



Food and Nutrition Services Director Patrick O'Keefe chats with diet menu processors Peggy Mason, left, and Dianne Prowell. They handle the room service calls and pass them on to the prep area.

OAKWOOD

FROM PAGE C6

be able to order what you like, not what they serve to you. It makes your hospital experience more pleasurable," she added. Bross said that all of the hospital staffs that have tested the program have received rave reviews from patients on Room Service.

"In June, I presented Room Service at a seminar for the American Society of Healthcare Food Service Administrators in Orlando, Fla. The room was just jammed. It's been slow to come to this area, but it's coming. We really need to give the

customers what they want," she said. Not only has the new program been a learning experience for the dining staff but also for the nursing staff at Oakwood.

"Now they need to communicate with them even more effectively on what tests and procedures they may be having so their eating doesn't interfere with that. You don't want patients' food to arrive as they are leaving to have a test done," Bross said.

But what about patients with heart disease, diabetes or other diet-restricting conditions?

"There's a page on the menu for special diets. Each menu item is identified as to whether

it's heart healthy and the number of carbohydrates in it. We also have a halal diet for Muslim populations," she said. "If a patient calls Food Service, the clerk who answers the phone assists them in their selections. It's a nice educational opportunity for the patient as well."

Bross said that the doctors at Oakwood have also been very supportive of the new Room Service menu.

"They want their patients to eat and get well," she added. The menu is even available to patients in the emergency department and the intensive care unit.

SELF HELP GROUPS

Self-Help groups

Anyone seeking information on a variety of self-help groups may call the Michigan Self-Help Clearing House at (877) 777-5556.

Fibromyalgia

"Fibro-Friends & More," a support group for sufferers of fibromyalgia and Chronic

Fatigue Syndrome, meets 1 p.m. the first Thursday of the month at the Merriman Road Baptist Church, 2055 Merriman Road, Garden City, Call Tina at (734) 495-0226 or Lucy at (734) 953-8576.

Bereavement

"Together to Share," a grief support group, meets 10 a.m.

the first Monday of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9955.

Urgent Care facility is offering early flu shots starting this week

BY RHEE SKOGLUND
STAFF WRITER

Dr. Mohammad Arsiwala, of Livonia Urgent Care, urges people to get their flu and pneumonia vaccination early this year so they can head into the holiday season with one less worry.

"Influenza vaccine can prevent influenza," he said. "Most people are ill with influenza for only a few days, but some get much sicker and may need to be hospitalized."

Flu shots will be offered at Livonia Urgent Care, Mission Health Medical Center, corner of Seven Mile Road and Newburg, 8 a.m. to 5 p.m. every Tuesday and Thursday, beginning Sept. 24.

Flu shots cost \$18; pneumonia shots, which are recommended every three years for people over 50 or for those with respiratory problems, cost \$35.

The Centers for Disease Control warns that influenza is far more dangerous than a bad cold. It's a disease of the lungs, and it can lead to pneumonia.

Each year about 114,000 people in the United States are hospitalized and about 20,000 people die because of the flu.

At highest risk of severe illness

are people 65 years old and older, children six to 23 months, adults and children with a chronic health condition - heart disease, diabetes, kidney disease, asthma, cancer and HIV/AIDS - and women more than three months pregnant during the flu season.

The CDC said myths still exist about the flu vaccine. The following statements are fact, not fiction.

■ The shot cannot give you the flu. Flu vaccines are made from killed influenza viruses, which cannot activate the flu.

■ Although some people can still get the flu after being vaccinated, this is not likely. If you do get the flu, you are likely to be far less sick than you would have been without the protection. However, the flu shot will not protect you from other viruses that can cause illnesses that sometimes feel like the flu.

■ The shot has the worst side effect from a flu vaccination is a sore arm. The risk of a rare allergic reaction is far less than the risk of severe complications from influenza.

■ Not everyone can get the flu shot. If you are allergic to eggs (used in making the vaccine), are ill with a high fever, or have had a severe reaction to a past flu vaccination, you

may not be able to get this protection.

■ The flu vaccine is not only for the old and sick. Both adults and children who are in good health need a flu shot to stay healthy. Even if you are not at risk of complications, you should get a flu shot to protect everyone you live with and contact.

■ The flu shot can be given before or during the flu season. While the best time to get a flu shot is in October or November, a flu shot in December or later will still protect you.

Last year Livonia Urgent Care was inundated with people seeking flu shots.

It's best to act early, said Arsiwala. An ounce of prevention is worth a pound of cure, except there is no instant cure if you get the flu. "Influenza causes thousands of deaths each year, mostly among the elderly," he said.

Seniors seeking the flu shot should bring their Medicare and secondary insurance cards, as well as their driver's license. Flu shots will be given through December. For more information, call Livonia Urgent Care at (734) 462-6100.

rskoglund@oe.homedomain.com

SEX

FROM PAGE C6

These tools can provide insight into what happens to the body during menopause or after having a baby, when either low desire or low arousal can affect sexuality.

Many women also experience changes in their bodies due to a disease or after surgery.

"Sex during a disease or after surgery is an area that only now we're beginning to talk about," says Foley. "The idea is that it's not enough to just survive a disease. Survival is about wanting to lead a normal

life, and that life should include sexuality."

But one thing to keep in mind in any of life's situations is that creating a sexually healthy life takes work. Foley encourages women to put the same effort into their sexual selves as they would any good friendship or an exercise program.

Women also need to accept themselves for who they are - both physically and mentally. Being comfortable with your body is an important step in gaining sexual self-confidence. In addition, women should try to avoid measuring themselves against images in magazines.

"Ultimately, it's not what the media does to a woman, it's

not what magazines do to a woman, it's what we do to ourselves," Foley says. "If we start changing our viewpoint about how we see other people in their aging or their body, we'll change our own self-perceptions."

And if women need advice or are experiencing any type of sexual difficulty, Foley strongly recommends that they make an appointment with their health care provider or ask questions during a routine exam.

For more information about the book, "Sex Matters For Women: A Complete Guide to Taking Care of Your Sexual Self," visit <http://www.gulf-ford.com>

This fall join over 5,000 Michigan residents in America's largest walking event dedicated to finding a cure for diabetes.

AMERICA'S WALK FOR DIABETES

Call 1-888-DIABETES
248-433-3830 for more information

REGISTER NOW!

WALK IS SUNDAY, OCTOBER 6, 2002

Did you know that over 17 million Americans have diabetes and that Michigan has the fourth highest rate of diabetes complications, including heart disease, kidney failure and amputations? Did you also know that walking can help prevent type 2 diabetes, and improves cardiovascular fitness? So with every step you take and every dollar you raise, you can help yourself stay fit, AND help in the fight against diabetes.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Date of Birth _____ Male/Female _____ Email Address _____

I would like to walk at:

☐ Stony Creek ☐ Island Lake ☐ Lake Erie

Team Participants:

Team Name _____

Team Captain (circle one) _____

T-Shirt Size: S M L XL XXL

Have you walked in America's Walk for Diabetes before? ☐ Y ☐ N

Send your registration to:

American Diabetes Association
30300 Telegraph Rd. Suite 117
Bingham Farms, MI 48025
Phone: 248-433-3830
Fax: 248-433-1095
Email: jkanner@diabetes.org

Visteon

See the possibilities™

JOHNSON CONTROLS

DOW

Dow Automotive

Observer & Eccentric

American Diabetes Association

Care • Cure • Commitment™

UNITED NEGRO COLLEGE FUND

Register now for a chance to win a car

5k Walk for a Ride

Saturday, Sept. 28, 2002 • UNCF Sole Steppin' 5K Walk • (313) 873-1500

Rain or Shine • Belle Isle (at Casino) • 8 a.m.

REGISTER NOW, you just might "step away" with a two-year lease on a 2002 Ford FOCUS, compliments of Avis Ford!

All registered participants have a chance to win in the 5k Walk for a Ride.

Enter as many times as you wish for a fee of \$10 per entry. Registration form must accompany each \$10 entry. For more information, call (313) 873-1500.

Register Now,
This Could Be Yours!

Sponsored by
BANK ONE
BANK ONE FOUNDATION

Actual Vehicle Not Shown

Partners:

Your Name _____

Day Time Telephone (_____) _____

Email Address _____

Company _____

Address (work preferred) _____

City _____ State _____ Zip _____

"A Mind Is A Terrible Thing To Waste"

Make all checks payable to: The United Negro College Fund
Mail each entry to: The United Negro College Fund, New Center
One, 3031 W. Grand Blvd., Ste. 604, Detroit, MI 48202

The College Fund/UNCF is a 501 (c)(3) non-profit organization registered with the Michigan Attorney General's office and the Internal Revenue Service. A portion of your contributions to the Walk are tax deductible. (See UNCF staff for further information.)
However, I fully understand that The College Fund/UNCF will not be responsible for injuries or damages sustained by me and that I indemnify and hold harmless The College Fund/UNCF from any third party claims.

Signature _____ Date _____

AVIS FORD'S DRIVEN DRAWING FOR A FORD FOCUS LEASE IS OPEN TO ALL LEGAL RESIDENTS OF THE UNITED STATES. The Avis Ford Driven Drawing consists of a two-year lease on a 2002 Ford Focus with a retail value not to exceed \$12,000. Participants must be present at the Sole Steppin' 5K Walk event for a chance to win. Participation in this contest constitutes full acceptance of all rules, terms and prizes. One entry per person and \$10 registration fee accompanied by an official registration form. A participant may submit multiple entries for a fee of \$10 per entry. Each additional entry must include \$10 and an accompanying registration form. Winner required. Consents to use of their name, photo, and statements for future promotional use. Walk is 5K and must be completed in 30 minutes or less. All necessary federal and state tax reporting information before receiving prize. All social, state, and federal taxes, fees and licenses are the winner's responsibility. Acceptance of the prize is a release to the United Negro College Fund, its officers and employees from all responsibility in the future. All prizes must be submitted prior to Sept. 28, 2002 at 8 a.m. Fifty names will be drawn during the UNCF Sole Steppin' 5K Walk. Participants will have the opportunity to view the 2002 Ford Focus at the drawing. The 50 participants will be drawn during the UNCF Sole Steppin' 5K Walk. Participants will have the opportunity to view the 2002 Ford Focus at the drawing. Each contestant will have a chance to win a prize at the drawing. Only one entry per person is allowed. All prizes must be submitted prior to Sept. 28, 2002 at 8 a.m. Fifty names will be drawn during the UNCF Sole Steppin' 5K Walk. Participants will have the opportunity to view the 2002 Ford Focus at the drawing. The 50 participants will be drawn during the UNCF Sole Steppin' 5K Walk. Participants will have the opportunity to view the 2002 Ford Focus at the drawing. 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