

FARMINGTON NOTES

Cable helps charity

MetroVision cable system of the Farmington-area, Livonia and Redford has donated \$4,600 to support the local chapters of Ronald McDonald House, a national organization that provides temporary housing to families of critically ill children.

To raise the money, MetroVision offered free cable television installations to local customers during December in exchange for a \$5 donation to Ronald McDonald House.

MetroVision is one of several local cable providers that conducted programs to raise a total of \$80,000 for the charity this year.

The money will be used for the maintenance and operation of Ronald McDonald Houses in Detroit and Ann Arbor. MetroVision has donated \$9,000 since 1992.

MetroVision has produced a 30-second commercial to thank its cable customers for their donations. It will run on the cable system for the next four weeks.

Free clinic planned

The Oakland County Health Division will offer an immunization clinic for the Farmington area from 9 a.m. to noon on Wednesday, March 9, at the Clarenceville United Methodist Church, 20300 Middlebelt Road, south of Eight Mile Road.

Immunizations, sponsored by the Oakland County Department of Institutional and Human Services, will be given at the same time and location on the second Wednesday of each month. Immunizations for measles, German measles, mumps, polio, diphtheria, tetanus, whooping cough and Haemophilus influenzae Type B will be available.

A parent or legal guardian must accompany a child under 18 years of age. Previous records of immunizations, including notices which might have been sent home from the child's school, should be brought to the clinic.

The next scheduled clinic will be on Wednesday, April 13. For more information, call the Oakland County Department of Institutional and Human Services at 424-7046.

People get on TRACC for health of it

Some Farmington Hills city employees keep their exercise programs on TRACC on the state-of-the-art equipment at a new Botsford Hospital facility in Novi.

By BILL COULTANT  
STAFF WRITER



Botsford Hospital's Total Rehabilitation and Athletic Condition Center is trying to keep preventive health care on track.

And one of the ways that many city employees from Farmington Hills and Novi analyze their fitness levels and set a program to improve fitness is the same one that some professional athletes, like Detroit Tiger Alan Trammell, use.

Also included is a small room with a computerized screening test that takes about 30 minutes and tells an individual how fit he or she is. It's not a stress test. Rather, it gives a profile of a person's total fitness, including blood pressure, strength, endurance, flexibility and cardiovascular ability.

"It (Microfit Fitness Evaluation) doesn't compare you to everyone," said Ed Pienkos Jr., an exercise physiologist at the facility. "It compares you to people your age and your sex."

Some athletes use the test as an indicator of what they should work on, such as increased strength and flexibility. In addition, TRACC can also perform other tests and analyze spe-



SHARON LEMIEUX/STAFF PHOTOGRAPHER

Knee workout: Farmington Hills' Dorothy Despot, who works on an arthritic knee twice a week, gets her blood pressure checked by Sheldon Levine.

cific areas such as a runner's stride, to see if it can be made more efficient.

Guide to good health

But for most people, including firefighters, police and city employees who use the service, it is a guide to maintaining good health.

Since the health improvement facility sees from 85-110 patients a day who come in for physical therapy involving everything from traction and whirlpool treatments to ultrasounds and magnetic resonance imaging, there is an understanding of not only how to heal injuries, but

also how to avoid injury.

In the spirit of a new national health care initiative, the Microfit test provides the basis for a physical fitness plan to avoid injuries, heart disease and other health problems.

See FITNESS, 13A.

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