

Botsford: Childbirth to Alzheimers

Botsford General Hospital is sponsoring a number of programs. Here is a partial list:

Help for Impotent Men (HIM): "Impotence: What is it?" A lecture and discussion will be held with Botsford urologist, Steven Roth, D.O. at 7 p.m., Tuesday, Jan. 9 in Botsford General Hospital's East Pavilion, Conference Room 2-B, 28050 Grand River Avenue in Farmington Hills. For more information call 477-6100.

Diabetes Support Group Meeting: A program titled "Diabetes and Neuropathy" will be held at 7 p.m., Tuesday, Jan. 10. The program is free and will be held in Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information call 477-6100.

Positive Living Workshop: A class called, "It's All in Your Head: Learning to Relax and Live," will be held at 7 p.m., Thursday, Jan. 18 at Botsford's Health Development Network at 39750 Grand River Avenue in Novi. The session is \$15 for one session or \$45 for a series of four workshops. Registration is required. Call 477-6100 for more information.

Stress Management: A workshop called "Trying to Keep It Together" will be held on self-esteem and stress management. Learn how self-concept and self-esteem are related to the ability to manage daily stress on the job and at home. Learn practical tools for making healthy changes. The workshop is held from 6-9 p.m. The cost is \$20 per person or \$35 for a couple. Registration is required. The program will be held in Eastwood at Botsford Family Services, 26905 Grand River Avenue in Redford. For more information call (313) 537-1110.

Managing Asthma and Staying Healthy (M.A.S.H.): This three-week program helps individuals with tools to better understand and manage asthma. A special session for children and their parents, other caregivers, teachers and coaches will be offered from 6:30-9 p.m., Tuesday, Jan. 23. Subsequent classes meet on Jan. 30 and Feb. 6. The cost of the series is \$20 for each family. Registration is required. It will be held in 2 East Conference Room at Botsford General Hospital, 28050

Grand River Avenue in Farmington Hills. For more information and to register call 477-6100.

Positive Living Workshop: This program titled, "Trials, Tribulations and Transitions" will be held at 7 p.m., Thursday, Jan. 25 in Botsford's Health Development Network, 39750 Grand River Avenue in Novi. For more information call 477-6100.

Cholesterol Connection: This two-session workshop is taught by a registered dietitian teaches participants how to lower cholesterol the natural way; which is by learning about fat, weight loss, grocery shopping and using food nutrition labels. It will be held at 7 p.m., Wednesday, Jan. 31 in the Health Development Network at Botsford, 39750 Grand River Avenue in Novi. The second class meets Wednesday, Feb. 7. The fee is \$40. For more information and to register call 477-6100.

A Life in Your Hands, CPR Classes: Adult, Infant/Child: The sessions will be at Community EMS, 26400 Eight Mile Road in Southfield. A \$20 fee will be charged. For more information and to register, call (810) 356-3900, Ext. 255.

Breastfeeding Basics: This workshop covers the how-tos of breast-feeding: How to start and maintain successful 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 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 overview of dementia, management of difficult behaviors and coping skills for caregivers.

The sessions are 6-7:30 p.m. on Monday evenings at Botsford General Hospital's Conference Room 2-East B, 28050 Grand River Ave. 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) 442-7888.

Childbirth Classes: Celebrate the Event: A six-week childbirth preparation program is offered, as well as childbirth review classes. A \$40 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 finger-stick method is held between 1-4 p.m., the third Monday of each month. A \$6 fee is charged. Screenings will be taken at Botsford Center for Health Improvement-Health Development Network, 39750 Grand River Ave. in Novi. For more information, call (810) 477-6100.

Diabetes-Cize: A 10-week comprehensive exercise program co-sponsored by Health Development Network and Cardio-Care Center, 39750 Grand River Ave. in Novi. For more information, call (810) 477-6100.

Diabetes and Your: This six-week class explores all areas of diabetes self-care. Registration and a fee are required; some insurance 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.

Diabetes Support: This group meets the third Thursday of every month at 7 p.m. at Botsford Center for Health Improvement - Health Development Network, 39750 Grand River Ave. in Novi. For more information call 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 Ave. 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 Chai: Guard toward the older adult who wants to move from a sedentary lifestyle into a moderate exercise program. There is a \$25 fee and registration is required. The program, at Botsford Center for Health Improvement at 39750 Grand River Ave. in Novi. For more information and to register, call (810) 473-5600.

Free Blood Pressure and Vision Screenings: Tests will be taken between 1-4 p.m., the second Monday of each month at Botsford General Hospital's lobby, 28050 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 people 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, 28050 Grand River Ave. in Farmington Hills. For more information, or to make an appointment, call (810) 473-1320, weekdays 9 a.m. to 6 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, 28050 Grand River Ave. in Farmington Hills. The fee is dependent on the level of programming. For more information, call (810) 471-8870.

Health Risk Appraisal: Do you know what your health risks are? Botsford's health risk appraisal includes blood pressure, total cholesterol and HDL readings. A \$35 fee is charged and appointments are required. Botsford Center for Health Improvement, 39750 Grand River in Novi. For more information call 477-6100.

Intermediate Water Aerobics: The class is a 50-minute water exercise program for post-natal and post-physical therapy patients at Botsford Center for Health Improvement, 39750 Grand River Ave. in Novi. The six-week course is \$25 and registration is required. For more information and to register, call (810) 473-5600.

See BOTSFORD, 16A

WEDDINGS AND ENGAGEMENTS

Dunlay-Holm

Jennifer Lynn Holm and Brian Keith Dunlay were married Nov. 4, 1995 in St. Edward's Catholic Church in Waterloo, Iowa by the Rev. Scott Bullock.

She is the daughter of Richard and Patti Holm of Farmington Hills and he is the son of Keith and Ruthie Dunlay of Waterloo, Iowa.

The bride is a graduate of Iowa State University with a degree in Journalism and mass communication.

She is employed by Favorite Nurses/Favorite Temps as an advertising and promotions manager.

The groom is a graduate of Iowa State University with a degree in finance. He is employed by General Services Administration as a realty specialist.

Tracie Holm served as maid of honor with bridesmaids Hallie Brown, Amy Halpin and Karl Otterson; Katie Hansen was flower girl and Molly Ritter was the bride's personal attendant.

Terry Dunlay was best man with groomsmen Mike Dunlay,



Pat Dunlay and Randy Hellman and Michael Juhl was ring bearer. Dennis Dunlay, John Dunlay, Tom Dunlay and Tim Dunlay were ushers.

The couple received guests at Waterloo Elk's Lodge in Waterloo, Iowa before leaving on a trip to Hawaii. They are making their home in Overland Park, Kan, and moving to West Des Moines, Iowa in January.

Teen applications are being taken

Applications are now being accepted from all over Michigan for the annual 1996 Miss Michigan Teen Pagent to be staged again in Romulus.

The two-day event will be presented in the Royce Hotel on March 16 and 17, 1996. The Miss Michigan Teen Pagent is an official America's Perfect Teen Contest.

There is no performing talent requirement. All judging is based on poise, personality and beauty of face and figure. Contestants compete in sportswear, poise and personality and evening gown competition.

Entrants who qualify must be between 13 and 19 years old and never married. All girls interested in competing should apply by mail to Michigan Teen Pagent, Regional Headquarters, Dept. N. 347, Locust Avenue, Washington, PA. 15301-3399 by Dec. 30, 1995.

Letters must include a recent snapshot, a brief biography, address, and a phone number.

The new Michigan Teen along with her expense paid trip to Orlando, Fla., the site of the 15th annual America's Perfect Teen National Pagent. She will receive a \$1,000 cash scholarship, among her many prizes and awards.

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