

MEDICAL DATEBOOK

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.mpas.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, 14100 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., 3601 W. 13 Mile Road, Royal Oak. Call Kathie 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) 452-4443.

Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday of each month at American House on Middlebell Road in Livonia. The group meets 3 p.m. the third Thursday of the month at Dorvin Nursing Center on Middlebell Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland 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. Helpline: (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) 348-9382, 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.

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 Group meets 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 7-8:30 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 (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.

MARCH

Anorexia/bulimia
Beaumont Hospital offers a support group led by recovering or recovered anorexics and/or bulimics 7-8:30 p.m. Mondays, March 10, 17, 24 and 31. The group meets in the hospital's 10th Floor-Classrooms 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 11, 18 or 25, or 1 p.m. Wednesday, March 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.

Grief support

Angela Hospice, 14100 Newburgh

Road, Livonia, offers ongoing grief support groups every second and fourth Tuesday. Next meetings are 1 p.m. March 11 and March 25, and 6:30 p.m. both days. Call Joan Lee at (734) 464-7810.

Yoga

Botsford Center for Health Improvement, 39750 Grand River, Novi, will offer "Gentle Yoga for Beginners" 10-11 a.m. Mondays. The first six-week session begins March 10; the second begins April 28. The fee is \$55. The class emphasizes stretches for strength, flexibility, relaxation and energy enhancement. Learn techniques to help alleviate insomnia, anxiety and stress. Includes breathing and meditation exercises. To register, call (248) 477-6100.

Thyroid

The Michigan Thyroid Support Group will hold its next meeting, 6:30 p.m. Monday, March 10, at the Plymouth District Library, 223 S. Main St., Plymouth. Guest speaker Brad Mallard, of Health Strategies has more than 25 years experience in trauma and emergency medicine, family medicine and herbal/massage/alternative/integrative medicine. Call Tracy Green at (734) 453-7945 or e-mail milyrd@yahoo.com or visit the Web site at <http://community.live.com/ctch-thyroid>

Diabetes support

The Diabetes Support Group at St. Mary Mercy Hospital, Livonia, will host a demonstration/discussion on "All About Insulin Pumps" 7-8:30 p.m. Wednesday, March 12, in the hospital's Auditorium. The speakers are representatives from Mini Med, Diabetic and Animas Insulin Pump Companies and Kelly Mann RN, CDE. The Diabetes Support Group presents a new topic on the second Wednesday of each month for adults with diabetes and family members. Parents and children with diabetes are welcome to attend (his special program. There is no charge, and pre-registration is not required. Call (734) 655-8961.

Falling and home safety

St. Mary Mercy Hospital is offering a Community Falls Prevention Program titled "Fall Facts and Home Safety" 1-3 p.m. Wednesday, March 12. Learn the common risk factors associated with falls in older adults, the consequences of falls on your health and three ways to reduce your personal risk for falls. Free. To register, or for more information, call (734) 655-8940, or (800) 494-1650 (out of area callers only).

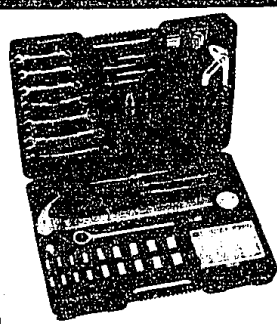
Ovarian cancer

Beaumont Hospital's Cancer Center, 3601 W. 13 Mile Road, Royal Oak, will host the "One-to-One Ovarian Cancer Support Group" 4-5:30 p.m. Thursday, March 13. Call Marilyn Brozovic at (248) 597-2710.

Fibromyalgia

The Livonia CFS/Fibromyalgia Support Group meets 7 p.m. Thursday, March 13, at the Livonia Civic Center Library, 32777 Five Mile Road. Call (248) 346-3164.

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