE**
Adat Shalons Synagogue, 25901 Middlebelt, has services at 6 p.m. Friday, 9 a.m. and 9 p.m. Saturday, 7:30 a.m. and 6 p.m. weekdays and 8:30 a.m. Sunday. For more information, call 851-5100.
- **ST. JOHN LUTHERAN CHURCH**
St. John Lutheran Church, 23225 Gill in Farmington Hills, will have worship services at 8:30 a.m. and 10 a.m. with Communion throughout the summer on Sundays through Sept. 3. A new summer worship service has been added 7:30 p.m. Mondays through Aug. 28. Sunday school will resume Sept. 10. Vacation Bible School for school children ages

- **UNIVERSALIST UNITARIAN CHURCH OF FARMINGTON**
Universalist Unitarian Church of Farmington, 25301 Halsted in Farmington Hills, has Sunday services and Sunday school at 10 a.m. For more information, call 478-7272.
- **OAKLAND HILLS COMMUNITY CHURCH**
Oakland Hills Community Church meets in the chapel of William Tyndale College, 35700 W. 12 Mile, one block west of Drake. Sunday worship begins at 11 a.m. Nursery care is provided. Sunday school for ages 3 to adult is at 10 a.m. For more information, call 478-5000.
- **CHURCH OF GOD**
Farmington Hills Church of God, 25717 Power, between 10 Mile and 11 Mile, Farmington Hills, has Sunday school at 10 a.m. Nursery care is available. Call (810) 477-9144 for more information. Sunday services are at 8:30 a.m. and 11 a.m. For information, call (810) 477-0144.
- **PIKE HILL CONGREGATIONAL**
Pine Hill Congregational Church, 4160 Middlebelt, West Bloomfield, has Sunday worship services at 10:30 a.m. Nursery care and Sunday school are provided during the service. For information, call (810) 626-2737.

ANXIOUS?

Anxiety affects both men & women. Symptoms also rapidly develop. It's estimated that 1 in 10 Americans suffer from anxiety. It can be caused by a wide variety of physical or mental factors. The Mood Disorders Institute is a leading authority in the treatment of anxiety disorders. Call (810) 626-2737.

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