

# Longacre House plans Santa party

Hey kids, come party with Santa! The volunteers of The Longacre House in Farmington Hills continue their 25-year tradition of offering a party with Santa Claus Friday, Saturday, Dec. 8-9.

Jolly Old St. Nick will be making his annual appearance at the non-profit community center on Friday, Dec. 8, at 6 p.m. and on Saturday, Dec. 9, at 11 a.m. and 1:30 p.m. The center is at 24705 Farmington Road, north of 10 Mile Road, in the historic Longacre House.

Party guests will be treated to live entertainment, music, a meal and a treat from Santa himself. Tickets are \$8 per person and include one instant photo with Santa per child.


Reservations may be charged by phone, call The Longacre House Monday-Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 12 noon at 477-8404.



Christmas is a-comin': Decorating Christmas trees at The Longacre House are (front, from left) Virginia Storlie and Delores VanValkenburgh. About to hand a wreath are Mary Ann Wade (left) and Joanne Riddle. A party for children is planned for the facility.

### Arthritis Today

Joseph J. Weiss, M.D. Rheumatology  
1829 Farmington Road  
Livonia, Michigan 48152  
Phone: (810) 478-7860



### BACK STRAIN

The most common cause for back pain is strain. The pain starts at the base of the sacrum at the back of the pelvis. The pain is on either the left or right side of the sacrum and goes up the back. A back strain has a precipitating event, such as a sudden slip and fall. Or, without thinking, you lift a chair too awkwardly to carry. However, this single action is often preceded by a number of incidents in which you place undue strain on back muscles. What physicians best advise is that the best antidote to back strain is rest and limited motion. Back strain should not initiate back exercises, but cause you to consider your back a precious resource that needs preservation. You need to consciously undertake proper posture. The stomach-in chest-out (abdominal) position with the chest's stance is the proper one. You keep upright by intra-abdominal pressure, not back muscle contraction. You further rest the back by proper movement: never bend over but always bend down, use your knees not your back. If you have trouble arising from the bent knee position, then include a chair or table to help get up. Back strain resolves in time, the flaws resulting from the upright position respond best to patience and planning.



### Physical Therapy & Sports Medicine

by Richard W. Nider, PT, APT, MS


### RUNNERS OUTPACE THE FIELD

A recent Stanford study validates the notion that, not only do runners live longer than their more sedentary counterparts, but they also experience fewer age-related health problems. These conclusions were reached after an ongoing study compared 451 runners over the age of 40 with 350 similar, but sedentary, people. The runners exercised an average of four hours per week. After eight years of study, only 1.5% of the runners had died, versus 7% of the sedentary group. What is more, the male runners were 40% less likely to become disabled (having difficulty in performing everyday tasks). Even more startling, the female runners were 80% less likely to become disabled than their sedentary counterparts. This should help dispel the myth that runners are wearing their bodies out prematurely. Running isn't for everyone, but mounting evidence shows that implementing a fitness program, even after age 40, can lead to a healthier, more energetic, and longer life. Exercise helps maintain slender bones, thereby reducing the risk of osteoporosis. Whatever activity you choose, start slowly, progress gradually, and do it regularly. For more information, call NIDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (810) 478-7310, or see us weekdays by appointment at 3356 Eight Mile Road, Suite A, Farmington Hills.

P.S. Unpublished data from the study mentioned above also points out that runners' medical expenses were 24% lower than those of their non-exercising counterparts.

# CELEBRATE the Season

C.D. Warehouse  
Esther's Judaica • Barry K. Salon  
Travelers World • Callanetics Studio  
Antwerp Jewelers • Interiors by Colony  
Objects of Art • Copy Copy • D'Alleva's Salon  
Alteration Spot • Coco Cleaners • Paparazzi  
T.C.B.Y. Yogurt • Golden Phoenix  
Outback Steakhouse



Orchard Lake Road  
North of Maple  
West Bloomfield



### 24 HOUR SERVICE AVAILABLE

## A1 COMFORT CONTROLLING

CLIMATE • HEATING • AIR CONDITIONING

31128 W. 8 Mile Rd.  
Farmington Hills  
(810) 476-2323



## LUTHERAN HIGH SCHOOL WESTLAND

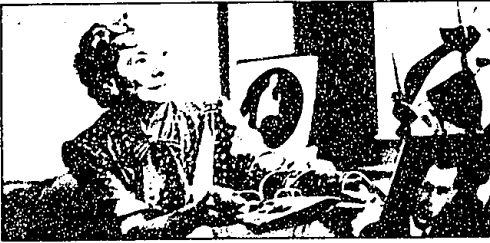
presents *Christmas Wonderland*

# ARTS & CRAFTS SHOW

Over 100 Quality Craftsmen  
FRI., DEC. 1 10:00-5:00 SAT., DEC. 2 10:00-5:00  
LUTHERAN HIGH SCHOOL WESTLAND  
33300 Cowan Rd.  
1/2 Mile E. of Westland Shopping Center  
Admission \$1.50  
BAKE SALE LUNCH AVAILABLE

## We Pay For Moving Expenses • Call For Details

At 18, Jeanne Schaller left home to spread her wings.  
At 81, she's doing it again.



### Springhouse Assisted Living

She's an independent woman. But if she's going to live her own life, she'll need a little assistance now and then.

If you or someone you love is looking for a warm, caring environment, where independence is respected and a helping hand is always nearby, we can help.

Introducing Springhouse Assisted Living now open in Westfield.

We have a highly qualified staff to provide assistance when it's needed, as well as features like an ice cream parlor, formal dining room, country kitchens and outdoor terrace to share with visiting family and friends.

A Division of the Manor Care Family of Companies

Regular wellness assessments let us work closely with each resident to help them get the most out of life. For more information, call us at (810) 556-0088. Springhouse. Where older adults get a helping hand.

Please order brochures or applications

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_



8101 1st Street  
Westfield, MI 48090  
(810) 556-0088

You're invited to visit, shop and enjoy the St. Mary Hospital

# Holiday Craft Show


Saturday, December 2  
9 a.m. - 5 p.m.  
Sunday, December 3  
12 - 5 p.m.

St. Mary Hospital Auditorium  
(Please use Five Mile Road entrance)

- Christmas Bake Sale
- Refreshments
- Raffle

No charge for admission!  
No strollers please

Please call (313) 591-2980 for more information



### St. Mary Hospital

34475 Five Mile  
Livonia, Michigan 48154  
(313) 464-0000

Proceeds to benefit oncology services at St. Mary Hospital

