

NOVEMBER

Grief support

Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 14100 Newburgh Road, Livonia. The next meeting is 1 p.m. and 6 p.m. Nov. 26. Call (734) 464-7810.

Thyroid

ThyCa SE Michigan meets the fourth Tuesday of each month from 7-8:30 p.m. at the Plymouth Public Library. Next meeting is Nov. 26. This is a mutual support group for anyone with thyroid cancer, friends and families of thyroid cancer survivors are welcome. Contact Mary Rose Weckler at SE, MWR@ThyCa.org, or call toll free (877) 588-7904.

DECEMBER

Senior Health Day
Senior Health Services of Saint Joseph Mercy Health System will host "Holiday Foods, Fun and Surprises" 9:30-11:30 a.m. Tuesday, Dec. 3, at SJM Health Stop, located in Briarwood Mall just off I-94 at the State Street exit in Ann Arbor. Call (734) 827-3777.

Children/grief
Angela Hospice in Livonia will offer a holiday workshop for children 6-12 years old 5:30-7:30 p.m. Tuesday, Dec. 3. As part of the session, participants will design and make a holiday wreath in honor of their loved one. Parents are welcome to attend. Contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Worry
Dr. Bruce Hillenberg, psychologist, will present "Coping with Worry and Fear" 7-9 p.m. Thursday, Dec. 5, at Beaumont Hospital, 1st floor Conference Room, Beaumont Cancer Center.

3577 W. 13 Mile Road, Royal Oak. Call (248) 551-6588.

Lymphatic workshop

The Tree House, 22906 Mooney Street, Farmington, will host "The Ultimate Lymphatic and Blood Detox Workshop" 7-9 p.m. Saturday, Dec. 7. Learn the basic principles of anatomy, physiology and fluid dynamics of the human lymphatic system. Raw food dinner buffet. Cost: \$50 single; \$90 couple. Call (248) 473-6244.

Parkinson's disease

The Parkinson Education and Support Group of Washtenaw County will meet 1:30 p.m. Saturday, Dec. 8, at the Saint Joseph Mercy Hospital. The group will discuss the latest information on the disease, its symptoms, and the latest treatments. Bring table service and a dish to pass. Main entrée and drinks provided. Entertainment. Call Beth Colner-Kenney at (734) 741-9209.

Grief workshop

Angela Hospice in Livonia will offer two adult grief workshops 1:30 p.m. and 7-9 p.m. Monday, Dec. 9. To register, contact the Bereavement Department at (734) 464-7810 or (734) 953-6012.

Homeschooling

The Tree House for Earth's Children, 22906 Mooney Street, Farmington, offers an "Introduction Class on Homeschooling" 10 a.m. to 3 p.m. Saturday, Dec. 14. Learn about natural remedies for colds, cough, allergies, aches and pains, indigestion, colic, asthma, depression and sexual problems, and more. Cost: \$50. Call (248) 473-6244.

ONGOING

Self-Help groups
Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearinghouse at (877) 777-5556.

Bipolar

The MDDA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathie at (248) 544-1097.

Divorce support

The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

Fibromyalgia

"Fibro-friends & More," a support group for sufferers of fibromyalgia and Chronic Fatigue Syndrome, meets 1 p.m. the first Thursday of the month at the Merriman Road Baptist Church, 2055 Merriman Road, Garden City. Call Tina at (734) 490-0062 or Lucy at (734) 953-8576.

Bereavement

"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlefield Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlefield Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9359.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 47601 Grand River Avenue, Novi. Helpline: (313) 438-HELP or (248) 474-9456.

Arabolics Anonymous

Everyone is welcome to the AA meetings held at noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Hagerty), Novi. Call (248) 348-9362. AA meetings also held noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1185.

Beaumont surgeons use robotics in heart bypass

Heart surgeons at Beaumont Hospital are the first in the state to have performed minimally invasive robotic-assisted heart bypass surgery. The patient, a 54-year-old man from Franklin, is now home recovering from the surgery.

Surgeons prepared the mammary artery, located inside the chest cavity, for heart bypass surgery without opening the chest. This eliminated the need to open or "crack" the breastbone or sternum, which requires an incision of eight to 12 inches.

Instead, doctors used a robotic system that requires only three holes the width of a pencil. Through these holes, two robotic arms and an endoscope (a tiny camera) gain access to the heart. Surgeons then performed a minimally invasive coronary artery bypass, in which the mammary artery was attached to the coronary artery through an incision only about three inches long. In addition, the surgery is performed "off pump" or without the use of the heart-lung machine.

"Because the robot provides us with access to harvest the mammary artery, we are able to combine the robotic technology with minimally

invasive bypass techniques and make surgery much less traumatic for the patient. This means shorter recovery times and shorter hospital stays," says Beaumont cardiovascular surgeon Dr. Marc Sakawa, who along with fellow cardiovascular surgeon Dr. Jeffrey Altshuler, is pioneering the use of the robotic system for heart surgery in Michigan.

Beaumont heart surgeons say the next step is to do an entire heart bypass surgery using the robotic technology and eventually perform mitral valve surgery as well. They expect this to happen in the very near future.

The surgeon manipulates the robot's movements from a viewing console located several feet away from the patient. The robot, bent over the operating table, performs all of the delicate procedures required in heart surgery. The surgical robot in use, Intuitive Surgical's (ISRG) da Vinci Surgical System, has been approved by the Food and Drug Administration for a number of clinical trials in heart surgery.

Prior to use for heart surgery, Beaumont doctors have performed thoracic and urology surgeries with the da Vinci Surgical System.

GYMNASTICS

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includes both competitive and noncompetitive gymnastics but that 90 percent of the program is noncompetitive.

"Out of about 800 students, we only have about 80 children on teams," he said. His students range in age from 8 to 17, and he has several instructors from Romania, Russia and Bulgaria. "I call my program advanced elementary physical education. We teach real physical education - running, jumping, hopping, and skipping, as well as basic gross motor movements." One of the most important benefits of gymnastics for children is that it builds strong bones, he said.

"This has been proven many times over. Weight-bearing exercise prevents osteoporosis," He believes physical educa-

tion/gymnastic activity is what children really need.

"We also teach students how to invert their bodies, which improves strength, coordination and spatial awareness."

The psychological benefits of gymnastics are important, too. "What I really try to make people aware of is that kids experience success and enjoyment through personal achievement. And, this may be just doing a simple forward or backward roll. They learn something, and you can see their faces light up when they accomplish these movements. The kids gain confidence through real achievement."

The Michigan Academy of Gymnastics is open 9 a.m. to 9 p.m. Monday-Friday and 8 a.m. to 5 p.m. Saturday.

Kelly Beach has been an assistant gymnastics coach for two years at Churchill High School in Livonia, which is a competitive program involving 30 athletes. Students from Churchill, Franklin

and Stevenson high schools have competed against gymnasts from other high schools in the area for three years. The gymnastics program is growing each year believes it helps students grow by providing a way for them to meet new people, she said.

Gymnastics improves overall muscle strength and endurance. It takes tremendous concentration as well as physical fitness. Nerves are a factor in competition "But I think they get over that eventually the more that they compete."

Some of the other centers in the area that offer gymnastics instruction include: All Star Gymnastics and Gymboree Play Program in Novi; Conrad's Gymnastics Academy in Farmington Hills; Euro Stars Gymnastics Inc. in Plymouth; Farmington Gymnastics in Farmington; Splitz Gymnastics Academy in Canton Township; Tumble Bunnies in Belleville as well as YMCAs in the Detroit area.

MENOPAUSE

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I also recommend phytoestrogenic foods such as alfalfa sprouts, lentils and nuts for better cardiovascular health and relief of menopausal symptoms. Avoiding hot beverages, such as coffee, and not smoking will help in decreasing the severity of hot flashes.

Along with a healthy diet, I encourage women to get plenty of exercise. In some cases, I recommend resistance-training exercises using weights for at least 10-15 minutes a day.

Something as simple as a brisk 30-minute walk every day

(with proper stretching and warm-up) can help in preventing coronary artery disease, hypertension and diabetes.

FINAL THOUGHTS

I do not believe in a blanket approach to menopause. I tailor the regimen to each patient's needs, her health risks factors and outlook on life. Whether you are using alternative treatments or conventional ones, like hormone replacement therapy medications, or creams, my treatment must be frequently re-evaluated by the patient and physician as her risk for heart disease, osteoporosis and breast cancer are also changing.

At Oakwood's Complementary and Alternative Medicine Center in Westland, we promote patient health education and awareness by offering courses on health care from the perspective of Complementary and Alternative Medicine.

Dr. Kavita Rao is assistant medical director of the Oakwood Complementary and Alternative Medicine Center. She received her M.D. degree in internal medicine from Hurley Medical Center at Michigan State University and an M.D. in family practice from Indonesian Catholic University. Rao also specializes in ayurvedic medicine. For more information or to schedule an appointment, please call (734) 414-9903.

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LAWRENCE A. KING, Attorney,
840 W. Long Lake Road, Suite 200,
Troy, MI 48068
STATE OF MICHIGAN PROBATE
COURT, COUNTY OF OAKLAND,
File No. 2002-265-117

NOTICE TO CREDITORS

Decedent's Estate
Estate of Elizabeth S. Wolf,
Decedent Date of birth: September
19, 1911.

NOTICE TO CREDITORS: The
decedent, Elizabeth S. Wolf, who
lived at 6501 Hatcher Road,
Waterford, Michigan, died November
2, 2002.

Creditors of the decedent are notified
that all claims against the estate will
be forever barred unless presented to
William Robert Wolf, Jr. and
Margaret E. Neumann, named
personal representative or proposed
personal representative, or to both
the probate court at 1200 N.
Petersburg Road, Dept. 457, Pontiac,
MI and the named/proposed personal
representative within 4 months after
the date of publication of this notice.
Attorney: Lawrence A. King, P15075,
840 W. Long Lake Road, Suite 200,
Troy, MI 48068
Personal Representative: William
Robert Wolf, Jr. and Margaret E.
Neumann, 37612 Irene, Sterling
Heights, MI 48312
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