

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's Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 14100 Newburgh Road, Livonia, Call (734) 454-7810.
Bipolar
The MDOB Bipolar Support Group meets 3 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Building, 3601 W. 13 Mile Road, Royal Oak. Call Katie 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 Home of Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Aurora Nursing Center, 14100 Newburgh Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9559.
Overeaters Anonymous
Support group for overeaters meets 7:30 p.m. every Friday at Providence Park-North, 4100 Grand River Avenue, Northville. Call (313) 436-HELP or (248) 914-9456.
Alcoholics Anonymous
Everyone is welcome to Providence Hospital-sponsored AA meetings held: noon every Tuesday and Thursday at Providence Medical Office Center-North, 39500 N.W. Mile Road (at Haagley), Novi. Call (248) 348-9362, noon every

Wednesday at Mission Health Medical Center-Livonia, 37255 Seven Mile Road, Livonia. Call (734) 953-1185, and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road Southfield. Call (248) 333-4911.
Thyroid cancer
Thyroid Cancer Survivors Association, Inc. support group meets 7:30 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 St. Michigan Support Group, call Mary Rose at (734) 397-2801, e-mail SE42@thycagroup.org or visit www.thycagroup.org. Call toll-free (877) 589-7904.
Headaches
Suffer from constant headaches? Join The Headache Foundation Support Group, which meets 7 p.m. the first Wednesday of the month at Providence Hospital, 16001 W. Nine Mile Road in Southfield. Call (248) 333-4911.
Gambling
The Gamblers Anonymous Support Group meets 7:30-9 p.m. Mondays at St. Mary Mercy Hospital, 36475 Five Mile Road, Livonia. Call Greg A. at (734) 453-0294 or (800) 934-0271. Group is 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, 36475 Five Mile Road, Livonia. Call (734) 453-0294 or (800) 934-0271.
Share Finlayser of Orchard Lake leads a local support group for those who suf-

fer from Essential Tremor, a debilitating and disabling movement disorder. The group meets 7:30 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Finlayser at (248) 631-4138 or Finlayser.Zaarnik@net.com or visit www.tremorsupport.com. To learn more about the International Tremor Foundation, visit www.essential-tremor.org or call (888) 387-3647.
Parents Supporting Parents
Parents coping with the loss of an infant through miscarriage, stillbirth or newborn death meet 7 p.m. the third Thursday of the month at Providence Hospital-Southfield, 16001 W. Nine Mile Road, Southfield. Call (248) 899-5342.
Stroke
The St. John Health System-Providence offers a Stroke Support Group 7 p.m. the first Thursday of the month at Providence Park-North, 4100 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.

current status, new developments and follow-up concerns - 6:15 p.m. Tuesday, Jan. 21 at the Weisberg Cancer Center, 31995 Northwestern Hwy, Farmington Hills. Free supper/lecture. RSVP 248-538-6514.
Breastfeeding
Certified lactation consultants at St. Mary Mercy Hospital-Livonia have been the benefit of breast milk, getting a good start in the hospital and how to continue breastfeeding at home. Offers 7-9 p.m. Thursday, Jan. 23, in Classroom 2. Call (734) 655-7100 or (800) 494-1615.
Overeaters
Overeaters Anonymous Support Group meets 7 p.m. every Friday at Providence Park-Novi, 41601 Grand River Ave., Novi. Next meeting Friday, Jan. 24. Call (313) 438-HELP or (248) 474-9456.
Chronic Illness
Chronic Illness Coalition presents "Taking Charge of Fibromyalgia" 10 a.m. to 4:30 p.m. Saturday, Jan. 25, at the Burton Manor in Livonia. Lunch provided. Eight speakers, including Dr. Carol Beals, board certified rheumatologist. Cost is \$27 for health care professionals (4-8 p.m. Saturday). Call (734) 453-0294 for more information, call Tracy Green at (734) 453-7945, e-mail mth9103@comcast.net or visit http://minometown.com/ochivirod.
Diabetes
The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a discussion on "Ask the Pharmacist" 7-8:30 p.m. Wednesday, Feb. 12, in the hospital's Auditorium. The speaker will be Navir Sleiman, R.Ph., CDE.
The Diabetes Support Group presents a new topic on the second Wednesday of each month for adults with diabetes and family members. There is no charge, and pre-registration is not required. Call (734) 655-8961.
Infant Care
St. Mary Mercy Hospital in 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. to noon Saturday, Feb. 15, at Providence Hospital Medical Building, 2250 Providence Drive, Southfield; and 8:30-10:30 a.m. Tuesday, Feb. 18, at Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. Call (877) 345-9500.
Weight reduction
Providence Hospital and Medical Centers will hold the Wellness Seminar for weight reduction at the following times and locations: 1:30 p.m. Saturday, Feb. 15, at Providence Hospital Medical Building, 2250 Providence Drive, Southfield; and 8:30-10:30 a.m. Tuesday, Feb. 18, at Mission Health Medical Center, 37595 Seven Mile Road (at Newburgh), Livonia. Call (877) 345-9500.
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).

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.
MARCH
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FISH
FROM PAGE C4
French fries, chips and packaged foods?
MENTAL ILLNESS
PDR for Nutritional
Supplements described a double-blind study of 30 persons with bipolar disorder (formerly called manic-depressive illness). Half the group received fish oil supplements, and half received olive oil. Those given fish oil improved more during the four-month study and experienced longer remissions compared to those who used olive oil.
Eating fish also helps other mental illnesses. "Countries with higher average fish consumption have lower rates of homicide and suicide. During research conducted in Sheffield, England, patients with schizophrenia supplemented with 10 grams of fish oil daily showed significant improvement.
It is interesting to note the rising incidence of depression, mental illness, violence and ADHD correlates with a change in fat consumption in the United States. According to Dr. Jay Danto, from Abode Integrated Medicine in West Bloomfield, Americans in the past consumed omega-3 fat (healthier fat) in a ratio to omega-6 fat (meat fat) of 1:4. Now it is 1:20, in favor of the less healthy fat!

ACUPUNCTURE
FROM PAGE C4
ask some tough questions and then decide for herself. For although many states have licensing boards, that set standards of practice, not all who practice acupuncture in Michigan there currently is no such licensing agency.
"Anybody can put up a sign and say they do it with no training at all. The people in the state are the ones that are hurt by it," Burke said.
Although acupuncture is unregulated in Michigan — which means there are no laws or professional organizations governing its use — Michigan is one of 12 states now in the process of getting regulation.
"The resistance has been too great," Nunez said. However, he expects approval for a board of acupuncture within two years.
Dr. Timothy Ying is an emergency medicine and family practice osteopath who has a private practice in Troy and also offers acupuncture at Beaumont Hospital's newly opened Integrative Medicine program in Royal Oak. He attended an acupuncture training program for physicians in California.
I was quite impressed with the therapy there," he said.
The treatment of pain related to musculo-skeletal disorders especially caught his attention. Western medicine does not treat the pain, acupuncture very well, he said. Ying has combined his interest in osteo-manual medical therapy with acupuncture.

Emotional healing
Unity Church of Livonia will present an energy psychology workshop on Emotional Freedom Technique 7:30 p.m. Sunday, Jan. 19, 7-9 a.m. 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) 421-6160.
Prostate Cancer
Dr. J. Edson Pontes will discuss surgical techniques for prostate cancer -

from California, where she is licensed, to Berkeley.
Her colleague at the Acupuncture Health Alliance is another Michiganian who returned home from California after graduation and licensing. Soya Lee is a registered nurse who pursued a master's degree in acupuncture in traditional Oriental medicine because she felt "something is missing" from the strictly Western approach she observed in hospitals.
It's very gratifying to work with patients on lifestyle modifications," she said.
Lee, a black belt in The Kwon Do, feels she's meeting a need here for acupuncture and traditional Chinese medicine, which she describes as a "wonderful, subtle medicine."

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CITY OF BIRMINGHAM, MI SEALED PROPOSALS REQUESTED

Scaled proposals endorsed "City of Birmingham Janitorial Services," will be received at the Office of the City Clerk, 161 Martin Street, PO Box 3001, Birmingham, Michigan 48012, until 2:00 p.m. Tuesday, February 11, 2003, after which time bids will be publicly opened and read. Bidders will be required to attend a pre-bid meeting on Monday, January 27, 2003 at 6:30 a.m.
The City of Birmingham is accepting sealed bid proposals for the work to be performed as specified in a specification for janitorial services for three of their facilities.
Specifications and bid forms may be obtained at the Birmingham Municipal Building, 161 Martin St., Birmingham, Michigan.
The acceptance of any proposal made pursuant to this invitation shall be binding upon the city until written notice has been delivered to the successful bidder.
CARLOS JORGE, Building Maint. Supervisor
Publish January 19, 23 & 26, 2003

WAYNE STATE UNIVERSITY

Have you been diagnosed with lung cancer? You may be eligible to participate in two lung cancer studies.
Who can participate?
• Anyone aged 18-49 diagnosed with lung cancer after 9/01/1999, or
• Women aged 18-74 diagnosed with Adenocarcinoma of the lung after 11/01/2001.
What does the study involve?
• A one-hour interview • A blood sample • A sample of cheek cells • A sample of tumor tissue, if you had surgery
Participants will be paid.
If interested, please contact:
Geoff Prysak, MPH
(313) 833-0715 x2557 or toll free: (866) 828-2339

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BRAIN FUNCTION

A nine-year study at Tufts University, reported in All about Omega-3 Oils, showed that persons who had the lowest levels of omega-3 fats at the beginning of the study were 160 times more likely to suffer from dementia at the end of the study. A Netherlands study found that men who ate the most fish had the best mental function.
So pass the tuna fish sandwiches (on whole-wheat bread to get added omega-3 fat from wheat germ), and preserve your brain and your memory!

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