

**ONGOING**

**Self-Help groups**  
 Anyone seeking information on a variety of self-help groups may visit the Michigan Self-Help Clearing House at the Michigan Protection Advocacy Service Web site, [www.msas.org](http://www.msas.org). If you have a disability rights issue, contact the MPAS at (800) 288-5923.

**Grief support**  
 Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 1400 Hwysburg Road, Livonia. Call (313) 464-7800.

**Bipolar**  
 The 100% Bipolar Support Group meets 3-5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 W. 13 Mile Road, Royal Oak. Call Kathleen at (248) 544-4097.

**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 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 Westland Hospice in Southfield. Call (800) 770-9859.

**Overeaters Anonymous**  
 Support group for overeaters meets 7 p.m. every Friday at Providence Park-Novi, 47601 Grand River Avenue, Novi. Help Line: (313) 438-HELP or (248) 474-9456.

**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 Haggerty), Novi. Call (248) 348-9362; noon every Wednesday at Mission Health Medical Center-Livonia, 37595 Seven Mile Road, Livonia. Call (734) 953-1188; and 8:30 p.m. every Wednesday at Providence Hospital, 16001 W. Nine Mile Road, Southfield. Call (248) 333-4911.

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. Group is open to anyone with a gambling dependency.

**Cancer**  
 Join "Focus on Living," a cancer support group offered 7:30-9 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 Flinsilver of Orchard Lake leads a local support group for those who suffer from Essential Tremor, a debilitating and incurable movement disorder. The group now meets 7-9 p.m. on the second Thursday of the month at Temple Israel, 5725 Walnut Lake Road in West Bloomfield. Contact Flinsilver at (248) 683-4138 or [Flinsilver@earthlink.net](mailto:Flinsilver@earthlink.net), or visit [www.tremorsupport.com](http://www.tremorsupport.com). To learn more about the International Tremor Foundation, visit [www.essential-tremor.org](http://www.essential-tremor.org) or call (888) 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 W. Nine Mile Road, Southfield. Call (248) 849-5342.

**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, 47601 Grand River Ave., Novi. Call (248) 465-4190.

**Medicare counseling**  
 Senior citizens with Medicare questions and concerns can get assistance through Beaumont Hospital's Department of Older Adult Services. The department's staff of trained volunteers can provide counseling on Medicare, long-term care insurance, and insurance plans that supplement Medicare. Call Beaumont's toll-free Senior Resource Line at (800) 328-2241 8:30 a.m. to 4 p.m. Monday through Friday to make an appointment.

**Blood drive**  
 VW Post 9885, 6440 N. Hill Road, Westland, will host a Red Cross blood drive 2-8 p.m. Tuesday, Feb. 25. Walk-ins welcome. For appointments, call post surgeon Larry Tebor at (734) 377-8029 or (734) 261-2807. Leave name, telephone number and time desired.

**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. 26.

**Open house**  
 Beacon Adult Day Services - a non-profit day care for senior citizens with beginning Alzheimer's, dementia or other health problems - will hold an open house 3-8 p.m. Thursday, Feb. 27, at their new location in the Pierson Center, 32525 Seven Mile, just east of Farmington, Livonia. Call (248) 442-1507.

**Fibromyalgia**  
 The National Wellness Foundation will sponsor a free workshop on the causes of fibromyalgia 7:30 p.m. Thursday,

Feb. 27, at the Carl Sandburg Library in Livonia. To register, call (248) 426-0201.

**HIV/AIDS fund-raiser**  
 Henry Ford Hospital's Division of Infectious Diseases will hold its second annual fund-raiser to benefit its HIV/AIDS patients 8 p.m. to 1 a.m. Friday, Feb. 28, at the Rostertail in Detroit. The event includes hors d'oeuvres, silent auction, cash bar and entertainment. Dress is casual. Tickets are \$10 for general admission and \$50 for VIP. Call (313) 916-5085.

**Overeaters**  
 Overeaters Anonymous Support Group meets 7 p.m. every Friday at Providence Park Novi, 47601 Grand River Ave., Novi. Next meeting: Friday, Feb. 28. Call (313) 438-HELP or (248) 474-9456.

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.

**Anorexia/Bulimia**  
 Beaumont Hospital offers a support group led by recovering or recovered anorexics and/or bulimics 7:30-9 p.m. Mondays, March 3, 10, 17, 24 and 31. The group meets in the hospital's 10th Floor-Closets A and B, 3601 W. Thirteen Mile Road, Royal Oak. Call (248) 551-9790.

**Weight control**  
 Informational seminars for Beaumont Hospital's Weight Control program will take place 7 p.m. Tuesday, March 4, 11, 18 or 25; or 1 p.m. Wednesday, March 5, 12, 19 or 26; and on scheduled Saturdays. The seminars are held at the Beaumont Weight Control Center, 4949 Coolidge Highway (north of 14 Mile Road), Royal Oak. The Center specializes in the treatment of people who

are mildly to severely overweight.

**Breast cancer**  
 Beaumont Hospital's Sharing & Caring program will host a discussion on "Comparing Hormonal Treatments for Breast Cancer" 7-9 p.m. Thursday, March 6, in the 1st Floor Conference Room, Beaumont Cancer Center, 3577 W. 13 Mile Road, Royal Oak. Dr. Huda K. Ibrahim, Department of Breast Medical Oncology, M.D. Anderson Cancer Center, Houston, Texas, will be the guest speaker. Coffee and dessert reception to follow. \$10 donation. Reservations required. Call (248) 551-8588.

**Thyroid**  
 The Michigan Thyroid Support Group will hold its next meeting, 6:30 p.m. Monday, March 10, at the Plymouth Library, 223 S. Main Street, Plymouth. Guest speaker Brad Malard, of Health Strategies, has over 25 years experience in trauma and emergency medicine, family medicine and herbal/holistic/alternative/integrative medicine. Call Tracy Green at (734) 453-7916 or email [mlthyroid@yahoo.com](mailto:mlthyroid@yahoo.com) or visit our web site at <http://bitd.com/mwre>

**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,



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**WHAT WILL THE FUTURE BRING?**  
 If you have arthritis of the shoulder or the knee, it is reasonable to ask: "Will my joints get better or worse?"

If you have osteoarthritis, your physician can say that your knee or shoulder will not get any better. He cannot say it will get worse. In certain individuals, the body manages a comeback, and progression of the arthritis does not continue. I like to compare osteoarthritis of the knee or shoulder to the tread wearing out on a tire. Every move you make causes a bit more wear. Fortunately, the body is not a tire and can make compensations impossible for rubber.

If you have rheumatoid arthritis, the question of getting better or worse, will elicit a more complex response from your doctor. He is likely to reply: "Maybe." Medication could reverse or reduce joint damage. However, no evaluation at present, whether by blood test, x-ray, or special imaging, can predict what drugs might succeed. The questions of how long it would take, and how permanent such improvement would be, are inquires physicians cannot answer given the technology and knowledge now available. What the body can do to stabilize your arthritis is an individual experience.

As you wait for the future to unfold, your best strategy is to maintain activity at as high a level you can sustain. Doing so preserves the health of your joints.

[www.drjweiss.yourmd.com](http://www.drjweiss.yourmd.com)

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