MEDICAL DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and resi-dents active in the Observerarea medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 36251 Schoolcraft, Livonia 48150, e-mail rskoglund@ee. homecomm.net or (axed to (734) 591-7279.

ONGOING

ALCOHOLICS ANONYMOUS
Alcoholics Anonymous meets
8:30-9:30 p.m. Wednesday and
Sunday, Garden City Hospital (north entrance), 525 Road. Alanon meeting Sunday only. Call (248) 541-6565 or (734) 776-3415. Noon Tuesday and Thursday, Providence Med cal Office Center, 39500 W. 10 Mile (at Haggerty), Novi. Call (248) 348-9362. Noon Wednesday, Livonia Mission Health Medical Center, 37595 Seven Mile Road, Livonia. Call (734) 953-1188.

IMPOTENCE

Levan, Livonia (Pavilion Conference Room A). For information, call (734) 462-5858.

call (734) 462-5858.

Gilda's CLUB Metro Detroit will sponsor free suppor lectures during February: "Lymphome" and the first of the fir

FREE PROSTATE SCREENINGS

Saint Joseph Mercy Hospital will offer free prostate screenings on the fourth Thursday of each month in the radiology oncology department at the McAuley Can-cer Care Center in Ypsilanti. Call the Saint Joseph Mercy HealthLine at (800) 231-2211.

MANIC DEPRESSIVE

The Manic Depressive-Depressive Association (MDDA) of sive Association (MDDA) or Metro Detroit meets 7:30 p.m. the first and third Wednesday of every month, NoviProvidence Medical Office Center, 39500 W. Ten Mile Road (at Haggerty),

Novi, MI 48375. Call (248) 960-1288. They also meet 2-3:30 p.m. Wednesday, Providence Medical Office Building, 33133 W. 12 Mile Road, Farmington Hills. Call (248) 542-0430.

ANXIETY DISORDER
Ward Presbyterian Church, corner of Six Mile Road and Haggerty, Northville, sponsors a
Panic Attack & Anxiety Disorder Support Group meeting 7 p.m. the first Tuesday of each month. Call (734) 420-8175.

HEADACHE SUPPORT GROUP
Meets 7 p.m. the second Tuesday
of the month at Providence Medical Center, 30055 Northwestern, Farmington Hills, (248) 647-0614.

MON, FEB. 5

ADD/ADHD
"Ritalin, is it Safe, is it Necessary?" a special workshop on ADD/ADHD will discuss facts ADJUAD WIII discuss facts and alternative choices to medi-cation 7 p.m. at Michigan Spe-cific Chiropractic, 7276 N. Shel-don Road, Canton. Pre-registra-tion required. Call (734) 416-2442.

TUES. FEB. 6

HEARING PROBLEMS
Dr. Mary Wisely of Saint Joseph
Morcy Health System will present 'Sensory Changes and
Aging' 9 a.m. to noon at St. Joo's
Health Stop located in Briarwood Mall, just off I-94 at the
State Street exit. She will discuss changes in hearing, vision
and sense of touch. Individual and sense of touch. Individual hearing and audiology screenings from 9-10:30 a.m. Appointments for screenings are required. A \$5 donation appreciated. Call Health Stop at (734) 827-3777.

TUES, FEB. 6 & 13

PAIN REDUCTION

PAIN REDUCTION
Learn how to use your mind to
reduce pain from arthritis,
fibromyalgia, diabetes, surgery,
and accidents in a two-session
course offered through
Clarenceville Schools Continuing
Education, 6:30-8:30 p.m. Learn
about foods and supplements
that reduce pain, techniques to
diminish muscle tension and
stress, the role of pleasurable
activities in lowering pain and
depression, and ways to release
contional burt manifesting as
physical pain. physical pain.

The class, open to men and women of all ages, will be h

Clarenceville Schools. Cost is Clarenceville Schools. Cost is \$25. To register, mail check (npayable to Clarenceville Schools) with your name, address, and phone number to Clarenceville Schools Middlebelt Rd, Livo nia MI 48152 by Feb. 1. For more information or late registration, call (248) 473-8933.

WED, FEB. 7

WEU, FLB. 1
MENOPAUS SUPPORT
The Menopause Support Group
will meet 7-9 p.m. at St. Mary
Mercy Hospital in Livonia in the
West Addition Conference Room
B. Dr. Sanjeev Vaishampayan
will discuss "Get your heart
healthy and ready to enjoy
spring." Call (734) 655-1100.

MON, FEB. 12

THYROID MEETING
Dr. Kelly Mandagere, endocrinologist from St. Joseph Hospital
in Ann Arbor, will discuss how she treats thyroid disease in her rable and treats thyroid disease in her nand ractice during this month's release Thyroid Support Group Meeting, which begins 6:30 p.m. at the Plymouth Public Library, Contact Tracy Green for more information (734) 453-7945 or

mitsg@medinone.net

FEB 13-MARCH 20

HEALTH SEMINAR New Life Health Seminars will New Life Health Seminars will present *A Quest for a Healther You, *a free seven-session health seminar presented by local medical professionals 7:30-8:45 p.m. Tuesdays at the Summit on the Park, Arts IR Room, Cantion. Topics include: Diet & Nutrition, Stress Management, Heart Disease, Exercise & Weight Control, Cancer Prevention, and Die. Cancer Prevention, and Dia betes. To register, call (734) 844-

WED, FEB. 14

SENIOR HEALTH St. Mary Mercy Hospital in Livonia will present "Happy Hearts: Nurturing Relationships in Your Life" 1-3 p.m. in the hospital's Auditorium. Elaine Koons, Livo-

Auditorium. Elaine Roons, Livo-nia Public Schools, will discuss how seniors can strengthen posi-tive relationships with family and friends. To register, call (734) 655-8940. The hospital is located at 36476 Five Mile. Use Five Mile Road entrance.

Follow suggestions for cold-weather hikes with tikes

There's nothing quite so rejuvenating as a day spent exploring the late fall or winter woods. The air is crisp and bracing. Summer crowds are gone. And, if snow is blanketing the land-scape-it's a winter wonderland. Of course, before you go, you'll dress yourselves and the little ones in layers that include:

A wicking synthetic for the base (underwear) layer; a wool or synthetic fleece or pile middle (pants and torse) layer; and a breathable, wind- and water-repellent outer shell.

Top off each outfit with a warm hat and mittens-not gloves-and warm socks and boots.

boots.
Drossing properly is an essential step for a winter hike with your children. But according to Terry Krautwurst, Gorp.com contributing editor, there are some other important things you can do to ensure a safe outing.

Watch the weather

Before you leave home, check the day's forecast. If rain or wet snow-or even a strong wind-is a

possibility, consider calling the trip off. Even the best rain gear won't keep its wearer dry entire-ly. Wet combined with cold tem-peratures spells real danger.

Keep your trips short

Keep your trips short

In winter, and especially in
snow, everything takes longer. A
foot of snow can more than double the time and energy it takes
to hike a given distance. Add
kids and a few of winter's distractions-animal tracks, snowball fights, icicles, etc.-and you
may as well double the time

again.

Always bring matches. Better yet, put a full-blown commercial survival kit in your pack. But never leave home without at least a flame source for starting an emergency fire.

In cold air, a single soaked foot from an accidental plunge can be trouble. Dorn't assume that ice is thick enough to walk on. Water conducts heat away from the body 25 times faster than air. So, if you can't replace soaked shoes or clothing with dry ones, head for home.

Watch for frostbite

Fingers, toes, ears and nose-those are the areas most likely to be frostbitten, and children are the ones most likely to fall victim. Genuinely frostbitten tis-sue appears white, but a child

Food and liquid are important.

Oddly, appetities-even those of a ringly fingers, may be in dannormally ravenous child-diminish in cold temperatures. But you need to keep your family well-fed and hydrated, even though they may not feel particularly hungry or thirsty.

be hot and call a doctor.

By exercising common sense
and caution, you and your family
can explore the winter woods
without worry. So go ahead, with
good preparation the cold
shouldn't keep you from enjoy-



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