

## MEDICAL DATEBOOK

## OCTOBER

**Caregiver talk**  
Beacon Adult Day Services in Livonia will host a talk by Susan Koons of the Alzheimer's Association about coping with dementia behaviors and caregiver stress 6:30 p.m. Monday, Oct. 28. Beacon is located behind IHOP at Middlebelt and Schoolcraft. Call (734) 762-7009.

**Prostate cancer**  
Attend the University of Michigan Comprehensive Cancer Center and U-M Department of Urology's Cancer Answer Night 7-9:30 p.m. Tuesday, Oct. 29, and learn about clinical trials that support or discredit the use of certain supplements. Discover lifestyle changes that can make a difference in preventing or surviving prostate cancer. Discussion held at the U-M Kellogg Eye Center Auditorium, 1000 Wall Street, Ann Arbor. Reservations required. Call (800) 865-1125.

## NOVEMBER

**Flu shots**  
Meijer Pharmacy, 20401 Haggerty, Northville, will offer flu shots 9 a.m. to 1 p.m. Friday, Nov. 1 and 3 p.m. Tuesday, Nov. 12. The cost is \$17, and Medicare billing will be available. Call (248) 349-2707.

**Family relationships**  
Oakwood Complementary & Alternative Medicine Center in Westland will offer a workshop called "Work-Family Balance" 10 a.m. to noon Saturday, Nov. 2. This class will provide you with creative strategies for successfully managing work and family obligations. Call (800) 543-WELL. The cost is \$20.

**Parenting workshop**  
St. Mary Mercy Hospital, Livonia, will host an S.O.S. Workshop for parents with special needs 7-9 p.m. Wednesday, Nov. 6. Learn how to stop being afraid of the unknown, take action against your worries and regain the balance in your life. Pre-registration required. Call Michele at (734) 261-4895 or LeeAnn at (248) 360-7108.

**Lymphedema**  
The Weisberg Cancer Center, 30995 Northwestern Hwy, Farmington Hills, will present a discussion on "Lymphedema and Breast Cancer: Precautions and Treatment" 6 p.m. Thursday, Nov. 7. Free supper and lecture. Call (248) 538-6507.

**Incontinence seminar**  
Oakwood Annapolis Hospital in Wayne will host a free community seminar about incontinence and other bladder problems 5:30-7:30 p.m. Thursday, Nov. 7. Incontinence: Stop Suffering in Silence will address the different types of incontinence, their prevalence and new treatment options. Pre-registration is required. Please call (800) 543-WELL to reserve your spot.

**Health fair**  
Westwood School District and Oakwood Health Care System will sponsor a health fair 5-8 p.m. Tuesday, Nov. 12, at Thorne Elementary School, corner of Annapolis and Guley, Dearborn. Free checks for cholesterol, blood pressure, blood sugar, hearing and vision. Flu shots \$15, pneumonia shots \$25. Lots of health information. Call school nurse Ronda Harrison at (313) 201-2566.

**Diabetes**  
The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion on "Stomach and Intestinal Problems due to Diabetes" 7-8:30 p.m. Wednesday, Nov. 13, in the hospital's Auditorium. The speaker will be gas-

troenterologist Dr. Habib Sultan. The group presents a new topic on the second Wednesday of each month for adult diabetics and family members. Call (734) 653-8949.

**Headache prevention**  
Oakland Physical Therapy, P.C. will present "HEADACHE: Physical Therapy Management and Prevention" 7 p.m. Thursday, Nov. 14, at the Providence Medical Center, 47601 Grand River Ave., Suite B24, Novi. Free. RSVP by calling (248) 380-3550.

**Stop smoking, lose weight**  
Providence Hospital and Medical Centers, 22250 Providence Drive, Medical Bldg., Southfield, will offer the Wellness Seminar for smoking cessation 10 a.m. to noon Saturday, Nov. 16, and for weight reduction 1-3 p.m. the same day. First 45 minutes of each seminar is a free orientation. Full seminar is \$59 and includes hypnotic session, tapes and unlimited free repetitions of seminar if needed. Call (877) 345-5500.

**Mom, daughters and puberty**  
Join "A Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up" 1-5 p.m. Saturday, Nov. 16, at the Saint Joseph Mercy Canton Health Center, 1600 S. Canton Center Road, Canton. For mothers and daughters ages nine to 12. Cost is \$45 for mom and one daughter (\$30 for each additional daughter or grandmother). Call (734) 712-5400.

**Dyslexia**  
Dr. Robert D. Smith, neuropsychologist, of The Michigan Dyslexia Institute, Detroit Metro Center, will discuss dyslexia, attention deficit disorders and learning disabilities 7-9 p.m. Wednesday, Nov. 20, at the center, 30230 Orchard Lake Road, Suite #100, Farmington Hills. Call (248) 737-0044.

**New dads**  
"Tool up for New Dads," a class taught by dad, teaches first-time fathers practical information on parenthood and baby care. Hands-on experience with babies brought to the class by "veteran" dads. Offered 6-9 p.m. Thursday, Nov. 21, at the Saint Joseph Mercy Canton Health Center, 1600 S. Canton Center Road, Canton. Cost is \$25. Call (734) 712-5400.

## ONGOING

**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.

**Divorce support**  
The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7-9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.

**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, 3255 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 Dorwin Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.



Daniel Patrick

FOR OAKLAND COUNTY CIRCUIT COURT

## Experience:

- Former Oakland County Assistant Prosecutor, Oakland Circuit Court Research Attorney and Assistant City Attorney.
- Currently as a private practice attorney handling Family Law, Criminal and Civil cases

**Integrity and Dignity:** A person of impeccable character with solid work ethic that will handle people in his court with dignity and compassion.

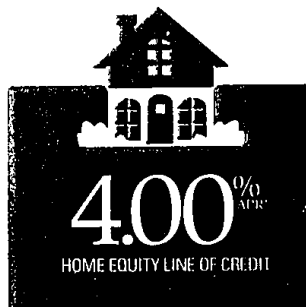
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SYMPTOMS OF DEPRESSION,  
THERE IS ONE THAT  
CAN BE ESPECIALLY  
DANGEROUS.