

Botsford's ElderMed program celebrates 25,000th member



ElderMed: Members Walter and Neoma Goodman with Botsford General Hospital President and CEO Gerson Cooper.

When you think of it, getting older can be the best time of your life - if you do it right. That's the philosophy of ElderMed at Botsford, a free lifetime membership program for individuals 60 and up, which signed up its 25,000th member this month.

Neoma Goodman, 62, of Livonia, is number 25,000. "I'm doing great," said the mother of five, grandmother of twelve and great-grandmother of three. "The key to that, I think, is that the word can't have never been in my vocabulary. You can do anything, especially if you don't allow yourself to think old."

After retiring from AT&T in 1995 after almost 40 years, Goodman and her husband, Walter, planned to travel. Their plans were temporarily derailed when both needed surgery (he, a knee replacement; she, an Achilles' tendon reattachment). Both were favorably impressed

with the rehabilitative treatment, staff and facilities found at Botsford's Total Rehabilitation & Athletic Conditioning Center in Novi. That good experience led them to another, joining ElderMed. Now they're gearing up to head south to Florida in April.

A department of Botsford General Hospital and affiliated with the national ElderMed American Network, the eight-year-old program offers health care screenings, classes, presentations and fitness activities as well as social activities.

ElderMed manager Sandy Baumann says the organization's popularity is an affirmation of its holistic philosophy.

"Although ElderMed does focus on physical empowerment, it's also about becoming intellectually and spiritually invigorated as well," said Baumann. "In addition to offering health related talks presented by Botsford

physicians, we offer a spectrum of engaging activities regardless of interests - gourmet cooking classes, concerts, plays, volunteer opportunities, exercise groups - you name it. Some ElderMed members may be retired, but they're certainly not the retiring type!"

Because the group's programs are tailored to fit the needs of its members, ElderMed has obviously hit a chord among the booming senior population in southern Oakland and western Wayne counties. In Farmington Hills, for instance, approximately one in three seniors over 66 belong to it. In Livonia, the organization's membership ratio is one in four. Its current membership is almost equal to the entire population in Farmington Hills' 48336 zip code.

Among the benefits they enjoy, ElderMed members are entitled to discount programs on prescriptions, eyeglasses, dental

services, home and personal care and travel. Members also have access to the low cost programs and services of Botsford's health department network and total rehabilitation and athletic conditioning center (TRACC), both located in the Botsford Center for Health Improvement in Novi. These programs include fitness and health education classes; orthopedic rehabilitation, and water and general exercise therapy.

The Botsford Health Care Continuum is an integrated system of care which includes Botsford General Hospital, the Botsford Physician Network, community emergency medical services, the Botsford Continuing Care Corporation and the Botsford Center for Health Improvement.

The Botsford Internet site is at <http://www.botsfordsystem.org>. The Botsford e-mail address is info@botsfordsystem.org.

WEDDINGS & ENGAGEMENTS

NELSON-McDONALD

Susan Utt of Fenton and Robert Nelson of Fenton announce the engagement of their daughter, Brandy Ann of Westland, to Eric McDonald, son of John and Donelda McDonald of Farmington Hills.

The bride-to-be graduated from high school and attended two years of college. She is an office manager for a tool company.

Her fiancé attended Farmington High School and is a plumber apprentice.

An April wedding is planned at the Presbyterian Church of Fenton.



MALONE-DZIUBINSKI

Michael and Betty Malone of Centralia, Ill., announce the engagement of their daughter, Melissa, to Brian Dziubinski, son of Edward and Carole Dziubinski of Farmington Hills.

The bride-to-be is a graduate of Eastern Illinois University and is employed by North American Insurance Services in Oakbrook, Ill.

Her fiancé is also a graduate of Eastern Illinois University and is employed as a computer consultant for Systems Programming and Resources in Oakbrook, Ill.

A May wedding is planned in Centralia, Ill.



DONLON-KRISS

James and Sandra Donlon of Farmington Hills announce the engagement of their daughter, Jeannette, to Aaron Kriss, son of Gayle Kriss of Parma, Ohio and Barry Kriss of Cleveland, Ohio. The bride-to-be graduated

from Boston University and received her culinary degree from Johnson & Wholes University. She is currently the assistant manager at the Blue Moon Bakery in Silverthorne, Co.

The groom studied at the University of Massachusetts and is currently playing hockey with the Dayton Bombers in Dayton, Ohio.

The couple is planning a July wedding in Michigan.

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DREIS-60TH ANNIVERSARY

Eleanor (Graham) and Albert Dreis of Farmington Hills will celebrate their 60th wedding anniversary with a mass at St. Gerald's Church in Farmington on April 19. A reception will follow with family and friends.

The two met on a blind date and went camping at Belle Isle. Their children and spouses are Lenny (Mary) Dreis of Plymouth, Denise (Randy) Gleng of Southfield, and Nancy Dreis of Farmington Hills. They have eight grandchildren.

Christians invited to Good Friday ecumenical service in Farmington

The Farmington Ministerial Association will present its annual Good Friday service at First United Methodist Church, 33112 Grand River, one block east of Farmington Road, from noon to 1 p.m. tomorrow.

Everyone is invited to attend and share in this service.

Area clergy participating are Rev. Daniel Cave from St. John Lutheran; Rev. Richard Peacock from Nardin Park United Methodist; Rev. Brewster Gere from First Presbyterian; Rev. John Maki from Salem United Church of Christ; Rev. Mark Jensen from North Congregational; Rev. Richard Iwick from

Trinity Episcopal; Rev. Gordon Steinke from Farmington Hills Church of God; Rev. Edgar Petrovich from St. Paul Latvian; Rev. Kurt Stutz, chaplain at Botsford Hospital; and Rev. Wayne Largo from First United Methodist Church.

A choir from various area churches will be under the direction of Janet Wassilak, the Chancel Choir director from First United Methodist Church. Nursery care is provided. Call the church office at 474-6573 if you need more information about this service on March 28 at noon.

Clinic offers new runners tips on how to get going

The great thaw is almost here and that means a new pack of Michigan runners are about to start spring training. But how can these new runners learn to get moving while avoiding the aches, strains and injuries that sometimes accompany this popular sport?

On Sunday, April 13, Botsford General Hospital's Total Rehabilitation & Athletic Conditioning Center (TRACC), in conjunction with Running Fit and Wolverine Orthotics, Inc., will sponsor the TRACC running clinic.

This year's clinic is especially designed for new runners and includes information and demonstrations on the how to's of preventing injuries, feeding the athletic body and training properly

for optimum performance. Performance screenings will also be provided by TRACC sports medicine professionals to assess muscle strength, flexibility, body composition and running gait.

In addition, this year's clinic includes the special presentation "Women's Issues in Endurance Sports" featuring Ann Boyd, the female winner of the 1995 Detroit Free Press/Mazda Marathon.

The clinic will take place on April 13 from 10 a.m. to 2 p.m. at the Botsford Center for Health Improvement, 39760 Grand River, in Novi. The fee is \$20. Preregistration and prepayment is required. For more information or to register, call 473-5600.

Hills girl Baywatch winner

Courtney Kling of Farmington Hills was selected as one of twelve finalists for the national Baywatch search.

Courtney will be appearing in a future Baywatch episode. She had an all expense paid trip to

California Dec. 13 for a week full of activities and taping of a live Baywatch episode.

Contestants were selected from a nationwide search and cut down from 52 regional finalists down to 12.

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