



85 Years of Patient Care

Henry Ford Health System, which celebrates its 85th anniversary this year, is one of the country's largest health care systems – integrating primary and specialty care with research and education. Today it celebrates a nationally recognized reputation for excellence in clinical innovation and high quality care.

It includes 12 owned or affiliated hospitals, a 506,000 member health maintenance organization, 24 ambulatory centers and other health-related entities located throughout Southeastern Michigan. In 1999, the System recorded 2.5 million ambulatory visits. This year, *U.S. News & World Report* magazine ranked Henry Ford Hospital among the nation's top 50 hospitals in 12 medical specialties, the most of any institution in metro Detroit.

*Henry Ford Hospital in 1915.
This original building which is still part of the campus today, is known as the M Unit.*

New Cookbook Makes Healthy Fun for Kids

Put together Super Spaghetti Casserole, Brain-Boosting Salad, and finish it off with Grape Fizz and Rainy Day Dirt Cake, and what do you have? Surprisingly enough, a well balanced meal. These dishes are among 80 creative recipes found in the new Heart Smart[®] Kids Cookbook (for children ages 8-12) published by the Henry Ford Heart & Vascular Institute and the Detroit Free Press Yaks Corner.

The cookbook (\$14.95) is available at most Barnes & Noble and Waldenbooks stores. To order, call 1-800-245-5082 or visit www.freep.com/bookstore. For more information visit www.henryford.com.



FitnessWorks Resolution Solution

Give someone (or even yourself) the gift of fitness with a "Get Fit Kit" from FitnessWorks. The kit includes a one month membership to the club, along with two personal training sessions, a half hour therapeutic massage, a nutrition assessment, and a new FitnessWorks T-shirt, a perfect package for jumpstarting the New Year at the nice price of \$65.00.

For all those interested in joining the club, donate a coat for the needy, and have the initiation fee waived through the end of the year for a savings of \$250.00. Already a member? Collect a FitnessWorks T-shirt for your coat contribution. **(313) 972-4040**

Community Builds A Playground

Fairbanks Elementary School is the recipient of a second new playscape for the younger students through a community wide effort. Principal, Faire Carter-Price started with a vision, a monetary donation from Visteon Automotive Systems and a donation of services from Jenkins Construction, Inc. From there, she recruited businesses, parents and staff who donated money, time and expertise ending in a community installation of the play equipment in early December.

