



For Immediate Release  
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## **Botsford offers guide to “What Makes Us Tick?”**

Botsford Commons Senior Community invites the public to “Come Discover What Makes Us Tick,” an educational support group for people with chronic conditions.

“It’s a great way for participants to learn about each other and ways to cope with their conditions, both from experts and each other,” said Barb Smith, Botsford Commons’ recreation program coordinator. “We will have a variety of knowledgeable speakers who will touch on stroke, memory impairments, Parkinson’s disease, vision and hearing loss, arthritis and more.”

Kicking off the bimonthly series is Jay Seewald from the Multiple Sclerosis Society at 6:30 p.m. on Tuesday, May 19 at the Botsford Commons’ chapel. The motivational speaker, who has MS, will give ideas about how to cope with his disease and others.

“He’s a wonderful speaker,” Smith said. “He’s very positive and just makes everyone who listens to him feel better about themselves and their own issues.”

“Come Discover What Makes Us Tick” is free and open to the public, and will be held at the Botsford Commons Senior Community’s chapel on their Farmington Hills campus at 21450 Archwood Circle, between Middlebelt and Orchard Lake roads; north of Eight Mile; south of M-5 and Grand River. For more information, call Barbara Smith at (248) 426-6943.

*Botsford Commons Senior Community is a non-profit corporation providing housing and service options for seniors. Located on a 30-acre campus in Farmington Hills, the Community offers a full continuum of care for the area’s senior population including short stay rehabilitation, privately owned condominiums, senior apartments and assisted living suites. For more information visit the website at: [www.botsfordcommons.org](http://www.botsfordcommons.org).*