

## MEDICAL 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, 36251 Schoolcraft, Livonia 48150, e-mail: rskoglund@oe.com, homecom.net or faxed to (734) 591-7279.

### APRIL 25-MAY 30

**PREGNANCY FITNESS**  
The Marion Women's Center at St. Mary Mercy Hospital in Livonia will offer "Prenatal Fitness," a six-week series that meets weekly 6-7 p.m. in the hospital's West Addition B. To pre-register, call (734) 655-1100 or 1-800-494-1616 for out-of-town callers. The hospital is located at 36475 Five Mile Road at Levan.

### MAY 2-JUNE 6

**CHILD BIRTH EDUCATION**  
St. Mary Mercy Hospital will offer "Childbirth Education" a series of six classes or a one-day workshop designed to teach expectant mothers and their partners the Lamaze method for labor and delivery, including relaxation and breathing techniques. 7-9 p.m. Wednesdays, May 2 through June 6. Cost is \$55. Call 655-1100.

### MON, MAY 14

**THYROID**  
The Michigan Thyroid Disorder Support Group meets 6:30 p.m. at the Plymouth Library, 223 S. Main Street, Plymouth. Dr. David Brownstein will discuss how he treats thyroid disease and other autoimmune disorders with natural hormones. For information on the support group, call Tracy Green at 734-453-7945 or e-mail at mitag@mediaone.net

**WEIGHT LOSS**  
Do you feel like you are constantly fighting a battle with food, trying diet after diet, with only temporary results? If so, join us for a FREE orientation session about this

Christ-centered weight-loss seminar that has been featured on such shows as 20/20 and Larry King Live. Program begins 7 P.M. at Geneva Presbyterian Church, 6835 Sheldon Road in Canton. Call Diane Gaubatz at (734)397-1986 or the church office (734)459-0013.

### TUES, MAY 15

**ROMANCE**  
"Stop Jabbing and Start Dancing Your Way Back to Romance" is the topic of discussion by Dr. Laurel A. Sills, a licensed clinical psychologist, 7-9 p.m. at the Longacre House in Farmington Hills. Learn how to fight constructively and deepen intimacy. Cost is \$21. Register by calling (248) 477-8408.

### WED, MAY 16

**WEGENER'S GRANULOMATOSIS**  
A local Wegener's Granulomatosis Support Group meeting will be held 7 p.m. at Botsford General Hospital in Farmington Hills in room 2 East A, directly above the emergency room. Dr. Joseph Lynch, III of the University of Michigan Division of Pulmonary and Critical Care Medicine will discuss lung involvement. For more information, call Justine Galat at (248) 449-4936, Erin Williams at (313) 278-8868 or the Wegener's Granulomatosis Support Group, Inc. International at (800) 277-WGSG.

**DYSLEXIA SUPPORT**  
The support group meeting of the Michigan Dyslexia Institute - Detroit Metro Center will present two topics: "Mapping your way through the Special Education Process" and Special Needs Estate Planning. Attorneys Don L. Rosenberg and Andrew Mayoras of Barron, Rosenberg, Mayoras and Mayoras, P.C. will be the presenters. Arrival time is 6:45; meeting 7-9 p.m. The institute is located at 30230 Orchard Lake Road, Suite 130, Farmington Hills. This will be the last support group meeting until September. Call (248) 737-0044.

Thur, May 17  
**SENIOR FITNESS**  
Oakland Physical Therapy, Providence Medical Center,

47601 Grand River Avenue, Suite B124, Novi, will present Fit After Fifty at 7 p.m. Learn about exercise frequency, duration and intensity; appropriate posture; safe and appropriate stretching of key muscles; and appropriate footwear. Free. Space limited. Call (248) 380-3550.

### HOLISTIC HEALTH

Has your body been trying to tell you something? Learn how to keep your memory as you age, treat foot pain, kick the sugar habit, and lay the foundation for holistic health and natural healing. The Healthy Body Conference will be held at St. John's Conference Center in Plymouth. Sponsored by The Center for Healthy Living, 1600 S. Canton Center Road, Suite 350, Canton. Registration required. Cost: \$30, including lunch. Call (734) 398-7522.

### SAT, MAY 19

**CHRONIC ILLNESS FORUM**  
The Chronic Illness Coalition (CIC) will sponsor a forum on coping with chronic illness 9 a.m. to 12:30 p.m. at the Burton Manor, 27777 Schoolcraft, Livonia. Keynote speaker will be Marianne Williamson, spiritual leader, lecturer and author of A Return to Love, A Woman's Worth and Luminata. Dr. Eric Baron of Housecall Physicians will also participate in the forum. The cost is \$10 for the general public; \$20 for nurses and healthcare professionals. To register, call Linda Jones at (248) 827-9946, Malesch or Chyia at (248) 358-1168 or the CIC office at (734) 266-2422.

### MON, MAY 21

**MEDICATION COMPLIANCE**  
The Department of Behavioral Medicine at St. Mary Mercy Hospital in Livonia will host a lecture titled Medication Compliance is Great for Your Mental Health 6-7 p.m. in West Addition B. Presenters Daniel Deary and Jennine Saba will discuss types of therapeutic drugs and their indications and contraindications, as well as the benefits of consistent medication management. Free. To pre-register, call (734) 655-2944 or (800) 494-0277 for out-of-town callers.

## Blue Cross Blue Shield, Blue Care Network seek local angels

Nominations due June 8 for individuals who make extraordinary efforts to improve the lives of Michigan's children

Blue Cross Blue Shield of Michigan and Blue Care Network are accepting nominations for the annual Caring for Children Angel Awards from now until June 8.

Now in its third year, the Angel Award is a statewide recognition program honoring individuals who distinguish themselves through their outstanding work for children in the state. This year, one angel will be chosen from each of five regions of the state; and the Grand Angel will be selected from those five finalists.

"We're looking for people who volunteer their time to improve the lives of Michigan's children," said Diana C. Jones, Blues vice president of community affairs. "We know this kind of selfless work goes on all over the state, and we want to recognize those unsung heroes and heroines who perform quiet miracles every day. We need to hear from community members statewide to help us find those angels. Anyone can nominate individuals whose volunteer work benefits Michigan's children."

The Angel Award program presents a \$5,000 grant to the first place winner's designated nonprofit organization, as well as \$1,000 grants to each of the

other four regional winners' organizations. Only nonprofit charitable organizations with a tax-exempt status under section 501(c)(3) of the Internal Revenue Service code are eligible.

The Blues will also recognize each of the five angels at a reception to be held on November 15. A panel of judges in each of the five regions will select a regional winner and judges from all five regions will select the Grand Angel.

The deadline for nominations is June 8. Nomination forms and additional information are available by calling the Blues' toll-free line at (800) 733-BLUE (2583) or from the Blues' Web site at www.bcbm.com/angel.


*Come on down for*  
The  
**TROWBRIDGE**  
**COUNTRY HOEDOWN**  
Thursday, May 31<sup>st</sup>  
7:30 p.m. in the Atrium  
*Featuring Country Western Music by*  
**Don Rader & Al Savage**  
Y'all RSVP to Libby at  
(248) 352-0208 by May 28<sup>th</sup>  
*Refreshments will be served*  
**Hot Dogs • Chicken Wing Dings •**  
**Chips • Ice Cream • Lemonade**  
*FREE Hats & Bandanas for all*  
*While supplies last*  
*Horse drawn Surrey Rides*

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## INTERNET

# TOWN HALL MEETING

Live Chat with



**39th State Representative**  
**Marc Shulman**  
Chairman of the Michigan House Appropriations Committee

Moderated by  
**Joe Bauman**  
Managing Editor


## The Eccentric Newspapers


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**MONDAY ~ MAY 14 ~ 7:30 P.M.**

To keep you up-to-date with the news from Lansing and how it affects you, Rep. Marc Shulman is making a house call - Live - via the Internet!

To chat live and on-line with Rep. Shulman about anything that's on your mind, just log on to the Internet and:

1. Go to <http://www.mshulman.net>
2. Then click on the Chat Button 
3. Sign In and you're on!

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