

MEDICAL DATEBOOK

APRIL

Blood drive
The Red Cross will hold a blood drive 2-8 p.m. Monday, April 28, at the Plymouth Church of Christ, 9201 Sheldon Road, Plymouth. To make an appointment, call (734) 453-7630. Walk-ins welcome.

Yoga
Botsford Center for Health Improvement, 29750 Grand River, Novi, will offer a six-week session of "Gentle Yoga for Beginners" 10-11 a.m. Monday beginning April 28. The fee is \$55. The class emphasizes stretches for strength, flexibility, relaxation and energy enhancement. Techniques include to help alleviate insomnia, anxiety and stress. Includes breathing and meditation exercises. To register, call (248) 477-6100.

Headache
Dr. Barry Hobbs will discuss new research about the causes of headaches and migraines 6:30-8 p.m. Tuesday, April 29, at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Cost is \$19. Nurses may register for nursing contact hours at an additional fee. To register, call (313) 371-1500.

Yoga
The Oakwood Community & Alternative Medicine Center, on Warren in Westland, will offer an ongoing class called Beginning Hatha Yoga. The next eight-week session will meet every Tuesday evening from 6-7:15 p.m. or 7-8:45 p.m. beginning Tuesday, April 29. You will learn yoga postures and breathing techniques to promote better flexibility, strength and relaxation. Please call (800) 543-WELL to reserve your spot. The total cost is \$68.

MAY

Women's workshop
"Have you ever said, 'I don't know what I want in my life, but this isn't it'?" Suzanne W. Jones, a psychotherapist and addiction counselor in private practice in Northville, will offer a 12-week "Women's Workshop and Support Group" 7-8:30 p.m. beginning Wednesday, May 2. The workshop utilizes your "Heart's Desire" workbook and will help you identify authentic life goals, eliminate self-defeating beliefs, and assist you towards emotional and spiritual growth. Cost is \$360. Contact Jones at (248) 767-9402 or e-mail: suzanne@psycho.com.

Chronic illness/employment
A free seminar, sponsored by the Detroit Area Wegener's Grandmalist Support Group, will discuss chronic illness and employment issues 7 p.m. Wednesday, May 7, at Botsford Hospital, 28050 Grand River, Farmington Hills. In Classroom 2 East A directly above the emergency room. The speaker will be Sharon Ledesma, a social worker and the executive director of the Chronic Illness Coalition. Call Erin Williams at (313) 278-8868.

Stress
Learning how to manage stress could make a big difference in how you feel. The Oakwood Community & Alternative Medicine Center will offer a class called an "Introduction to Mindfulness, Meditation and Relaxation" 6:30-8:30 p.m. Wednesday, May 7. You will learn meditation techniques to help you relax and improve your overall health. Call (800) 543-WELL to reserve your spot. The cost is \$25.

Fibromyalgia
The Livonia CTSF/Fibromyalgia Support Group will feature Dr. John Halmaghi 7 p.m. Thursday, May 8, at the Livonia Civic Center Library, 3277 Five Mile Road, Livonia. Halmaghi will discuss migraine and TMJ dysfunction. Call (248) 346-3164.

Fibromyalgia conference
The Michigan Fibromyalgia Awareness Day conference will take place 11 a.m. to 5:30 p.m. Saturday, May 10, Macomb Community College in Warren. The conference will feature leading researchers from the University of Michigan's Chronic Pain and Fatigue Research Program, one of the largest and most well-funded fibromyalgia research centers in the country. Registration is \$25 and includes lunch. Space is limited and pre-registration is required. Call Sharon

Waldrop for a registration form at (248) 235-1221 or email: Fibromyalgia@comcast.net, by Wednesday, April 30.

Health camp
Fibromyalgia camp your most invigorating and health-promoting vacation in a beautiful private camp near Grayling, Mich., May 11-18. Smoking cessation expert Dr. Arthur Weaver and a team of health professionals will provide the latest scientific knowledge regarding prevention of disease. Eat healthy vegetarian meals, exercise, learn to control stress and kick the smoking habit. Activities include horseback riding, canoeing, golfing, hiking, ceramics and basket weaving. All cabins are clean and heated. \$425 per person per week; \$800 for a married couple. Call (248) 349-5683 or (313) 531-2179.

Cravings
Do you respond to stress with cravings for chocolate, steak, or potato chips? Biochemist Sandy Baumann will teach you the physiological reasons for such cravings in her class "Why Women Crave Chocolate & Men Love Steak" 6:30-8:40 p.m. Tuesday, May 13-27, at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Cost is \$59 plus a \$5 materials fee to the instructor. Nurses may register for nursing contact hours at an additional fee. To register, call (313) 371-1500.

Cancer loss
The U-M Comprehensive Cancer Center's Grief and Loss Program will offer "Coping Through Transitions," a support group for adults who have lost a loved one to cancer, 6:30-8 p.m. Wednesday, May 14 to June 11. The group is held at the Nichols Arboretum's James D. Reader, Jr. Urban Environmental Education Center in Ann Arbor. Free. Register by May 1. Call (734) 605-012.

Cosmetic labels
Do you really know what's in your cosmetics and skin care products? Learn how to read and interpret product labels, and discover ways to enhance your unique beauty using natural products. Enroll in "Natural Beauty" offered 6:30-8:30 p.m. Thursday, May 15 at the Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. 6:30-8:30 p.m. Wednesday, May 15. Cost: \$21. To register, call (313) 371-1500.

Lung disease
St. Mary Mercy Hospital, Livonia, will offer a Senior Health Connection Program titled "Living with Lung Disease" 1-3 p.m. Wednesday, May 21. Dr. Gregory Stone, pulmonologist, will present an overview of the most common chronic lung diseases. Call (734) 655-8940 or (800) 494-1650 (out-of-area callers only).

Dyslexia
The Michigan Dyslexia Institute-Detroit Metro Center, 30230 Orchard Lake Road, Suite No. 130, Farmington Hills, will have an Advocacy Training Workshop 7-9 p.m. Wednesday, May 21. Parents, advocates, professionals, and students can learn to participate in their own IEP as related students with dyslexia. Call (248) 377-0044.

Scleroderma
The Scleroderma Foundation Michigan Chapter will host an education event to discuss localized scleroderma and skin care with Dr. Michael Dorman. The event takes place at 7 p.m. Wednesday, May 21, the Scleroderma Foundation Conference Room, 30301 Northwestern Hwy., Suite 309, Farmington Hills. Reservations required. Call (248) 665-7529 or (800) 766-6554.

Blood drive
VFW Post 9885, 6440 N. Dix Road, Westland, will sponsor a Red Cross blood drive 2-8 p.m. Thursday, May 29. Walk-ins welcome. For an appointment, call Larry Tebor, post surgeon, at (734) 377-8329, or (313) 281-2807 and leave name, telephone number and time desired.

ONGOING

Self-help groups
Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearing House at the Michigan Protection Advocacy Service Web site, www.mpsas.org. If you have a disability rights issue, contact the MPAS at (800) 288-5523.

Bipolar
The MDDA-Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3450 W. 13 Mile Road, Royal Oak. Call Kathleen 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.

Grief support
Angela Horvath, 1400 Newburgh Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meeting is 1:30 p.m. and 6:30 p.m. April 28. Call Joan Lee at (734) 464-7810.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from American House in Southfield. Call (800) 770-9859.

Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 4600 Grand River Avenue, Novi. Helpline: (313) 438-HELP or (248) 474-9456.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital-sponsored AA meetings held: Noon every Tuesday and Thursday at Providence Hospital's Office Center-Novi, 39500 W. 10 Mile Road (at Harper), Novi. Call (248) 348-7362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188; and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-491.

Gambling
The Gamblers Anonymous Support Groups meets 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2944 or (800) 494-0277. Group is open to anyone with a gambling dependency.

Cancer
Join "Focus on Living," a cancer support group offered 7-8:30 p.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734) 655-8940 or (800) 494-1650.

Tremor Disorder Support
Shari Finisler of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7-8:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finisler at (248) 683-4138 or finisler@earthlink.net, or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.internationaltremor.org or call (888) 387-3467.

Parents Supporting Parents
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Monday of the month at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Call (248) 849-5342.

Stroke
The St. John Health System-Providance offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Novi, 47401 Grand River Ave., Novi. Call (248) 465-4990.

Medicare counseling
Senior citizens with Medicare questions and concerns can get assistance through Beaumont Hospital's Department of Older Adult Services. The department's staff of trained volunteers can provide counseling on Medicare, long-term care insurance, and insurance plans that supplement Medicare. Call toll-free Senior Resource Line at (800) 328-2241 8:30 a.m. to 4 p.m. Monday through Friday to make an appointment.

U-M Web site explains everything about genes

So scientists just announced the completed sequencing of all the genes in the human genome, but you still don't know what a genome is. And two guys named Watson and Crick discovered something 50 years ago about DNA, but you have no idea why it's such a big deal. And you're tired of feeling intimidated because your kids know more about genetics than you do.

Now there's a new University of Michigan Health System Web site that can help. Called "Genetics: The Symphony of Life," it provides basic information about genetics and medicine for the general public, students, teachers or anyone who is interested in genetics but needs a plain-English explanation of the science. The site is available at www.med.umich.edu/genetics.

This multi-media Web site uses the metaphor of notes, instruments and musicians in a symphony orchestra to explain basic concepts about genetics. Featuring music, video and photos of the U-M Life Sciences Orchestra, the site helps people understand how genes, proteins and cells work together to create life's symphony. Simple answers to basic questions like "What is a gene?" or "What is a protein?"

are provided in a Genetics 101 section.

The Web site also describes current research by scientists in the U-M Medical School and how what they discover in the laboratory today could change tomorrow's medicine. For example: Why are mice so important to the study of human genes? What is a DNA microarray and how does it work?

The Web site is indexed by disease or medical condition, so users can choose to browse through the entire site or go directly to pages of interest. People with a special interest in breast cancer, for example, can learn about genes regulating metastasis—the spread of aggressive forms of breast cancer to other organs in the body.

A glossary defines all scientific and medical terminology. Additional resources—including books, Web sites, career information and how to make an appointment for genetic testing or counseling at a UMHS clinic—are provided for those who want to know more.

Like the real symphony of life, the Web site will grow and change over time. So check back often for additions or updates.

Arthritis Today

JOSEPH V. WEISS, M.D., RHEUMATOLOGIST
38320 Farmington Road
Livonia, Michigan 48152
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WEAR AND REPAIR OF JOINTS

As you grow older, and feel stiff when you are arising from a chair, you may think that your joints are "wearing out" like the parts in a car with 100,000 miles of use.

This comparison is not correct. The body can accomplish what no machine can do: repair itself. This ability to repair and even improve comes throughout a lifetime. Studies on increasing physical fitness in people in their 80s or 90s revealed that the capacity to regenerate muscle and strengthen ligaments remains indefinitely.

That is not to say that with proper training you can make your 60 or 70 year old body sustain the activity and movement of a healthy person in their 20s. What exercise and good habits of eating and rest can do for you is to prevent degeneration, and allow you independence and grace.

In the case of the wearing down of hip and knee joints, you gain an added benefit from the advances in medicine. Loss of cartilage in these joints may be halted, a change over which you have no control. In such instances even the best efforts on your part may not prevent deterioration of these joints. However, the ability to replace these joints is excellent. You should never take the stand that you are too old for such surgery. See joint replacement as a route to take when your personal efforts no longer prevail.

The wearing and repairing of joints merges personal and technical effort in an effective manner. Take advantage of it.

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Find your favorite recipes each Sunday in Taste

Orthodontics

by Josephine Finazzo D.M.D.
A SOLUTION WITH BITE

One important benefit of orthodontic treatment is improved bite function. To work effectively, the back teeth must mesh properly. Otherwise, a "malocclusion," or "bad bite," is said to exist. Unrepaired malocclusions can lead to increased muscle tension and jaw pain. In severe cases, this can be severe enough that tooth structure must be replaced with a cap, bridge, or veneer. Poorly fitting teeth can also contribute to stress and strain on the muscles that support the jaw. This can lead to pain in the chewing muscles. Poorly fitting teeth can also bring unwanted forces to bear on the teeth, which can negatively impact bone and gum support of the teeth.

This could ultimately result in tooth loss. April is National Smile Month. Straight teeth are not only physically healthier than crooked teeth, they also positively impact self-esteem and confidence. If you are in the market for a better smile, our friendly staff at THE ORTHODONTIC GROUP will be happy to discuss your options with you. Located at 19550 Middlebelt, we would be glad to explain orthodontic equipment such as a twin block, the Max line aligner, the palatal expander, and the retainer. Please call 442-5883 to schedule an appointment. Look for our next article in two weeks.

THE ORTHODONTIC GROUP
19550 Middlebelt • Livonia • (248) 442-5883

CITY OF FARMINGTON COUNCIL PROCEEDINGS (Summary)

A regular meeting of the Farmington City Council was held on Monday, April 21, 2003 at 8:00 p.m. in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1970.

PRESENTS: Buah, Campbell, Harrison, McShane, Mitchell, ABSENT: None.

OTHERS PRESENT: Clerk/Treasurer Cantrell, Director Goss, Director Gushman, City Manager Patus.

The agenda was approved as amended.

Regular meeting minutes of April 7, 2003 were approved as amended; other minutes were approved and read and filed.

State Senator Jacobs was present and addressed Council.

Council recognized Gerson I. Cooper for his selection by the Farmington Hills/Farmington Commission on Children, Youth and Families as the recipient of the 2003-04 George Romney Volunteer of the Year award.

Council introduced Ron Meyer as the current Exhibiting Artist in the City of Farmington/Farmington Hills.

Carol Eve Hykka, Chairperson of the Commission on the Environment, gave a presentation on the Emerald Ash Borer and its effects on the City's tree population.

Council proclaimed April 2003 as Parkinson Awareness Month in the City of Farmington.

Council adopted Ordinance No. C-690-2003 to increase membership in the Commission on Children, Youth & Families.

Council adopted Ordinance No. C-694-2003 relating to permits for telecommunication companies.

Council adopted a resolution to implement Telecommunications ordinance, C-694-2003.

Council adopted a resolution to approve traffic signal retiming in the City of Farmington.

Council authorized the City Manager to sign documents on behalf of the City related to a film rental agreement with Warner Brothers Distribution Corporation for the Civic Theatre.

Council concurred to receive and file the proposed City budget for Fiscal year 2003-04.

Council scheduled a meeting date of Thursday, May 8, 2003 at 6:30 p.m. for review of budgets from Jointly Funded Agencies. Public comment was heard.

Council comments and announcements were heard.

Council received and filed the Department of Public Works and Water and Sewer Departments' report for quarter ending March 31, 2003.

Council received and filed the Building Department report for quarter ending March 31, 2003.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

Published April 27, 2003

CITY OF FARMINGTON HILLS OAKLAND COUNTY, MICHIGAN PLANNING COMMISSION PUBLIC HEARING NOTICE - ZONING MAP AMENDMENT

DATE: Thursday, May 15, 2003
TIME: 7:30 p.m.
PLACE: Farmington Hills City Hall 31655 Eleven Mile Road Farmington Hills, MI 48335 Rezoning Request 2-3-2003

ITEM:

PLEASE TAKE NOTICE that the Farmington Hills Planning Commission will give formal consideration to a proposed amendment to the official Zoning Map of the City of Farmington Hills, Michigan, by changing the zoning classification of the following parcel of property as follows:

PROPERTY DESCRIPTION
Address: 24275 Sincola Court
Bldgwell: 25-19-452-028 and 029
A part of the southeast 1/4 of Section 19, T1N, R8E, City of Farmington Hills, Oakland County, Michigan. The property concerned is located on the Northwest corner of Sincola Court and Grand River Avenue.

REQUEST
Reasons from L-1, Light Industrial, and ES, Expressway Service Districts to B-3, General Business District.

The proponent in this matter is Sam Slaughter, for Sellpro Investments (Bob Sellers Pontiac GMC).

Any person who is interested in this proposed zoning map amendment is invited to participate in the discussion at the above mentioned public hearing. Copies of the Zoning Text, Zoning Map, and Application for Rezoning may be reviewed at the Planning Office, Farmington Hills City Hall at 31655 Eleven Mile Road, Farmington Hills, Michigan on Monday through Friday between 8:30 a.m. and 4:30 p.m.

DALE A. COUNTTEGAN, Director
Planning and Community Development
City of Farmington Hills
Fax: (248) 473-4503
Phone: (248) 473-9543
e-mail: dcounttegan@ci.farmington-hills.mi.us

Published April 27, 2003

CITY OF FARMINGTON SPECIAL COUNCIL MEETING WITH STATE SENATOR JACOBS (Summary)

A special meeting of the Farmington City Council with Senator Jacobs was called to order by Mayor Mitchell at 7:00 p.m. on Monday, April 21, 2003 in Council Chambers, 23600 Liberty Street, Farmington, Michigan. Notice of the meeting was posted in compliance with Public Act 267-1970.

COUNCIL MEMBERS PRESENT: Buah, Campbell, Harrison, McShane, Mitchell.

COUNCIL MEMBERS ABSENT: None.

FARMINGTON CITY REPRESENTATIVES PRESENT: Clerk/Treasurer Cantrell, Director Gushman, City Manager Patus.

OTHER PRESENT: State Senator Gilda Jacobs.

Council met with State Senator Jacobs to discuss issues of importance to the City including State funding for local services, and to hear updates on pending legislation in other areas.

JAMES K. MITCHELL, Mayor
PATSY K. CANTRELL, City Clerk/Treasurer

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