

## HEALTHY LIVING

Healthy Living spotlights Oakland County-related health and medical news and information. Write: Healthy Living, Eccentric Newspapers, Birmingham Eccentric, 805 E. Maple, Birmingham 48009. Our fax number is (810) 644-1100.

## BABYSITTING INSIGHTS

"Babysitting: Not Just Kid's Stuff," is being offered to youth ages 11 to 14 through Botsford General Hospital, 28050 Grand River, Farmington Hills. Participants will learn child management techniques, basic first aid and how to handle an emergency. The two-session workshop begins Saturday, Oct. 12. The fee is \$25. To preregister, call (810) 477-6100.

## PROSTATE SUPPORT

A free prostate cancer educational support group has been developed to provide both information and open discussion for treatment options for prostate cancer. The group meets at 7 p.m. On the third Monday of each month at 2 East A, Botsford General Hospital, 28050 Grand River, Farmington Hills. For information, call (810) 477-6100.

## KIDNEY STONES

A lecture designed to inform people how to manage and control kidney stones will be held at 7 p.m. on Oct. 1. The lecture is sponsored by Botsford General Hospital, 28050 Grand River, Farmington Hills. For information, call (810) 477-6100.

## ARTHRITIS SERIES

An Arthritis self help group will meet each Monday afternoon for six weeks beginning in Oct. in a series co-sponsored by the Arthritis Foundation and Botsford General Hospital in Farmington Hills. The fee is \$20. To preregister, call (810) 477-6100.

## PARKINSON'S PROGRAM

An intensive seven-week education program will discuss all aspects of self-care and management of Parkinson's Disease on Wednesday afternoons beginning Oct. 9. The program is sponsored by Botsford General Hospital in Farmington Hills and presented in cooperation with the Michigan Parkinson's Foundation. The fee is \$40 per couple. For information, call (810) 477-6100.

## ASTHMA EDUCATION

Group sessions on asthma education will be held Thursday evenings beginning in October through Botsford General Hospital, 28050 Grand River, Farmington Hills. Separate classes are available for adults and children ages 6 to 12. The fee is \$20 per family. Individual day and evening sessions with a registered nurse are available by appointment only. Families are welcome. For information on either program, call (810) 477-6100.

## GET TESTED

• Foot screenings are free to all ages from 9 a.m. to noon every Tuesday in the North Professional Building, Suite 203. Make appointments by calling (810) 473-1320, weekdays between 9 a.m. and 5 p.m.  
• Adult and children/infant CPR classes are available for a \$20 fee. Call (810) 356-3900, ext. 255.  
• Pre-marital counseling on the transmission and prevention of sexually transmitted diseases is offered for \$25 per couple. A physician-signed certificate will be presented at the conclusion of the session. Pre-register by calling (810) 477-6100.

## HEALTH News

## October is infant loss awareness month

Huron Valley Hospital caregivers will join parents and professionals nationwide to observe October as Pregnancy and Infant Loss Awareness month.

At 1 p.m. Saturday, Oct. 12, the Commerce hospital's H.U.G.S. (Help, Understanding and Grief) support group will host a free "Walk To Remember" in the hospital's Conference Center.

The theme is "Seasons," and the service offers an occasion to remember babies who have died due to miscarriage, ectopic pregnancy, S.I.D.S., stillbirth or newborn death.

Families, friends, children and interested professionals are invited to attend.

"This is our tenth annual 'Walk to Remember,'" said Sue Duff, R.N., coordinator of Huron Valley Hospital's Perinatal Loss Team.

"It is a gathering which symbolically joins people across the nation who are working to raise awareness of perinatal grief and ensure that sensitive

care is given to parents who experience a pregnancy or newborn loss," explained Duff.

"Families need an opportunity to acknowledge that their babies were real, are loved, grieved and remembered," she added.

Since 1986 when the Maternal/Child Department at Huron Valley created the Perinatal Loss Team, services to families have grown to include the Mothers' Network and H.U.G.S. support group.

The Mothers' Network is an organization of volunteer moms who have experienced a loss and provide one-to-one support. H.U.G.S. (Help, Understanding and Grief Support) is a self-help group which meets the third Thursday of every month at the hospital from 7-9 p.m.

Led by a certified grief counselor, it also provides much-needed support during subsequent pregnancies.

Registration begins at 12:30 p.m. in the hospitals Conference Center. For more information about Huron Valley's

Walk to Remember or to register, contact the Maternal/Child Department at (810) 360-3619.

The H.U.G.S. group also established the hospital's Memory Garden, a place for parents to go in lieu of a cemetery and congregate for occasions such as the Walk to Remember.

The garden is moving, however, because of changes to the hospital's campus.

Any personal items (such as family treasures, sculptures, trees or plants) need to be removed by Sunday, Oct. 13, for safekeeping until the garden is relocated in the spring.

Over the years, some families have personalized certain areas or a corner of the garden.

A Bradford Pear tree planted in 1956 serves as a special place to hang mementos and baby's names which grow into the tree.

## Depression screening Oct. 10

Mental health professionals from The Maple Clinic, Inc. will offer local residents the opportunity to learn about the signs and symptoms of depression and to participate in a free screening as part of National Depression Screening Day, Thursday, Oct. 10.

The free program will be held at 10 a.m. and 5 p.m. at the Maple Clinic, 950 E. Maple Road, Birmingham, Mich.

National Depression Screening Day, held each year during Mental Illness Awareness Week, was developed by Harvard psychiatrist, Dr. Douglas Jacobs.

Last year, more than 80,000 people attended screenings at 2,400 sites nationwide. National Screening Depression Day inaugurated the concept of screening for mental illness when it began six years ago.

Participants at The Maple Clinic Depression Screening will hear a brief talk on the causes, symptoms, and treatments of depression followed by a short video. Individuals will complete an anonymous written screening test for

depression and have the opportunity to discuss the results with a mental health professional.

Depression strikes more than 17 million Americans each year, according to figures from the National Institute of Mental Health.

Fewer than half of them, however, actually seek treatment, even though treatment can help 80 percent of those affected.

Common symptoms of depression include feelings of hopelessness, worthlessness, restlessness and irritability, changes in sleep and appetite, loss of energy and thoughts of death or suicide.

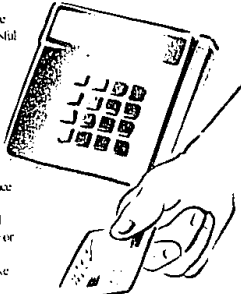
"We hope that this nationwide effort to provide mental health screening for depression will educate the public about the signs and symptoms of depression and encourage those who may be vulnerable to seek evaluation and treatment," said National Depression Screening Day Project Director Dr. Douglas Jacobs.

The program is supported in part by an educational grant from Eli Lilly and Company.

## Daily Profits

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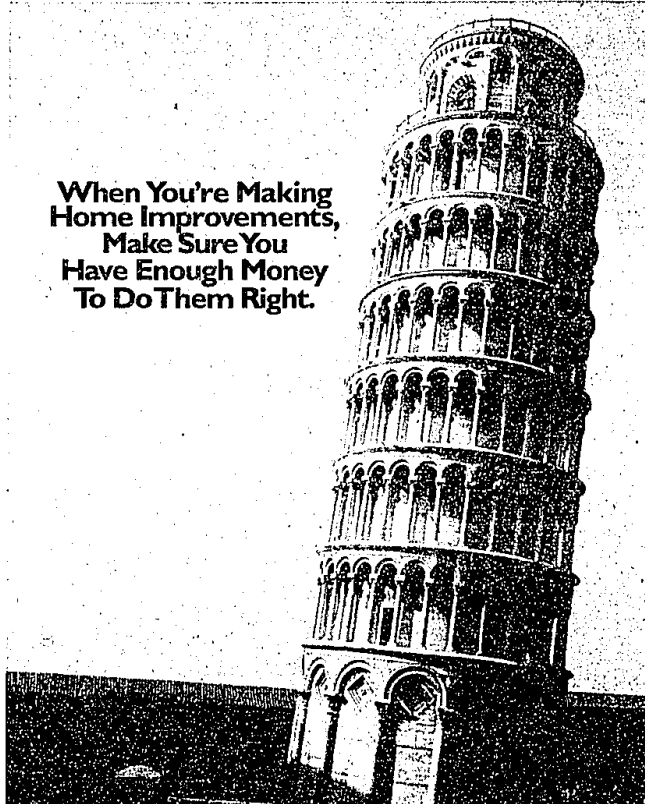
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Plymouth.....4262  
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## ADDITIONAL AREAS-

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