

HEALTH News

HEALTHY LIVING

HEALTHY LIVING spotlights Oakland County-related health and medical news and information. Writer: Healthy Living, Eccentric Newspapers, Birmingham Eccentric, 805 E. Maple, Birmingham 48009. Our fax number is (810) 644-1100.

■ SCREENINGS
Foot screenings are free to all ages from 9 a.m. to noon every Tuesday in the Botsford Hospital North Professional Building, Suite 203 in Farmington Hills. Make appointments by calling (810) 473-1320, 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) 477-0100.

■ MATERNITY WARD
Great Expectations, a seminar for couples either thinking of having a baby or newly expecting, will be held from 9:30 a.m. to 1:30 p.m. on Saturday Nov. 9. Sponsored by Botsford General Hospital, 29050 Grand River, Farmington Hills, the program costs \$7.50 per person or \$15 per couple and includes a continental breakfast and lunch. Call (810) 442-7996.
A program presenting relaxation and imagery techniques to relieve stress in labor will be held at 7 p.m. on Wednesday, Sept. 11. Participants will learn advanced coping strategies to prepare for a positive birthing experience utilizing visualization, relaxation, massage, acupressure and aroma and touch therapy techniques. Pre-registration is required. The fee is \$20. Call (810) 477-0100.

■ 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 the next session should call (313) 745-8618.

■ BABY PREPARATION
Beaumont's Mother/Baby Care unit and the Department of Marketing Services is sponsoring the "Big Brother/Big Sister Program" for expectant parents and their children.

Programs are offered on Saturdays from 9 to 10:30 a.m. or from 11 a.m. to 12:30 p.m. Classes meet in Classroom 3 at Beaumont's Administration Building, 3601 W. 13 Mile, Royal Oak. The fee is \$15 per family. To register, call (800) 633-7377.

■ 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, physicals, EKGs and study medications are free of charge. Participants will be compensated for their time and travel. For more information or to volunteer, call (810) 645-8158.

■ ARTHRITIS SERIES
An Arthritis self help group will meet each Monday afternoon for six weeks beginning in October in a series co-sponsored by the Arthritis Foundation and Botsford General Hospital in Farmington Hills. The fee is \$20. To preregister, call (810) 477-6100.

Depression screening today

Mental health professionals from The Maple Clinic, Inc. will offer local residents the opportunity to learn about the signs and symptoms of depression and to participate in a free screening as part of a national Depression Screening Day, Thursday, Oct. 10.

The free program will be held at 10 a.m. and 5 p.m. at the Maple Clinic, 950 E. Maple Road, Birmingham.

National Depression Screening Day, held each year during Mental Illness Awareness Week, was developed by Harvard psychiatrist, Dr. Douglas Jacobs.

Last year, more than 80,000 people attended screenings at 2,400 sites nationwide. National Screening Depression Day inaugurated the concept of screening for mental illness when it began six years ago.

Participants at The Maple Clinic Depression Screening will hear a brief talk on the causes, symptoms, and treatments of depression followed by a short video. Individuals will complete an anonymous written screening test for

depression and have the opportunity to discuss the results with a mental health professional.

Depression strikes more than 17 million Americans each year, according to figures from the National Institute of Mental Health.

Fewer than half of them, however, actually seek treatment, even though it can help 80 percent of those affected.

Common symptoms of depression include feelings of hopelessness, worthlessness, restlessness and irritability, changes in sleep and appetite, loss of energy and thoughts of death or suicide.

"We hope that this nationwide effort to provide mental health screening for depression will educate the public about the signs and symptoms of depression and encourage those who may be vulnerable to seek evaluation and treatment," said National Depression Screening Day Project Director Dr. Douglas Jacobs.

The program is supported in part by an educational grant from Eli Lilly and Company.

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Children's Health Fair at Great Oaks Mall Oct. 12

Kids of all ages are invited to a fun-filled, educational day at a Children's Health Fair, sponsored by Crittenton Hospital.

This event will take place from 10 a.m.-3 p.m. Saturday, Oct. 12, at Great Oaks Mall in Rochester (located at 1220 University Drive, across the street from Crittenton Hospital). The Children's Health Fair is part of Crittenton's, a month-long series of educational

events for men, women and children during the month of October.

The day will feature the following activities:

- Finger-painting
- Face-painting
- Cookie-decorating
- Kid's Care ID
- Displays of fire and rescue vehicles
- Spinal screening

Special characters such as the Crush Test Dummies and Sparky the Fire Dog.

Entertainment including Rochester's own PRIDE group.

Caryl Lindsay, a certified in-line skating instructor, will conduct an in-line skating safety demonstration from 11 a.m. to 1 p.m. in the northeast corner of the parking lot at Great Oaks Mall.

Information on healthy eat-

ing, in-line skating safety, fire and water safety, poison prevention and much, much more!

This event is free except for a \$2 materials charge for the KidCare ID program.

For more information about the Children's Health Fair, call Crittenton's Community Health Education department at (810) 652-5269, between 8 a.m.-4:30 p.m. Monday through Friday.

MORE BUSINESS MILESTONES

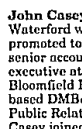


Michelle Pafford of Riverview joined Southfield-based Area Agency on Aging 1-B. She will serve as the non-profit organization's director of communications and fund development.

Tom Wilkinson of Pleasant Ridge was promoted to vice president at Bloomfield Hills-based DMB&B Public Relations. He provides on-site communications support at Cadillac headquarters.



Tom Kelly of Rochester Hills recently joined Bloomfield Hills-based D'Arcy Mason-Benton & Bowles located in Bloomfield Hills as a senior art buyer.



John Casey of Waterford was promoted to senior account executive at Bloomfield Hills-based DMB&B Public Relations. Casey joined the agency in 1995 as an account executive primarily responsible for servicing the GM MasterCard and other General Motors accounts.



Karen Gold of Birmingham was promoted to senior account executive at Bloomfield Hills-based DMB&B Public Relations. Gold joined the agency in 1995 and is responsible for servicing the Cadillac Motor Car and GM Service Parts Operations accounts.



Denise Pike of Mount Clemens was named executive director of Southfield-based Think Twice Foundation. Pike is responsible for fund-raising activities and project management.



Gregory Bryon of Troy was appointed general manager of ASC's American Sunroof Co. in Southgate. Bryon remains an ASC vice president, a position he's held since 1990.



Michael Lipp of Westland was promoted from senior staff accountant to senior accountant at Palmer, Rudzewicz & Co., P.C. in Southfield. Lipp is a member of Commerce Township and was promoted from senior staff accountant to senior accountant at Palmer, Rudzewicz & Co., P.C. in Southfield.



Rebecca Clout of Bloomfield Hills joined DMB&B Public Relations in Bloomfield Hills as an assistant account executive. She will service the GM corporate and non-automotive business accounts and the DMB&B agency account.



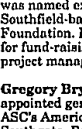
Mitchell of Detroit-based General Motors Corp., was named Macomb County unit chairman of solicitation. **Harry Pearce** of Bloomfield Hills, vice chairman, Detroit-based General Motors Corp., was named automotive manufacturers and Alexis de Tocqueville Society unit chairman of solicitation. And **Michael Vogel** of Rochester Hills, CEO, Bozell Worldwide, Inc., was named unit chairman of advertising development.



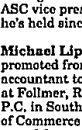
Michael Vogel of Rochester Hills, CEO, Bozell Worldwide, Inc., was named unit chairman of advertising development.



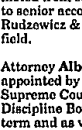
Louis Salvatore of Detroit, president; Mitchell Phillips, Urban Science, Detroit, president-elect; Gerald Broer, Expense Reduction Consultants, Southfield, treasurer; Carol Dunitz, Ph.D., The Last Word, Ann Arbor, newsletter; Ron Peterson, Adrian & Peterson, Inc., Westland, public relations; and Tony Faria, Ph.D., University of Windsor, Windsor, colleague.



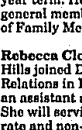
John Steiger of Birmingham joined Howard & Howard Attorneys, P.C. in Bloomfield Hills. Steiger specializes in commercial litigation, employment litigation, labor and eminent domain/condemnation law.



Shari Burgess of Beverly Hills was promoted to treasury director at Southfield-based Lear Corp. She is responsible for global corporate finance, cash and interest rate management activities.



Aydin Erhan, R.A., of Commerce Township joined Southfield-based Kenneth Neumann/Joel Smith and Associates, Inc. as project architect. Elizabeth Nyquist of Grosse Pointe Woods rejoined the firm as an interior designer.



Craig Winbigger of Madison Heights was promoted from senior staff accountant to senior accountant at Palmer, Rudzewicz & Co., P.C. in Southfield.

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