

Menopause Specialist



Dr. Jerry L. Nosanchuk
has relocated to
31500 Telegraph, Suite 210
in Bingham Farms,
just north of 13 Mile.

Dr. Nosanchuk will continue to specialize in Menopausal Medicine with a special interest in providing personalized care for women whose lives have been altered by their menopause, hysterectomy or both. This includes strategies to restore quality of life, by resolving problems such as persistent symptoms, loss of libido and disturbances of sexual function, fibromyalgia, weight gain and hair loss.

Dr. Nosanchuk is recognized as a pioneer in the education and treatment of menopausal women. He is an expert in various methods of hormone replacement therapies. These include patches, gels, and hormone implants.

Dr. Nosanchuk is a Board Certified Physician and founding member of the North American Menopause Society and is the Publisher of Your Guide to Menopause, Hysterectomy & HRT, (www.DRN4U.com) an educational web site for Menopausal women.

Appointments with Dr. Nosanchuk can be scheduled by calling (248) 644-7200.

Dr. Jerry Nosanchuk
31500 Telegraph Road
Suite 210
Bingham Farms
(248) 644-7200.



Visiting: Norma Atwood at the piano with her former student Carina Gaynier.

STAFF PHOTO BY BRYAN MITCHELL

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is at several local churches, including Prince of Peace Lutheran Church in Westland and First United Methodist Church in Ann Arbor.

More recently Atwood worked as director of music education at Arnold Williams Music in Canton until it closed. She needed a place to continue teaching and decided to open Village Music in Plymouth's Old Village in 1998.

Nautical decor fill the walls of the studio and is a visual reminder of Norma and David's motto: "We live on Cape Cod and we work in Michigan." They recently bought a summer home in their beloved East Coast. Meanwhile, Atwood continues to bring music to people of all ages and ability levels.

Carina Gaynier of Livonia learned about Atwood and Village Music from reading an article in the *Observer & Eccentric* Newspapers a few years ago and has become a big fan.

Her son, Mitchell, 7, recently graduated from the Kindermusik program Atwood taught. Her daughter, Hannah, 5, is taking classes, and her youngest child, Benjamin, 18 months, was enrolled in his first class.

Music isn't just for the children in the Gaynier family. Gaynier recently took voice lessons because she was asked to sing at a wedding.

"Her reputation precedes her," Gaynier said. "Everywhere I go I hear about Norma."

Atwood's oldest student was 75.

"He came here, because he wanted to make a tape cassette for his daughter," she said explaining the man was battling cancer. "He said, 'If I can learn

one thing, it would be worth it.' He got his tape and reinforced everything that I was doing."

Carrie Fleetham of Farmington Hills, began taking singing lessons with her daughter, Chelsea, a 15 year-old North Farmington High School student who perfected her singing so well she was given a solo performance during a school concert last winter.

Fleetham decided a couple of years ago during a Hawaiian cruise that she wanted to take singing lessons when she watched his son, Derek, 10 at the time, singing karaoke.

"He was so bad I finally went up and helped him, and I felt like a frog being dissected," said Fleetham. "I started calling around and Norma told me to come in. She said, 'Let's see what we got along. I was so bad, and I really had no vision. She helped me discover a skill I never knew I had.'

It's been a real process of discovery. I'm still not that good, but she continues to encourage me and help me find a way to express myself."

Fleetham, who said he can sing along now with almost every tune and "sound OK," recently bought a karaoke machine for his family.

New skill

"For me the biggest benefit has been the ability to do this with my kids," he said. "We sing songs together and it's a blast. I never would have known how to approach it." He credits Atwood with giving him this new skill.

At the airport recently, Atwood said three people came up to her and referred to her as

"Miss Norma." With her CD and *Shower Singing in Public* classes, Atwood hopes to continue an evolution back to just "Norma."

"It's a way for me to find myself again," said the grandmother of three.

"My whole interest in music is that I want people to feel the passion," said Atwood, who graduated from Northeastern University in Boston with a bachelor of arts degree in theater arts and minors in music and biology.

Her theater work includes performing with June Lockhart in *No Sex, Please I'm British* in a dinner theater production in Ohio. She is also the director, founder and performer in *Variations I & II*, a woman's vocal performing group in Ohio and Michigan.

Atwood went on to receive a post baccalaureate in music education from Akron University and took graduate voice studies at the University of Alabama.

As a young college student, Atwood thought she would become a doctor. It turned out that all the biology and other "ology" classes, as she refers to them, helps her to better understand the body and how it works to create music. She has spent most of her life sharing that knowledge.

"Everyone who comes here (to Village Music), we consider family."

The cost for the *Shower Singing* class is \$75 for the three hour seminar, a tape and practice book. To learn more about other Village Music classes call (734) 364-9825.

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But I digress.

At this point, Mike was holding Guss and saying, "Way to go, buddy. Way to hunt."

Gotta be a guy thing.

So as they bonded in a manly way, I moved out into the backyard to check on Alice. And the squirrel, of course.

I was startled to see her still holding the critter, stroking its head and back. He appeared to be trembling. His eyes closed half-way then opened wide. There was no blood, just a little cut slobber on his fur.

Alice spoke to him softly and stood very still. She said she's always had a way with animals, which most certainly appeared to be true.

After a few minutes, she left him on the shelf of a birdfeeder that had been nailed onto the

side of a large tree. The squirrel sat for a little while, then scampered away. She wanted to look into a knothole in the tree to see whether he'd crawled inside to recover.

"He'll probably fly out of there and attach himself to your face and gnaw at the bridge of your nose," Mike said.

Alice thinks he may be watching too much television.

Mike and I did a little good-natured teasing. Called her "Dr. Doolittle" and the "Squirrel Whisperer." With a stricken look, she recited the words to her favorite hymn, "All things bright and beautiful, all creatures great and small."

Our Lord God made them all.

Now, it's probably not wise to handle wild animals. Naturalists will tell you the less contact we

have with wild things, the better off they are.

But this one time, maybe a little healing touch, the steady, calming hand of a loving person was a good thing.

I believe we're each given a gift for reaching out to make the world a better place. And we each have to find our own special talent before we can give without hesitation and help without fear.

As I drove home that Sunday afternoon, I figured out something pretty important — yes, perhaps even critical to the balance of my life.

Mine's not Squirrel Whispering.

(Hubred is the community editor for the Farmington Observer and can be reached at (248) 477-5450 or by e-mail at jhubred@oe.com.)

Holocaust center offers docent training

The Holocaust Memorial Center, America's first, will begin its new docent training session 10 a.m. Wednesday, June 19, with an orientation at its current site, 6602 West Maple Road, on the Jewish Community Campus at Maple and Drake Roads.

Docents will learn to guide groups on walking tours through the HMC, explain the exhibits and interpret the history and lessons of the Holocaust. Coordinating the training program is master docent Judy Miller, an HMC board member and retired teacher.

Participants will receive a script for the museum, view videos, read assigned books and articles

and benefit from the experience of seasoned docents who will mentor the trainees. A one-on-one walk-through with an active docent completes the program.

Training sessions can be tailored to meet participants' needs and personal schedules. Docent candidates may complete the training at their own pace.

Once they have finished the program, they may choose the day or days on which they would like to serve.

Pre-registration is necessary. For more information, call Selma Silverman at the HMC (248) 681-0840.