

## MEDICAL DATEBOOK

## JULY

## DIABETES

The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion on being turned down or rated by insurance companies, 7-8:30 p.m. Wednesday, July 10, in the hospital's Auditorium. The group presents a new topic on the 2nd Wednesday of each month for adults with diabetes and family members. Call (734) 655-8940 or (800) 494-1850 (out-of-town callers only). Visit [www.stmarymercy.org](http://www.stmarymercy.org).

## FIBROMYALGIA

The CFS/Fibromyalgia Support Group will meet 7 p.m. Thursday, July 11, at the Livonia Civic Center Library, 32777 Five Mile Road. A physical therapist will be the guest speaker. Group meets second Thursday of each month. Call (248) 346-3164 or visit [www.mhometown.com/cfs](http://www.mhometown.com/cfs).

## DIVORCE SUPPORT

Space for Changing Families, a nonsectarian community service of the National Council of Jewish Women/Greater Detroit Section will offer "Rainbows for All Children," a 10-week divorce support group for children aged 5-16 and their custodial parent 6-7:30 p.m. Sessions, which began June 17, runs until Aug. 19. The group meets in the SPACE/CJW office, Homestead USA Building, 28400 Homestead, Suite 100, Southfield. Call (248) 355-9936.

## DIABETES EDUCATION

Beaumont Troy will have a four-session "Outpatient Diabetes

Self-Management" program at 9 a.m. to noon, Monday, July 8, Tuesday, July 16, and Fridays, July 12 and 19, at Beaumont Hospital, ground floor, classroom 5, at 44201 Dequindre Road, Troy. Call (248) 577-9700 for more information.

## DAD &amp; BABY

"For Dads Only: A Class for New Fathers" will be held 7-10 p.m., Tuesday, July 23, at Beaumont Rehabilitation and Health Center, classrooms C & D, 746 Purdy Street (at Frank St.), Birmingham. The cost is \$25. Call 1-800-633-7377.

## SIBLINGS &amp; BABY

"Big Brother/Big Sister Program," a one-session class to help prepare children for a new baby in the family will be held at these times and locations: 9-10:30 a.m. or 11 a.m. to 12:30 p.m., Saturday, July 13, at Beaumont Hospital, administration building, lower level-classroom 3, at 3601 West Thirteen Mile Road (west of Woodward), Royal Oak; 1-2:30 p.m. or 3-4:30 p.m., Saturday, July 27, Beaumont Hospital, ground level, classroom 1, at 44201 Dequindre Road, Troy. The fee is \$25 per family. Call 1-800-633-7377.

## CHILDREN'S SKILLS

"Childbirth Education Refresher Class" will be held from 9 a.m. to 1 p.m., Saturday, July 13, at Beaumont Rehabilitation and Health Center, classroom B, 746 Purdy Street (at Frank St.), Birmingham. The cost is \$25. Call 1-800-633-7377.

## BABYSITTING CERTIFICATION

Emergency Center nurses will be teaching a two-session class called "Become a Certified Babysitter" 4-7

p.m., Tuesday, July 16 and Wednesday, July 17, at Beaumont Hospital, east tower, second floor, critical care classroom, 3601 West Thirteen Mile Road (west of Woodward), Royal Oak. The fee is \$35. Call 1-800-633-7377.

## GOLF BENEFIT

The Wilson Cancer Center at Beaumont will host their sixth annual golf outing "A Round For Life," at 7 a.m. and 12:30 p.m., Monday, July 15, at Pine Lake Country Club, Orchard Lake. The outing includes a four-person scramble, a power cart, breakfast, lunch, and a sit-down dinner and open bar. Participants can also enjoy full use of all club facilities including a swimming pool, driving range, putting green and locker rooms. The cost is \$395 per golfer and \$2,500 for corporate sponsorships. Call (248) 828-5510 to reserve your spot.

## BREASTFEEDING CLASS

"Preparing for Breastfeeding," a one-session class on breastfeeding techniques and issues for expectant mothers and fathers will be offered on six selected dates in July.

To help expectant mothers and fathers prepare for one important aspect of a baby's care, Beaumont Hospital offers these classes.

"Preparing for Breastfeeding" is scheduled to meet at the following times and locations: 7-10 p.m., July 2, Tuesday, July 10, Wednesday, and 9 a.m. to noon, July 27, Saturday at the Beaumont Rehabilitation and Health Center, Second floor mezzanine, classrooms C and D, 746 Purdy Street (at Frank St.), Birmingham; 9 a.m.-noon, July 13, Saturday, at Beaumont Medical Building-conference rooms A and B, 6900 Orchard Lake Road, West Bloomfield; 6:30-9:30 p.m., July 16, Tuesday, at Beaumont Medical Building, first floor classroom, 6700 North Rochester Road, Rochester Hills; 7-10 p.m., July 31, Wednesday, at Beaumont Business Center, first floor conference room, 500 Stephenson Highway, in Troy. The fee is \$25 for each individual or couple. Call 1-800-633-7377 to register.

## POST PARTUM CARE

Beaumont Hospital will offer a class, "Vaginal Birth After Cesarean," to provide mothers considering vaginal birth after a C-section with more information on this topic.

A Beaumont children nurse educator will discuss options for mothers and provide practical information about a vaginal birth. The class includes a presentation on anesthesia options. The instructor will also offer a "refresher course" on relaxation techniques, the stages of labor and labor and delivery room procedures will also be offered. Fathers-to-be and potential "delivery partners" are also invited to attend. The class is sponsored by Beaumont's Department of Community Health Education.

The class will be offered on Mondays, July 8 and 15, from 7-9:30 p.m. at the Beaumont Business Center, first floor conference room, 500 Stephenson Highway, in Troy. The registration fee for the class is \$25 and pre-registration required. Call 1-800-633-7377.

## FOOT CARE

Senior Health Services of Saint

Joseph Mercy Health System will present a Senior Health Day 8:30-11:30 a.m. Tuesday, July 9, at SJM Health Stop, located in the Briarwood Mall just off I-94 at the State Street exit in Ann Arbor. "Personalizing Foot Care for Aging Feet" will feature podiatrist Dr. Mark Klein of St. Joseph Mercy Hospital. Bone density screening for a \$5 donation began 8:30 a.m. Lecture at 10 a.m. Healthy food samples, gifts and prize drawings. Call (734) 827-3777.

## TODDLER DISCIPLINE

The Beaumont Hospital Parenting Program is sponsoring "Discipline During the Toddler Years" on Monday, July 15, from 7 p.m. to 9 p.m. in the hospital's Administration Building, lower level classrooms 2 and 3, at 3601 West Thirteen Mile Road (west of Woodward Avenue), in Royal Oak. The class, offered to parents and caregivers of children ages 1-2, costs \$10 per family. Call 1-800-633-7377.

## INFANT MASSAGE

An "Infant Massage" program will be offered on Tuesdays, July 9, 16, 23 and 30, 7 p.m. to 8 p.m. at Beaumont Rehabilitation and Health Center, in the Education Center Lounge, Mezzanine 1R, 746 Purdy Street (at Frank St.), in Birmingham. The program is to teach infant massage techniques to promote relaxation and positive interaction between parent and child. The class is limited to eight families. The fee is \$30 per family. Call 1-800-633-7377.

## BABY "BASICS"

A one-session "Baby Care and Safety" class to teach basic care during a baby's first year will be held at the following times and locations: 7-10 p.m., Tuesday, July 16, at the Beau-

mont Medical Building, conference rooms A and B, at 6900 Orchard Lake Road, West Bloomfield; 9 a.m. to noon, Saturday, July 27, at Beaumont Rehabilitation and Health Center, second floor mezzanine, classrooms C and D, at 746 Purdy Street (at Frank St.), Birmingham; 9 a.m. to noon, Saturday, July 27, at Beaumont Hospital, classroom 1, 44201 Dequindre Road, Troy. The fee is \$25. Call 1-800-633-7377.

## CPR CLASS

"Cardiopulmonary Resuscitation," a three-hour course provided for family and friends with instruction in single-rescuer CPR for adults including recognition of the signs/symptoms of heart attack and stroke. It will be held at these times and locations: 6:30-9:30 p.m., Wednesday, July 10 or 24, at Beaumont Business Center, first floor conference room, 500 Stephenson Highway, Troy; 6:30 p.m.-9:30 p.m., Thursday, July 11, 18 or 25, at Beaumont Rehabilitation and Health Center, second floor mezzanine, classrooms C and D, 746 Purdy Street (at Frank St.), Birmingham; 6:30-9:30 p.m., Tuesday, July 23, Beaumont Medical Building, first floor classroom, 6700 North Rochester Road, Rochester Hills. The cost is \$25. Call 1-800-633-7377.

## COMPLIMENTARY MEDICINE

The National Wellness Foundation will offer a support group meeting the fourth Thursday of each month. Anyone with health goals, questions or concerns is invited. The next meeting is 7 p.m. Thursday, July 25 at the Plymouth Library, downtown Plymouth. Call (734) 416-2442 or visit [www.vi-info-center.org](http://www.vi-info-center.org).

## Fireworks

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risk of losing an eye is not worth the excitement of watching fireworks explode."

Although illegal fireworks - bottle rockets and Roman candles - account for the majority of injuries, seemingly harmless sparklers also cause many injuries each year.

For children under the age of five, sparklers account for three-quarters of all fireworks injuries. Fascinated by the bright sparks, children find these sticks of fire - burning as hot as 1,800 degrees Fahrenheit, hot enough to melt gold - irresistible to touch.

If an accident does occur, what can you do to minimize damage to the eye? These actions can help save your child's or your own sight:

- Do not delay medical attention even for seemingly mild injuries. "Mildly" damaged areas can worsen and result in serious vision loss, even blindness, that might not have occurred with immediate treatment.

- Do not rub the eye. If any eye tissue is torn, rubbing might push out the eye's contents and cause more damage. Although rubbing the eye is an automatic response to pain, pressure will only do more harm. You may attempt to rinse out the eye with clean water, but do not rub the eye while doing so.

- Avoid giving aspirin, or ibuprofen or other non-steroidal anti-inflammatory drugs. These medications thin the blood and might increase - bleeding. Acetaminophen (Tylenol) is the over-the-counter drug of choice for pain. However, it is better to bypass the drugstore or medicine cabinet and get to the emergency room right away.

- Do not apply ointment or other medications, because they may not be sterile. Nairus reminds parents to keep children away from fireworks. "The safest - and most spectacular - way to view fireworks is through professionally conducted, community-sponsored displays," she says.

## Directory of visually impaired services ready for distribution

The Visually Impaired Information Center, Inc., a non-profit volunteer-based organization, has published a booklet, *The Directory of Visually Impaired Services*, which contains the names, addresses and phone numbers of over 900 sources.

The sources are broken down into 22 categories, including:

Computer Consultants and Training; and Computers and Electronic Equipment; Education and Rehabilitation; Government Agencies; Guide Dogs; Independent Living; Intermediate School Districts; Low Vision Aids; Low Vision Providers; Newspapers and Radio; Organizations; Recreation; Support Groups; Toys and Adapted

Teaching Aids; and Travel and Tourism.

The directory benefits all age groups and should be used as reference guide.

The organization, based in Livonia, is developing distribution ties with optometrists, ophthalmologists, intermediate school districts and Lions Clubs in Michigan. The directory is

also available directly to individuals and comes in large print, Braille, computer disk and on cassette tape.

To obtain a copy of *The Directory of Visually Impaired Services*, contact The Visually Impaired Information Center at (734) 421-0599 between 9 a.m. and 5 p.m. Monday-Friday, or visit [www.vi-info-center.org](http://www.vi-info-center.org).

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