

Botsford classes, support groups help persons living with diabetes

According to the American Diabetes Association, approximately 16 million Americans have diabetes — the fourth leading cause of death by disease.

Even more startling, approximately 1,700 are diagnosed with the disease each day.

For people with diabetes in metro Detroit, access to quality health care, taking control over their disease, access to education and a strong support network are all crucial factors in how well they are able to live with this disease.

"Having diabetes doesn't mean that an active, fun filled lifestyle is out of reach; it just means that you need to have in place practical strategies that will enable you to get to where you want to go in life," says Deborah Orloff-Davidson, director of Botsford's Health Development Network.

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All support group meetings are held at the Health Development Network, 39750 Grand River, in Novi.

To the estimated 800,000 Americans with insulin-dependent diabetes, this complex disorder can be an isolating, frightening condition.

The Adults with Insulin Dependent Diabetes Support Group is an informal place to go for acceptance, encouragement and information.

It meets the third Tuesday of every month. The next meeting, a holiday get-together, is Tuesday, Dec. 16 at 7 p.m.

Two other educational support groups geared toward sharing strategies for living well meet bi-monthly:

The Diabetes Evening Exchange meets the third Tuesday every other month. On Tuesday, Jan. 20, at 7 p.m., the

Diabetes Players will present the popular "Virginia Gets the Flu and Herb Goes Bonkers."

The Daytime Diabetes Network meets the third Thursday every other month. On Thursday, Feb. 12, at 1:30 p.m., the New Year's double header presentation will be "Heart Smart Bingo and Cooking Demo," an overview of how you can eat smart while eating well.

Two classes designed specifically for people living with diabetes: a comprehensive exercise program, Diabetes-Cize, assists people with diabetes to better control blood sugar levels while improving their cardiovascular fitness; Diabetes and You, a six week class that explores all areas of diabetes self-care. Classes are held at both Botsford General Hospital in Farmington Hills and the Botsford Center for Health Improvement in Novi.

For more information on these programs, classes or support groups sessions offered through Botsford General Hospital and the Health Development Network, call 248-477-6100.

County health nurse wins crown

Public Health Nurse Tammy Dutton of Orion Township was crowned 1997 Miss Appaloosa in Oklahoma City. Dutton works in the county health division.

She won her title for her riding ability and knowledge of Appaloosa horses, which has been a major interest of hers since she was nine years old.

She's going to appear in the Rose Bowl Parade on New Year's Day in Pasadena. Dutton already has been featured at special events in Idaho and Washington.

She is looking forward to a trip to Australia before her reign ends.

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Project LifeRide to provide safe holiday

Mothers Against Drunk Driving (Macomb, Oakland and Wayne county chapters), in sponsorship with radio station OLDIES 104.3 WOMC, Nordhaus Research, Inc. and American TELECOM of Michigan Corp., will hold a press conference on Monday, Dec. 29, at 10 a.m. at Nordhaus Research, Inc. in Southfield to announce details for the 13th annual Project LifeRide on New Year's Eve.

Discussing highway safety for New Year's Eve will be representatives of MADD; David G. Gorcey, Oakland County prosecutor; Jeff Jennings of Oldies 104.3 WOMC; Robert VanDam, CEO, Nordhaus Research, Inc., a representative of the Metropolitan Taxi Association, and Lt. Mark Mackel from the Macomb County Sheriff's Department, Wayne County Sheriff Robert Picano, Oakland County Sheriff John Nichols and Deputy Police Chief Daniel McKane, Detroit Police Department.

Hosts of private parties in Macomb, Oakland and Wayne counties will be able to arrange a "lifeline" for any drinking impaired guests by calling the MADD/Oldies WOMC Lifeline at

1-888-398-6233 from 9 p.m. New Year's Eve until 5 a.m. the next morning. Restaurant, lodging and bar establishments in these three counties will also be able to arrange a free ride home for their customers who may be too intoxicated to safely drive and have not arranged safe transportation ahead of time.

Through Project LifeRide, MADD hopes to focus public awareness on the problems posed by drinking drivers, especially at this time of year. Based on the volume of calls received last year, there may be a wait for a cab. This is why MADD encourages people to arrange for "safe rides home" in advance with family or friends, if one has been drinking.

New Year's Eve has become a very safe motoring holiday in metro Detroit in the past years. There were no alcohol-related fatalities in the tri-county on New Year's Eve for the past two years. This year MADD hopes to repeat that and make it three years in a row. MADD representatives would like to believe that Project LifeRide had a significant role in that.

Stop-smoking clinic offered

St. John Health System Oakland Hospital (formerly Oakland General Hospital) will sponsor a "Freedom From Smoking Clinic," in conjunction with the American Lung Association. This group program takes place at SJHS Oakland Hospital at 7 p.m. on the following dates: Jan. 6, 13, 20, 27 and Feb. 3, 10 and 17. An introductory session Jan. 6 is free of charge.

Stopping smoking is a difficult process, says SJHS Oakland Hospital smoking cessation expert Marie Bulacac, RN, "but it can be made easier if, first, you become aware of your smoking behavior," she says. The "Freedom From Smoking Clinic" is designed to help participants monitor their smoking triggers and activities associated with smoking. The clinic is based on the underlying premise that smoking is a learned habit and an automatic behavior. "The program makes quitting a less stressful experience and helps smokers figure out better ways to cope with situations that ordinarily trigger their lighting up," says Bulacac.

The program fee is \$65 per person, which includes all materials.

To register or for more information, call the St. John Health-Line at 1-888-SJS-LINE.

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