

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.

Grief support

Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 1400 Newburgh Road, Livonia. Call (734) 464-7810.

Bipolar

The MDDA Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 360 W. 13 Mile Road, Royal Oak. Call Kathleen at (248) 544-1097.

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.

Bereavement

"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House at Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center in Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (600) 710-9559.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 41601 Grand River Avenue, Novi. Helpline: (313) 439-HELPER or (248) 414-9456.

Alcoholics Anonymous

Everyone is welcome to Providence Hospital-sponsored AA meetings held noon every Tuesday and Thursday at Providence Medical Office Center-Novi, 39500 W. 10 Mile Road (at Hagerty). Novi. Call (248) 348-9362, noon every Wednesday at Mission Health Medical Center-Ivonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1108; and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road,

Southfield. Call (248) 333-4717.

Thyroid cancer

Thyroid Cancer Survivors Association, Inc. support group meets 7-8:30 p.m. the fourth Tuesday of each month at the Plymouth Public Library, 223 S. Main Street, downtown Plymouth, in the Gold Room. For more information about the ThyCa SE Michigan Support Group, call Mary Rose at (734) 397-2801 or e-mail: SE-Michthyca.org. For more information on thyroid cancer and our other free support services, visit www.thyca.org or call toll free (877) 588-1794.

Headaches

Suffer from constant headaches? Join the Headache Foundation Support Group, which meets 7 p.m. the first Wednesday of the month at Providence Northwestern Medical Center, 30055 Northwestern Farmington Hills. Call (248) 258-1973. Family members invited.

Gambling

The Gamblers Anonymous Support Groups meet 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, in Classroom 4. Call (734) 655-2944 or (800) 494-0277. Open to anyone with a gambling dependency.

Cancer

Join "Focus on Living," a cancer support group offered 7-8:30 p.m. the first Wednesday of each month at St. Mary Mercy Hospital, Livonia. The group is designed to help cancer patients and families come together to help each other in living with a cancer diagnosis and treatment. Co-sponsored by the American Cancer Society. Call (734) 655-8940 or (800) 494-1650.

Tremor Disorder Support

Shari Finsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group meets 7-8:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finsilver at (248) 683-4138 or finsilver@earthlink.net, or visit www.tremorsupport.com. To learn

more about the International Tremor Foundation, visit www.essential-tremor.org or call (688) 387-3667.

Parents Supporting Parents

Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Monday of the month at Providence Hospital-Southfield, 16001 Nine Mile Road, Southfield. Call (248) 949-5342.

Stroke

The St. John Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-Novi, 41601 Grand River Ave., Novi. Call (248) 465-4190.

Menopause

St. Mary Mercy Hospital's Menopause Support Group meets 7-9 p.m. the first Wednesday of the month. Call the hospital's Marian Women's Center at (734) 655-1100. Next meeting is Feb. 5.

JANUARY

Divorce

Space for Changing Families will conduct "Training for All Children," a 10-week divorce support group for children 5-15 years old and their custodial parent, beginning Monday, Jan. 13, and continuing through March 17. The program meets 6:30-8 p.m. at the Space for Changing Families/NCJW office, located in the Homestead USA Bldg., 26400 Lahar Road, Suite 100, Southfield. Parents meet in a Parent Education group at the same time. Cost is \$85 for the first child and \$75 for each additional child, including Parent Education Group. Scholarships available. Call (248) 355-9936.

Dyslexia

The Michigan Dyslexia Institute - Detroit Metro Center will hold a support group meeting 7-9 p.m. Wednesday, Jan. 15 at 30230 Orchard Lake Road, Suite H130, Farmington Hills. Will discuss the Orton-Gillingham approach to dyslexia and why it works. Call (248) 737-0044.

Overeaters Anonymous

Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 41601 Grand River Avenue, Novi. Helpline: (313) 439-HELPER or (248) 414-9456.

Group meets 7 p.m. every Friday at Providence Park-Novi, 41601 Grand River Ave., Novi. Next meeting: Friday, Jan. 17. Call (313) 439-HELPER or (248) 414-9456.

Thyroid meeting

The Michigan Thyroid Support Group will meet 6:30 p.m. Monday, Jan. 13. Speaker is Mary Stevens, author of *It's All in Your Head*. Group meets at the Plymouth Public Library, 223 S. Main Street, Plymouth. Call Tracy Green at (734) 457-7945 or email her at trl304@comcast.net.

Headache tele-seminar

Dr. Thomas Czerniecki of Redford Chiropractic Center will offer *Reclaiming Your Life From Headaches*, a tele-seminar, 7 p.m. Tuesday, Jan. 14. Listen from the privacy of your own home. Call (313) 407-5811 for phone number and access code. Limited to 25 listeners.

Dementia

Certified activities consultant Amira Tame will share fun-filled activities that can ease the distress of persons with dementia and their caregivers. Learn strategies for overcoming anger, anxiety and resistance. Class offered 6:30-8:30 p.m. Thursdays, Jan. 16 and 23 at Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail (at Warren), Dearborn Heights. Cost is \$54, including book *Healing the Wounds of Alzheimer's*. Call (313) 317-1500.

Winter blues

Biologist Sandy Baumann discusses ways to fight the winter blues using bright lighting, fish oil, herbs, vitamins, minerals and healthy food choices. Learn about the physical and emotional origins of depression. *Beat the Blues* is offered 6:30-9:45 p.m. Tuesdays, Jan. 14 and Jan. 21, at Center for Lifelong Learning, Henry Ford Community College, 22586 Ann Arbor Trail, Dearborn Heights. Cost is \$44. Call (313) 317-1500.

Neuropathy Beaumont Hospital's Sharing & Caring program offers Neuropathy Complications and Cancer Treatment

7-9 p.m. (light supper at 6 p.m.) Thursday, Jan. 16 in the 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Call (248) 551-8585.

Emotional healing

Unity Church of Livonia will present an energy psychology workshop on Emotional Freedom Technique 12:30 p.m. Sunday, Jan. 19. Learn how to create rapid relief from anxiety, anger, stress, trauma and phobias by tapping on stress-release points of the body. Unity is located at 28660 Five Mile Road between Inxter and Middlebelt. Call (734) 421-1660.

Prostate

Dr. J. Edson Pontes will discuss surgical techniques for prostate cancer - current status, new developments and follow-up concerns - 6:15 p.m. Tuesday, Jan. 21 at the Weinberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills. Free super/lecture. RSVP 248-538-6514.

Breastfeeding

Certified lactation consultants at St. Mary Mercy Hospital, Livonia, explain the benefits of breast milk, getting a good start in the hospital and how to continue breastfeeding at home. Offered 7-9 p.m. Thursday, Jan. 23, in Classroom 2. Call (734) 655-1100 or (800) 494-1615.

Yoga

St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, will present a yoga lecture by Sadhguru Jaggi Vasudev, a master yogi and mystic, 6:30-8:30 p.m. Thursday, Jan. 30, in the Auditorium. Lecture offers 2.0 credits hours of Category 1 CME credit for physicians. Call (734) 655-2923.

FEBRUARY

Women's health

St. Mary Mercy Hospital of Livonia offers "Ladies Night Out" 6-9 p.m. Wednesday, Feb. 5, with bone density screenings, massage and vendors. Guest speaker Meredith Salhaney will present a lecture, *Don't Be a Victim*, at 7 p.m. Learn to spot the signs of a dangerous situation and keep yourself

safe. Registration required. Call (734) 655-1102 or toll-free (800) 494-1617.

Infant Care

St. Mary Mercy Hospital of Livonia offers an Infant Care Class 6:30-9:30 p.m. Thursday, Feb. 13, in Classroom 1. Learn about feeding, bathing, sleeping, infant safety, immunizations, signs of illness and caring for the sick infant. Call (734) 655-1100 or (800) 494-1615.

Stop smoking

Providence Hospital and Medical Centers will hold the Wellness Seminar for smoking cessation at the following times and locations: 10 a.m. on Saturday, Feb. 15, at Providence Hospital, Medical Building, 22250 Providence Drive, Southfield; and 6:30-8:30 p.m. Wednesday, Feb. 19, at the Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. Call (877) 345-5500.

Weight reduction

Providence Hospital and Medical Centers will hold the Wellness Seminar for weight reduction at the following times and locations: 10 a.m. Saturday, Feb. 15 at Providence Hospital, Medical Building, 22250 Providence Drive, Southfield; and 6:30-8:30 p.m. Tuesday, Feb. 18, at Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. Call (877) 345-5500.

Immunizations

St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia, will offer a "Walk-In Infant and Child Immunization Clinic" 5:30-8 p.m. Thursday, Feb. 20, in the Auditorium. Call (734) 655-8940 or (800) 494-1650 (out-of-area only).

MARCH

Prostate Screening

St. Mary Mercy Hospital of Livonia will hold a "Prostate Screening and Men's Health Fair" 8 a.m. to 4 p.m. Saturday, March 1. The program will include blood tests for prostate-specific antigen (PSA), total cholesterol and HDL; prostate exam by a physician; and blood pressure check. A \$10 donation is optional. Proceeds will benefit St. Mary Mercy's new cancer center. Call (734) 655-8963 to register.

Oakwood Hospital has clinic for HIV patients

The Michigan Department of Community Health estimates that 15,500 people in Michigan are infected with HIV. An estimated 9,600 of those infected live in the city of Detroit alone and 1,500 in other parts of Wayne County.

Until now, the only specialized clinic to treat people living with HIV in Wayne County was located in downtown Detroit. The Detroit clinic currently has 1,700 active patients. Now, Oakwood Healthcare System (OHS) has teamed up with Detroit Medical Center (DMC) to open the first HIV clinic in western Wayne County. The clinic is located at 2001 South Merriman Road, Westland.

"We have expanded our serv-

ices at Oakwood so that HIV patients living in western Wayne County can spend less time traveling and more time getting the care they need," said Dr. James Sunstrum.

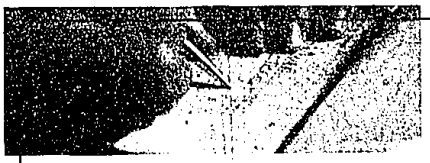
Sunstrum is heading up the program at Oakwood and will treat patients along with a team of infectious disease specialists, a registered nurse, nutritionist and counselor. Patients can be referred to the Oakwood clinic either by a physician or self-referral. Currently, patients are being seen 1-5 p.m. Tuesdays. However, there are plans to expand days and hours of service as caseloads increase. In addition to medical treatment, the clinic will provide free and anonymous Orasure and blood

testing as well as counseling. All medical insurance, including Medicaid, will be accepted. There will also be an outreach coordinator on hand to provide assistance to people without medical insurance, who need to apply for federal money through the Ryan White Act.

"The newer drug treatments are dramatically prolonging the lives of patients with HIV," said Sunstrum. "We've made a very positive impact in treatment. Now it's time to make a big impact in prevention and education."

For more information, or to make an appointment, please call (734) 727-1115 weekdays from 8 a.m. to 5 p.m.

We'll pay you up to \$50 when you open a new personal checking account!



Open any new Flagstar personal checking account and receive \$25 when direct deposit is established and \$25 when auto-payment is established!



Ann Arbor (734) 663-9699 (T) (734) 994-7800 (T) (734) 214-2265 (T) (734) 528-2685 (T)	Clinton Twp. (586) 263-4971 (T)	Madison Heights (248) 588-6777 (T) (248) 543-1817 (ISB)	Troy (248) 312-5400 (T) (248) 228-6559 (T) (248) 435-0059 (ISB)
Belleville (734) 699-6639 (ISB)	Detroit (313) 832-7971 (ISB)	Pontiac (248) 475-0696 (T)	Waterford (248) 674-1380 (T)
Beverly Hills (248) 646-6588 (T)	Farmington Hills (248) 324-0013 (T) (248) 476-9160 (T)	Recheater (248) 652-9792 (T)	Westland (734) 524-0798 (T)
Bloomfield Hills (248) 983-8613 (T)	Fenton (810) 714-2734 (T)	Riverville (586) 778-8043 (ISB)	(T) Triad/Don Berkshire Commons 7:30 a.m. - 7:30 p.m. M-F 8:30 a.m. - 4 p.m. Sat. 8:30 a.m. - 5:30 p.m. M-F 8:30 a.m. - noon Sat.
Canton (734) 981-4942 (T) (734) 981-6491 (ISB)	Goodies (248) 650-6184 (T)	Stirling Heights (800) 803-1180 (T) (586) 268-3230 (T)	(T) Triad/Don Berkshire Commons Open 10 a.m. - 7 p.m. M-F 10 a.m. - 4 p.m. Sat. noon - 4 p.m. Sun.
Charterfield Twp. (586) 421-6388 (ISB) (586) 716-5074 (T)	Howell (517) 552-9655 (T)	Taylor (313) 299-0186 (ISB)	
Livonia (734) 953-6890 (T)			

MEMBER FDIC

We'll meet you anywhere, anytime for a home loan. (888) 1-OWN-158

"DON'T BE A MONEY" Limited time offer. Receive \$25 when direct deposit is established. Bonus money will be deposited into the account once the first direct deposit has been made. Receive \$25 when auto-payment is established. Bonus money will be deposited into the account once the first auto-payment has been made. Bonus money will not be considered part of the minimum opening deposit. Bonus is considered interest and subject to 1099 reporting. FLAGSTAR CHECKING ACCOUNTS: A minimum deposit is required to open a new checking account. Restrictions apply.

Nursing & Healthcare Career Fair!

Today's Hits & Yesterday's Favorites

Wednesday, January 22nd, 2003
1pm-5pm
Burton Manor, Livonia

Meet with Detroit's premier hospitals and healthcare organizations...ones ready to hire TODAY!

- Alacritty Healthcare Staffing
- Arbor Hospice & Home Care
- Bariatric Treatment Centers
- Crittendon Hospital
- Detroit Medical Center
- Global Home Care, Inc.
- HCR Manicare
- Madonna University
- Nextech Professional Services
- Reliable One Staffing Services

- St. Joseph Mercy Hospital, Ann Arbor
- St. Joseph Mercy's of Macomb
- St. Joseph Mercy Hospital, Oakland
- Tendercare (Michigan) Inc.
- University of Michigan Health System
- United Nurses
- AND MANY MORE!

Brought to you by: