

BENEFITS

DONATIONS ACCEPTED

The dental office of Jay Nitzkin, 14325 Middlebelt Road in Livonia, is accepting donations for two local organizations, The Metro Crisis Pregnancy Center and the Methodist Children's Home Society. Drop off items such as children's gently used clothing, furniture, car seats, small dressers, strollers, diapers in all sizes, new bottles, toys and art supplies from 9 a.m. to 7 p.m. Monday and 8 a.m. to 5 p.m. Tuesday-Thursday. Call (734) 427-7655.

RACE FOR THE ARC

Sponsors are needed for the 3rd Annual "Race in the Park for the Arc" Saturday, Sept. 22 at Heritage Park (near the Summit on the Park) in Canton. Flat and flat 5 mile run (common start/finish) beginning at 9 a.m. Race includes 5 mile run, 6K walk, fun run (all ages welcome). Male and female overall and masters in the 5 mile. Top two in 19-under, 20-29, 30-39, 40-49, 50-59, 60+. First 100 6K walkers will receive ribbons. Free t-shirts to all pre-registered 5 mile run and 6K walk entrants. Post race party and raffle prizes. Call Chris Lerchen, at (313) 632-7915 or Kris Copeland at (734) 427-2136.

CHARITY GOLF OUTING

The Woodlands of Van Buren Golf Course (39670 Ecorse Road, Wayne) will sponsor a Big Brothers-Big Sisters Charity Golf Outing at 1:30 p.m. Thursday, Sept. 27. This event is designed to raise awareness and funds (all proceeds benefit the volunteer organization) for the Big Brothers-Big Sisters. \$75 per person includes 18 holes w/cart, box lunch, beverage tickets, hot buffet dinner, trophies for first place team, hole competitions, prizes, auction and 50/50 raffle. Contact Brian Blankenship (734) 729-4477. Some of the auction items include a trip to New York with two non-speaking walk-on roles in an episode of HBO's "Sex and the City." You also receive a signed CD, autograph session with the cast, hotel for two at the Hilton, and cast halter top; Bobby Hamilton, Jr. autographed hood from Loudon, New Hampshire accident with Mike Skinner; NASCAR jacket and cap autographed by Dale Earnhardt, Jr.; and a hot air balloon ride with gourmet picnic lunch from Captain Phoggy Balloon.

Rides in Fenton (weather permitting). There is a dinner only option \$40 that includes the hot dinner buffet, auction and 50/50 raffle.

**WALK-A-THON**  
Community Hospice and Home Care Services, Inc. presents a Walk-a-Thon Sept. 29 at Edward Hines Park in Dearborn Heights/Warrendale. Registration begins at 8 a.m. and the walk starts at 9 a.m. To participate or serve as a sponsor call (734) 622-4244.

**MOM TO MOM SALE**  
Tri-County Mothers of Multiples will host a Mom to Mom sale from 10:30 a.m. to 12:30 p.m. at the William Costick Activities Center - Shannon Hall (28600 Eleven Mile Road) in Farmington Hills. Clothing, equipment, and toys. \$1 donation. Public welcome. Cash only. Maternity clothing also available.

**MOM TO MOM SALE**  
Newburg United Methodist Church (36500 Ann Arbor Trail) in Livonia will host a Mom to Mom Sale from 9 a.m. to 2 p.m. Sept. 29. Maternity clothes, equipment, toys, etc. Bake sale and hot dog, chips and Kool Aid. There will also be a clown in attendance doing face painting and balloon animals.

**LAS VEGAS NIGHT**  
St. Edith Church (16089 Newburg Road) in Livonia will host a smoke-free Las Vegas Night 7 p.m. to midnight Oct. 5 and 6. Admission will be \$1 and maximum payout is \$500. All proceeds benefit the general fund. Call (734) 464-1222.

**FALL RUMMAGE SALE**  
Newburg United Methodist Church will host a fall rummage sale 9 a.m. to 5 p.m. Oct. 5 and 9 a.m. to noon Oct. 6 (36500 Ann Arbor Trail) in Livonia located between Wayne and Newburg Roads.

**BIDS, BEATS & BITES**  
Garden City Hospital will host their annual fall fundraiser "Bids, Beats & Bites 2001" Oct. 12 at Laurel Manor Banquet Center in Livonia. Proceeds will be used to purchase a C-arm for surgical and endoscopic procedures. The highlight of the event will be a live and silent auction. To purchase tickets, become a sponsor or donate a unique auction item please call (734) 458-4331.

Survivors follow a post-disaster behavior pattern

Evidence gathered by experienced disaster mental health clinicians shows there is a "normal" post-disaster biopsychosocial reaction occurring in individuals and communities affected by a disaster, according to the National Center for Post-Traumatic Stress Disorder. This pattern begins at the onset of the disaster and may last through the following 18-36 months. It is delineated by four separate phases:

1. **Heroic:** Individuals and the community direct inordinate levels of energy into rescuing, helping, sheltering, repairing and cleaning up. The increased physiological arousal and behavioral activity lasts for a few hours or for a few days.

2. **Honeymoon:** Community and survivor optimism remains high. Survivors and rescue workers witness the influx of resources, media attention and visiting VIPs who reassure them their community will be restored, justice upheld and investigation conducted. Generally, by the third week resources have diminished and media attention waned. The complexity of rebuilding becomes apparent, and fatigue sets in.

3. **Distillusionment:** Fatigue, had experiences, and the acknowledgment of all that is required to restore a pattern of life combine to produce disillusionment. There are complaints about betrayal, abandonment, lack of justice, bureaucratic red tape and incompetence. Symptoms related to post-traumatic stress intensify and hope diminishes.

4. **Destabilization:** Positive observable changes take place. Reconstruction begins, and long-term disaster-relief programs have been established. The majority of individuals regain their level of functioning, some within six months

and others taking between 18-36 months. For some, the first-year anniversary of the disaster either precipitates or exacerbates post-traumatic stress symptoms.

The majority of survivors attribute their increased appreciation of life and confidence to manage difficult circumstances to lessons learned from the disaster.

**Source:** National Center for Post-Traumatic Stress Disorder, [www.ncptd.org/treatment/disaster/dmh.html/Section1.html#2](http://www.ncptd.org/treatment/disaster/dmh.html/Section1.html#2)

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**native to dieting.** The workshop 9 a.m. to 4:30 p.m. Participants will learn to develop a moderate approach to eating and exercise, and acquire the skills to stay motivated for a lifetime. Fee for the workshop is \$57. To register call (734) 462-4413.

**POST-POLIO SUPPORT**  
The Southeast Michigan Post-Polio Support Group will meet 10 a.m. to noon at the First Presbyterian Church of Troy, 4328 Livernois, a half mile north of Wat-

er (17 Mile Road) on the east side of the road, Troy. Call (734) 425-0788.

**PROSTATE CANCER SCREENING**  
Providence Hospital will hold free prostate cancer screenings 9 a.m. to noon at the Novi Providence Medical Center-Assurance Cancer Center, 47601 Grand River Ave., Novi and the Providence Cancer Center-Southfield, 16001 W. Nine Mile Road, Southfield. Call (800) 341-0801 for an appointment.

SUN, SEPT. 23

**PROSTATE CANCER SCREENING**  
Garden City Hospital will sponsor a prostate cancer screening 8 a.m. to 10 p.m. at the Allan Breake Medical Office Building. Free screening includes a digital rectal exam. Low-cost screening includes rectal exam and Prostate Specific Antigen Blood Test for \$5. Call (734) 458-4330 for an appointment.

SEPT. 25

**ANGELA HOSPICE**  
Ongoing support groups meet 1 p.m. and 6 p.m. the second and fourth Tuesday of the month at Angela Hospice, 14100 Newburgh Road, Livonia. Open to the public. Call Ruth Fawcett, bereavement coordinator, at (734) 464-7810.

**Arthritis Today**  
JOSEPH J. WEISS, M.D. RHEUMATOLOGY  
18829 Farmington Road  
Livonia, Michigan 48152  
Phone: (248) 478-7860

**YOUR RISK TAKING ARTHRITIS MEDICINES**  
Imagine you are preparing to go out of the house this morning after a snowstorm. You should walk down your front steps with care. If you have impaired eyesight, a disturbance of equilibrium, or bad knees, you will have to be careful not to go out until the weather improves.

The same reasoning holds for taking arthritis medications, not only celecoxib or vixor, but for any arthritis drug.

You should view all therapy for arthritis with caution. Taking the medicine according to directions and knowing what side effects could occur are common sense safety precautions. If your health is not free of other problems, your doctor may start the arthritis medicine at a lower dose than full strength, least it tops a flare of your asthma or eczema.

If you have other problems such as a heart, liver, or a kidney condition, your doctor may decide not to prescribe the medicine at all.

When your doctor asks about your health and what medications you are using, he is obtaining information that will help him decide in what category you fit. His inquiry and examination will answer the questions as to the medicine safe for you. Should some reservation be used in prescribing it, or is it best to look another way to treat your arthritis?

Your doctor makes this evaluation not only for celecoxib and vixor, but also for any arthritis medication. If you have no existing health problems that will contraindicate the use of a particular drug, you can take that medicine. However, keep in mind, that you remain subject to the laws of chance that govern all of us when we leave our homes.

**SPOTLIGHT ON**  
**Orthodontics**  
by Josephine Finazzo, D.M.D.

**ALL IN ALIGN**  
Orthodontic problem. A consultation will reveal whether they are appropriate. We hope that our columns educate and enlighten you about the recent developments in orthodontics. To find out which options would be best for you, call us at THE ORTHODONTIC GROUP at 442-8885. We have a computer imaging system that helps patients visualize what the end result of orthodontic treatment may look like. Payment plans and terms are available. Located at 19850 Middlebelt, we would be happy to help you care for your teeth. Look for our next article in 2 weeks.

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**NON-HEALING WOUNDS DESERVE BETTER TREATMENT.**

Persistent, non-healing wounds need not be something you have to live with. The St. Mary Mercy Wound Care Center is devoted to the treatment and care of chronic wounds. Whether your condition is related to diabetes, poor circulation, pressure sores, immobilization or other factors, the St. Mary Mercy Wound Care Center offers state-of-the-art treatment for hard to heal wounds.

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