



Project Health has set up a physical check-up program for children to protect them from poor health. Instead of checking children when they are already sick, they are checked when they are healthy. (Staff photo by Doug Bauman)

Project Health is preventative medicine for healthy children

By SUSAN TAUBER KLEIN

A new type of health care in Oakland County provides physical check-ups for the young when they are healthy—not when they're ill.

But this health care program isn't for everyone.

Project Health, sponsored by the health division of the Oakland County Department of Human Services and the Department of Social Services, is for families and individuals receiving Medicaid.

It's designed specifically to provide regular health check-ups for Medicaid eligible children and young adults up to 21 at no charge to the parent or guardian, according to Adelaide Williams, representative of the health division.

She said the two sponsoring departments get print-out lists of families receiving Medicaid. These people are contacted by telephone and given a choice of 20 sites in Oakland County where they can take their children for the screening program.

"If they live in Rochester and can't make it to the Abiding Presence Lutheran Church site when the specially-trained team visits once a month, then they are sent to other sites such as Pontiac, Southfield, Troy, Uxiah, West Bloomfield, Bloomfield, Farmington or others," Mrs. Williams said.

THE EXAMS ARE set up strictly by appointment and involve a planned program of activities.

"A team visits each of the 19 sites away from the Pontiac office. A team consists of a public health nurse trained in physical assessments, an auxiliary health worker trained to do technical testing and if needed, clerical support."

Several tests are conducted during the physical exam. These include dental inspection and growth evaluation, muscle and nerve coordination, hearing and eyesight tests. Blood is screened for iron deficiency anemia, sickle cell anemia, sickle cell trait



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and high blood pressure. Urine is screened for sugar and protein.

Some clinics offer venereal disease tests to older youth and if a young adult or testing nurse thinks a pregnancy test is required, a referral is made to the Oakland County Department of Health, where free pregnancy tests are given.

Once the health exam is completed, the public health nurse meets with the parent or guardian to discuss the results of the examination.

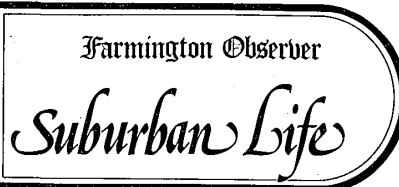
"If there is a problem, the nurse discusses with the family what to do before they leave the office," Mrs. Williams said.

"If the child has to see a doctor and doesn't have a family physician, we will contact a doctor that accepts Medicaid and make the appointment for them."

MRS. WILLIAMS said Michigan is one of the few states in which private practice physicians will accept Medicaid patients. The Oakland County Health Department has a current list of those doctors.

Project Health personnel contact the doctor to whom the child is sent, whether it is his family physician or another doctor, to find out the results of the second examination.

Referrals are also made to dentists for dental care, a problem of at least



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—Adelaide Williams

one-third of all the children examined.

In addition to discussing physical illnesses, Mrs. Williams said the public health nurses discuss nutrition as a basic part of the program.

"If we see that a child is not being fed properly either because of lack of money or lack of knowledge, we can refer the family to Expanded Nutritional Program from Michigan State Cooperative Extension Service or if the child is under five-years-old, we refer the family to WICK."

WICK is a special supplemental food program for women, infants and children. Guardians are given up to \$25 a month per child, in the form of food coupons, to buy nutritional staples such as iron fortified milk, eggs and cheese.

AN IMPORTANT aspect of Project Health that many people don't know, according to Mrs. Williams is that children can get their back-to-school health check-ups and camp check-ups

under the program.

"And foster children can get their health check-ups also. They usually only get Medicaid assistance and getting this check-up really helps them financially."

Project Health gives physical examinations to infants every six months, to infants 12-18 months once a year and to children 24 months to 21 years once every two years.

"This is a preventive program," Mrs. Williams said. "If we get growing children examined at least once every two years, we will be able to find health problems either just as they are starting or before they get started."

To find out more about the Project Health examinations, Medicaid recipients can contact the county Department of Human Services health division at 858-1411. She stressed people shouldn't call the health sites because they don't set up appointments.

Agenda of special programs lure teens to the libraries

By LORRAINE McCLISH

adult book discussion group for another go at it this fall!

ONE OF HER biggest stumbling blocks in not getting "every teen in town" to use the library, she thinks, is because traditionally libraries are used in the evenings for adult programs, and during the day for preschool story hours, while there has never been a long-standing teen program that is common to every library.

"Today's teens are not tomorrow's teens. There is always a something new they are interested in. Mothers automatically connect story hours for their little ones with the library as a nice thing to do. Teens do not, as a rule. I'm sorry to say, think of the library necessarily as a fun place."

She counters this, somewhat, with reading "just about every book I have I just can't recommend a book I haven't read myself."

She covers the spectrum with books from adolescent psychology to current rock magazines, heavy on fiction "that exposes them to alternate value systems. They've got to work out their own," she says, "and they never will if they aren't exposed to all kinds."

Her job also includes hiring books to Merrill and Bow's Republic. "If they can't or won't come to us, then we go to them," she said.

MS. WALKER, who has been dividing her time between the two libraries, will welcome another young adult coordinator this fall, so each library will have its own.

But meanwhile, she is scheduling the fall programs the newcomer will follow, and she is also scheduling herself to take training so she can lead a baby-sitting clinic.

"The Red Cross handled the baby-sitting clinic and they limited the class to 25. I had 60 teens who wanted to sign up for it. I'm going to take the training so I won't have to turn anybody away and we'll run those classes for as long as we have teens who want them," she said.

Her first special mailed-down program for the fall will be hosting the editors from Creem Magazine, a national rock periodical published in Birmingham at 7:30 p.m. Oct. 4 in the Hills branch.

"The editors will tell us how they gather material on the rock stars of today," she said.

Informal groups which will discuss

The most common frustrating thing to me is the teen who holds out a list and says he wants the shortest book on the list. I want so desperately to turn him around and help him learn to enjoy it."

—Barbara Walker
Coordinator of Young Adult Services,
Farmington Libraries

a given book every other Wednesday, is set to begin Sept. 25.

At 7:30 p.m. Nov. 2, proprietors of

The Benchmark will lead a Cross Country Ski Workshop at the Hills branch.

Ballet auditions

Michigan Ballet Theatre will audition for new company members at 2 p.m. Sept. 18 in Judding J. Room 306 on Oakland Community College's Orchard Ridge Campus. Male and female dancers over the age of 13 are eligible for the audition.

The company draws its members from the tri-county suburban area, and Detroit, and offers expanded performance opportunities to aspiring dancers who continue to study dance technique with their local dance teachers.

The company has achieved "performing company" status in the Mid-States Regional Ballet Association, and has added several performances of its full length production of "Nutcracker" to this year's schedule.

A late winter and spring season is scheduled, with interim performances at Northland and Twelve-Oaks Mall. A special program featuring the company dancers will be aired on Channel 56 early this fall.

Some scholarships are available for male dancers. Female dancers must be able to perform on pointe.

Inquiries will be taken by calling the theatre, the company's resident home, at 626-1893, after Sept. 1.

St. Clare nursery opens fall season

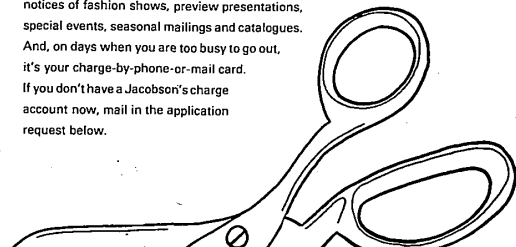
Enrollment is open for the fall season at St. Clare Nursery School, 29200 Ten Mile, Farmington. It is a small non-profit nursery, run by the church. Registration information will be taken by calling Barbara Engers, 622-6926, or Gloria Stonisch, 894-8834.



BARBARA WALKER

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