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other fast-moving projectiles, face shields with a protective polycarbonate or wire mask protect against bone fractures around the eyes and should be considered mandatory for these activities.

Paint ball injuries also have increased dramatically over the last several years due to the sport's popularity. This sport can and does cause severe blinding injuries. I cannot emphasize

enough the importance of wearing a mask. Most organized sites require eye protection; however, sometimes participants break the rule and remove their masks. Injuries also can occur in pick-up games by individuals who own the paint ball guns and do not follow the eye protection rules.

The best prevention of these sports-related eye injuries is to make wearing eye protection a

habit, just like putting on a helmet before riding a bike.

More information about sports eye injuries can be obtained at American Academy of Ophthalmology's Web site: www.eyenet.org.

Dr. Edwards is interim chairman, Department of Eye Care Services, Henry Ford Health System and Ophthalmologist, Henry Ford Medical Center - Livonia

Child immunization clinic offered

Here's your chance to make sure little Susie and Johnny are up-to-date on all their immunizations. St. Mary Mercy Hospital, Livonia, will offer an Infant and Child Immunization Clinic from 5:30 to 8 p.m. Thursday, February 14, in West Addition A and B.

Pending availability of serum, St. Mary Mercy health care professionals will administer all routine childhood immunizations to children under age 18. Please bring all available immunization records to be updated. No registration is required. The fee is \$5 per child.

St. Mary Mercy Hospital is located 36475 Five Mile Road, at Levan Road, in Livonia. Please use the South Entrance from Levan Road. For directions or more information, call (734) 655-8940 or (800) 494-1659 (out-of-area callers only). Visit St. Mary Mercy Hospital's Web site www.stmarymercy.org.



Seniors from page C5

While Helping Hands workers can provide many types of basic assistance, they do not provide medical care or replace maid service.

"The goal of this program is to help seniors continue to live independently in their own homes as long as possible. It is ideal for older adults who need affordable support," said Christine Nielsen, Beaumont's Older

Adult Services director.

Helping Hands services are provided 24 hours a day, seven days a week. Minimum service provided is four hours per week for at least four weeks duration. Clients are billed on an hourly basis.

Beaumont is looking for volunteers for Helping Hands. No prior experience is necessary, but applicants must be 18 year

old or older. Access to reliable transportation is needed. Daytime work hours are available seven days a week. The hourly wage for each worker is \$9.25, plus mileage paid for transportation while on duty.

For more information about Helping Hands or to order the service, call (248) 551-0776 8 a.m. to 4 p.m. Monday through Friday.

Home health lifts lent to needy

Project Freedom, a nonprofit organization that provides home health lifts to disabled persons who could not otherwise afford one, has opened a Web site at www.projectfreedommi.org. Project Freedom was created by the Hospitaliers Committee of Detroit Commandery No. 1, Knights Templar, a Masonic organization.

The lifts assist patients with transfers between their bed and wheelchair, commode, bath or any other location in the room where lifting is necessary. The lifts are available on loan to individuals within 75 miles of

Detroit and are installed at no cost to the recipient.

Visitors to the Web site can start the referral process online as well as find information about how the lifts operate, eligibility requirements, the referral process, links to other healthcare and Masonic organizations and recent media coverage of Project Freedom. Persons without internet access can reach Project Freedom by calling (313) 961-6644 during business hours Monday-Friday.

The Hospitaliers Committee is based in the Detroit Masonic Temple. The group funds a pri-

ivate 501 (c) (3) foundation that makes contributions to qualified organizations in support of charitable, educational and religious activities throughout southeast Michigan.

Project Freedom joins the many philanthropies of the Masonic fraternity across the United States. Masons serve their communities by contributing more than \$1.6 million per day to organizations such as public hospitals, Masonic homes and hospitals, medical research, community support, scholarships, museums, and public buildings.

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The Health Topics A-Z link on the University of Michigan Health System Web site is the quickest and easiest way to find reliable, comprehensive information on a myriad of health topics. All of the information is provided by physicians at the University of Michigan Health System — one of the top 10 hospitals in the country as ranked by U.S. News and World Report. Also included on the site are health tips, the latest U-M medical news, patient education resources and featured links to other health-related Web sites. Now finding the answers to all your questions requires knowing only one answer: www.med.umich.edu/learnmore.

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