

# Datebook from page D4

**POWER OF ATTORNEY**  
Learn how you can designate a Patient Advocate who can act on your behalf regarding medical decisions should you become incapacitated and are unable to participate in making decisions and why this is preferred over a living will. From 7-9 p.m. at the Providence Medical Center - Novi.

**SAT, JAN. 22**  
**WEIGHT CONTROL**  
Novi Park: Providence Medical Center, 47601 Grand River (Beck Road entrance) will host the weight control program from 1-3 p.m. To register call (877) 345-5500.

**SMOKING CESSATION**  
A stop smoking program will be held at Providence Medical Center - Providence Park at 47601 Grand River (Beck Road entrance) from 10 a.m. to noon. Call (877) 345-5500 to register.

**TUE, JAN. 25**  
**TODDLER DISCIPLINE**  
"Discipline during the toddler years" is an evening class for parents and caregivers of children ages 1-2. Meets from 7-9 p.m. at William Beaumont Hospital, Administration Building (classrooms 1/2) 3601 W. 13 Mile Road, Royal Oak. Fee is \$5 per family. Call (800) 633-7377 to register.

**THUR, JAN. 27**  
**STUTTERING**  
Stuttering support group to help adult stutterers improve fluency skills and learn coping techniques. Meets at 6:30 p.m. William Beaumont Hospital, 10th Floor, Lower Level Classroom 3, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-003.

**LASER VISION CORRECTION**  
Would you like to discover the world beyond glasses and contacts? Ophthalmologist Robert T. Clark, M.D. will provide information at Huron Valley-Sinai Hospital about the most advanced refractive surgery techniques. The LASIK Laser Vision Correction procedure corrects nearsightedness, farsightedness and astigmatism. The

procedure involves very little or no discomfort and eliminates dependence on glasses or contacts. Bring your glasses or prescription with you. Call (888) DMC-2500 to register.

**HEARTBURN**  
Heartburn: Put out the fire. "Treatments for Chronic Heartburn" will be offered from 7-8:30 p.m. This program provides an overview of gastroesophageal reflux, otherwise known as heartburn, including diagnosis and medical and surgical treatment. Presented by R.B. Kolchalam, M.D. To register call (877) 345-5500.

**TUE, FEB. 1**  
**AESTHETIC PLASTIC SURGERY**  
Terry Donat, M.D., facial plastic surgeon, will provide an open forum at Huron Valley-Sinai Hospital for a discussion of the newest information about facelifts, eyelid surgery, brow-lifts, laser, BOTOX, collagen enhancements and more. Program is free and begins at 7 p.m. Call (888) DMC-2500 to register.

**WOMEN LECTURE SERIES**  
Alternative approaches to menopause treatment: "What works and what doesn't," will be presented by Dr. Judith Brysk from 7:30-9 p.m. at the Providence Medical Center in Novi. To register call (877) 345-5500.

**WED, FEB. 2**  
**PRE-MARRIAGE COUNSELING**  
Couples applying for a marriage license must show proof that they have received counseling regarding the transmission and prevention of sexually transmitted disease and AIDS. Class runs from 7-8 p.m. at the Mission Health Medical Center in Livonia. Cost is \$25 per couple, \$15 single. To register call (877) 345-5500.

**THUR, FEB. 3**  
**LOW BACK PAIN**  
This lecture/demonstration is for all individuals interested in preventing low back pain, especially those with pain that interferes with daily living, sports or occupation. Class meets at 7 p.m. at Providence Medical Center in Novi. Call (877) 345-5500 to register.

**FELDENKRAIS**  
Experience Feldenkrais Awareness-Through Movement classes which can bring rewards of decreased muscular tension, increase flexibility and strength as well as an increase in energy. You can improve your natural ability to move

**SAT, FEB. 5**  
**JOY OF REFLEXOLOGY**  
The Joy of Reflexology will be offered in a workshop setting from 1-7 p.m. at The Tree House (for Earth's Children). An introduction to foot reflexology and master acupressure points will be offered and open to everyone. Learn the purpose of reflexology, five point foot adjustment, and specific reflex points to target mirrored organs and common afflictions. Cost is \$50 per single; \$90 a couple. 6 CEUs are available for massage therapists and 7.2 CEUs available for nurses. Call (248) 473-0624.

**WED, FEB. 9**  
**HEART HEALTH SEMINAR**  
In recognition of American Heart Month, Liz Bailey, registered dietitian, and Jennifer Kinch will discuss heart-healthy living at Huron Valley-Sinai Hospital. Learn how to select an exercise program to keep you motivated, identify the hidden fats in our diets and use low-fat substitutes for cooking during this interactive presentation.

**TUE, FEB. 15**  
**MEAL PLANNING W/DIABETES**  
Come join us for an informative evening that covers how you can improve your blood sugar control with helpful eating and exercise ideas. \$5 fee. Meets from 4-5:30 p.m. at the Mission Health Medical Center in Livonia. Call (877) 345-5500 to register.

**THUR, FEB. 17**  
**PRE-MARRIAGE COUNSELING**  
Couples applying for a marriage license must show proof that they have received counseling regarding the transmission and prevention of sexually transmitted disease and AIDS. Class

runs from 7-8 p.m. at the Providence Medical Center - Novi. Cost is \$20 per couple, \$15 single. To register call (877) 345-5500.

**MON, FEB. 21**  
**SPORTS NUTRITION**  
This class focuses on the basic of sports nutrition for high school athletes. Proteins, carbohydrates, fats and fluids will be discussed. Fee \$10. Meets at 6:30 p.m. at the Providence Medical Office Center - Novi.

**TUE, FEB. 22**  
**GOLF FITNESS SEMINAR**  
Range of motion and proper body mechanics can affect your golf game. Learn how to physically prepare for a great golf season with Physical Therapist John Connolly and Orthopedic Surgeon Phillip T. Schmitt, D.O. at Huron Valley-Sinai Hospital. Free of charge. Begins at 7 p.m. Call (888) DMC-2500 for information.

**WED, MARCH 22**  
**HEALTHY CROCKPOT COOKING**  
Tired of cooking every night when you get home? Utilize a crockpot for quick and healthy meal preparation. Learn how to plan low-fat, healthy meals and modify recipes from Liz Bailey, registered dietitian at Huron Valley-Sinai Hospital. Recipes and samples for tasting will be provided. Call (888) DMC-2600. Cost is \$5. Class runs from 6-7:30 p.m.

**THUR, MARCH 23**  
**ANGER MANAGEMENT**  
Anger is the most long-lasting of all moods. The negative consequences of anger are numerous and can lead to damaged friendships, reckless driving, verbal/physical fights and alcohol abuse. This presentation at Huron Valley-Sinai Hospital will be conducted by David Wartel, Ph.D., and is designed to help you identify your anger, its consequences and ways of handling it better. Begins at 7 p.m. Free of charge. Call (888) DMC-2500 for information.

**WED, MARCH 29**  
**ALLERGY TREATMENTS**  
Learn how allergies are diagnosed and treated from Margarieta M. Garriga, M.D. and Ronda Barak-Norris, M.D. Topics will include when to see an allergist, testing available, avoidance and other treatments. Begins at 6 p.m. at Huron Valley-Sinai Hospital. Call (888) DMC-2500 for more information.

**TUE, APRIL 11**  
**TIA ATTACKS**  
A TIA (Transient Ischemic Attack) is often a warning sign of a stroke. Many people ignore

these 'mini-strokes' because the symptoms resolve quickly. Learn how to recognize these signs of a stroke to decrease the risk of permanent neurological problems from Neurologist Aron M. Geyer, M.D. Call begins at 7 p.m. and is free of charge. Call Huron Valley-Sinai Hospital to register at (888) DMC-2500.

**FRI, MAY 19**  
**BLOOD DRIVE**  
The American Red Cross and Huron Valley-Sinai Hospital is recruiting donors for its blood drive in the hospital's conference center. Call to schedule a donation appointment (248) 360-3314.

**IDENTALISTRY**  
For The 21st Century  
by Herbert M. Gardner, D.D.S.  
**GOOD TEETH MEAN LONGER LIFE**

A study by Italian researchers involving people between ages 70 and 75 years indicates that oral health may be a marker for longevity. The study participants were divided into three groups: those with good natural teeth, those who wore dentures, and those with poor dental health. The subjects were tracked for ten years to study the impact of oral health on survival. It was found that people with good teeth, natural or artificial, were more independent and functional at a higher level than their peers with poor teeth. They also enjoyed better social relationships and happier moods. Moreover, while only 31% of the people with good teeth died during the study, 48% of the people with poor teeth did.

This study confirms once again that good oral healthcare is important for your overall good health. When is the last time you had a comprehensive dental examination? At LIVONIA VILLAGE DENTAL ASSOCIATES, we make every effort to see your promptly and give you the best care possible. We'll let you know about new procedures and technologies and what they can do for you. For dental care that will take you into the next millennium, call 476-2110 to schedule an appointment. We're located at 19171 Meridian Road, Smiles are our business.

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P.S. Poor oral health can adversely affect overall health by interfering with chewing and swallowing.

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**Attention: Ford Hourly Employees**



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