

CALENDAR DATEBOOK

Items for Medical Datebook are welcome from all hospitals, physicians, companies and residents active in the Observer-area medical community. Items should be sent to: Medical Datebook, c/o The Observer Newspapers, 3625 Schoolcraft, Livonia 48150, e-mail rskingund@aol.com, homecomm.net or faxed to (734) 591-7279.

ONGOING

ALCOHOLICS ANONYMOUS Alcoholics Anonymous meets 8:30-9:30 p.m. Wednesday and Sunday, Garden City Hospital (north entrance), 6254 Inaker Road. Alanon meeting Sunday only. Call (248) 541-6565 or (734) 776-8416. Noon Tuesday and Thursday, Providence Medical Office Center, 39500 W. 10 Mile (at Haggerty), Novi. Call (248) 348-9362. Noon Wednesday, Livonia Mission Health Medical Center, 37695 Seven Mile Road, Livonia. Call (734) 953-1198.

Levan, Livonia (Pavilion Conference Room A). For information, call (734) 462-5858. GILDA'S CLUB Gilda's Club Metro Detroit will sponsor free supper lectures during February: "Lymphoma" - Monday, Feb. 5; "Colorectal Cancer" - Wednesday, Feb. 7; "Transplants & Thalidomide for Multiple Myeloma" - Thursday, Feb. 15; and "Toxic Medicines" - Thursday, Feb. 22. Supper provided. Gilda's Club, a free non-profit cancer support community, is located at 3517 Rochester Road, Royal Oak. Call (248) 577-0890 for exact times and to RSVP.

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 McAulay Cancer Care Center in Ypsilanti. Call the Saint Joseph Mercy HealthLine at (800) 231-2211.

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

Novi, MI 48376. Call (248) 960-1288. They also meet 2:30-3 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) will sponsor a Specific 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 Northwestem, 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 and alternative choices to medication 7 p.m. at Michigan Specific Chiropractic, 7278 N. Steadon Road, Canton. Pre-registration required. Call (734) 418-2442.

TUES, FEB. 6

HEARING PROBLEMS Dr. Mary Wisely of Saint Joseph Mercy Health System will present "Sensory Changes and Aging" 9 a.m. to lunch at St. Joe'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 hearing and audiology screenings are required. A \$5 donation appreciated. Call Health Stop at (734) 827-3777.

TUES, FEB. 6 & 13

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 School 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 emotional hurt manifesting as physical pain. The class, open to men and women of all ages, will be held at

Clarenceville Schools. Cost is \$25. To register, mail check (payable to Clarenceville Schools) with your name, address, and phone number to Clarenceville Continuing Education, 20155 Middlebelt Rd., Livonia MI 48155 by Feb. 1. For more information or late registration, call (248) 473-8933.

WED, FEB. 7

Menopause 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 practice during this month's 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

mitag@medaone.net

FEB 13-MARCH 20

HEALTH SEMINAR New Life Health Seminars will present "A Quest for a Healthier 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 II Room, Canton. Topics include: Diet & Nutrition, Stress Management, Heart Disease, Exercise & Weight Control, Cancer Prevention, and Diabetes. To register, call (734) 844-8660.

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, Livonia Public Schools, will discuss how seniors can strengthen positive relationships with family and friends. To register, call (734) 655-8940. The hospital is located at 36475 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 landscape 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 torso) layer, and a breathable, wind- and water-repellent outer shell.

Top off each outfit with a warm hat and mittens- no gloves- and warm socks and boots. Dressing 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 it wearer dry entirely. Wet combined with cold temperatures spells real danger. 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. Don'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.

Food and liquid are important. Oddly, appetites-even those of a normally 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. Watch for frostbite Fingers, toes, ears and noses- those are the areas most likely to be frostbitten, and children are the ones most likely to fall victim. Genuinely frostbitten tissue appears white, but a child

complaining of painful or "tingly" fingers, may be in danger. Never rub the areas rigorously. You could damage the tissue irreversibly. Immerse the area in water that just barely feels warm to you- it should not 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 enjoying.

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For information on becoming a participating business Call 734-953-2234 in Wayne County and Oakland County