

HEALTHY LIVING

HEALTHY LIVING spotlights Oakland County-related health and medical news and information. Write: *Healthy Living*, Eccentric Newspapers, Birmingham Eccentric, 8005 E. Maple, Birmingham 48009. Our fax number is (810) 644-1100.

to 1:30 p.m. on Nov. 8. Sponsored by Botsford General Hospital, 28050 Grand River, Farmington Hills, the program costs \$7.50 per person or \$15 per couple and includes a continental breakfast and lunch. Call (810) 442-7986.

■ CARING PARTNERS
Breast cancer. Is someone you love battling it? A relative, a friend, your wife? Fighting cancer is never easy, but the breast cancer battle adds to a woman's worries about her appearance and acceptance after treatment. The Caring Partners support group at Harper Hospital in Detroit gives male partners the chance to ask questions, to listen to men who share their concerns, and to become more understanding and caring partners. Oakland County residents who want to join should call (313) 746-8618.

■ RESEARCH VOLUNTEERS
William Beaumont Hospital's Division of Preventive and Nutritional Medicine is seeking Oakland County volunteers diagnosed with high cholesterol for a research study. Male or female participants must be older than 18; female volunteers must be of non-childbearing potential. Study volunteers will be placed on a special diet; some may receive a new cholesterol-lowering medication. All lab tests, physician, EKGs and study medications are free of charge. Participants will be compensated for their time and travel. Call (810) 646-8168.

■ BABYSITTING INSIGHTS
"Babysitting: Not Just Kid's Stuff," is being offered to youth ages 11 to 14 through Botsford General Hospital, 28050 Grand River, Farmington Hills. Participants will learn child management techniques, basic first aid and how to handle an emergency. The two-session workshop begins Saturday, Oct. 12. The fee is \$25. To preregister, call (810) 477-6100.

■ MATERNITY WARD
Great Expectations, a seminar for couples either thinking of having a baby or newly expecting, will be held from 8:30 a.m.

■ PRIME TIME
Botsford General Hospital, 28050 Grand River, Farmington Hills, will offer "Prime Time for Women," a special event for women 40 and older, from 9 a.m. to 3:30 p.m. on Saturday, Sept. 28, in the Ziegler Center. The program will include sessions on menopause, perimenopause, osteoporosis, cardiac health, imagery for health and healing, yoga, meditation and stress management. A demonstration on healthy cooking by Observer & Eccentric Taste columnist Chef Larry Janes, a color and makeup demonstration, and a fashion show will complete the day. The \$25 fee includes a continental breakfast and lunch. Registration is limited. Call (810) 442-7986.

Also at Botsford:
• Foot screenings are free to all ages from 9 a.m. to noon every Tuesday in the North Professional Building, Suite 203. Make appointments by calling (810) 473-1920, weekdays between 9 a.m. and 5 p.m.
• Adult and children/infant CPR classes are available for a \$20 fee. Call (810) 356-3900, ext. 255.

• Free blood pressure screenings are taken from 1 to 4 p.m. on the second Monday of every month in the hospital's main lobby. Pre-marital counseling on the transmission and prevention of sexually transmitted diseases is offered for \$25 per couple. A physician-signed certificate will be presented at the conclusion of the session. Pre-register by calling (810) 477-6100.

HEALTH News

Ellerbee to speak at Sinai Foundation lunch

Linda Ellerbee, well-known writer and producer, less known as a former cancer patient, will be the featured speaker at The Sinai Health Care Foundation's "Women in Philanthropy" luncheon on Oct. 29 at Temple Israel in West Bloomfield. Proceeds from the luncheon benefit Sinai Health System's Cis and Emanuel N. Maisel Women's Health Center in West Bloomfield.

Known for her signature sign-off, "And so it goes," Ellerbee has received numerous awards for her distinguished career in journalism and television. Formerly a network correspondent anchor for NBC and ABC, she writes a weekly syndicated newspaper column and is the founder and president of Lucky Duck Productions which specializes in children's programs, most notably for Nickelodeon.

Ellerbee has also produced news specials such as "Breast Cancer: The Other Epidemic,"

which appeared on ABC last fall. She is also the author of two best-selling books, "And So It Goes" and "Move On."

multi-disciplinary teams work closely with primary and referring physicians. Patients receive immediate results from mammography screening and experience the newest treatments, therapies and support services. Luncheon cost is \$36 per person. Reservations required. For reservation information contact LaVerne Foote Walker at (810) 213-2809.

Sinai Health System's Maisel Women's Health Center in West Bloomfield specializes in state-of-the-art health care services for breast care and high-risk obstetrics. The Maisel Women's Health Center is designed to meet the total spectrum of women's health care, offering all the necessary services in one setting. Here,

Botsford puts on travel health class

A Botsford physician and a nurse educator will team up to provide a class for age 60 and over with tips on how to travel safely in the U.S. and overseas. Topics include vaccinations, medical insurance, traveling with such challenges as heart disease and diabetes, and taking precautions regarding food, insects, sunburn, water, altitude, motion sickness, jet lag and political climate. The class will be held at 12:30 p.m. on Oct. 11 at Vladimir's Banquet Hall. The fee is \$8 for ElderMed members and \$9 for non-members. Preregister on or after Sept. 26, by calling ElderMed at Botsford General Hospital, (810) 477-6020. General Hospital, 28050 Grand River Avenue, Farmington Hills. The fee is \$15. For information, call (810) 477-6100.

Flu Shots on the Fly!

Local clinics offer drive-in immunization

With the invention of the automobile, which this year marks its 100th anniversary, has come drive-in moving, drive-in dining, and now the ultimate convenience - drive-in flu shots. For the fifth consecutive year, the Royal Oak Medical Center will offer its drive-in flu immunization program in which people can obtain a flu shot without ever leaving their car. Drive-in flu shots will be offered at locations in Royal Oak and Farmington Hills, from 10 a.m. to 4 p.m. on Saturday. Dr. M. George, director of the Royal Oak Medical Center, said he first launched the drive-in flu shot program in 1992 to encourage a greater number of people to be immunized. "Many of my patients had told me they were too busy to come in for a shot," said George. "This program was

developed in response to their needs. We wanted to make it as swift and easy as possible." Swift and easy it is! Patients simply drive up to the facility, roll up their sleeve and receive the shot, which is administered under medical supervision. George said nearly 1,600 people took advantage of the drive-in flu shot program to be immunized last year. In fact, the program has become so popular, George has decided to turn the annual event into a fundraiser for a local charitable organization. For each person immunized during the two-day, drive-in flu shot program, George will donate a portion of the proceeds to local organizations which serve the needy. George said he hopes people will see the flu shot program as an opportunity to do two good deeds at once. "They can help themselves

stay well, and at the same time help someone less fortunate." The cost to receive a flu shot is \$20 per person, payable by cash. A discount of \$5 per person is available for families, senior citizens (age 60 and over) and children under 18. George recommends flu immunization for people with chronic illness such as diabetes, emphysema, asthma, bronchitis or hypertension; for the elderly; and for people generally prone to catching colds. In addition to the Royal Oak Medical Center, which is located at 5130 Coolidge at Meijer Drive, drive-in flu shots are also available at the Orchard Medical Center located at 30000 Orchard Lake Road between 13 Mile and 14 Mile Roads. For more information about flu immunization, call 810-288-9500 or 810-855-0900.

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