



Farmington Observer

Suburban Life

Thursday, January 4, 1979

(F)1B

At Children's

Nurse continues to aid tots coping with hospital stays

By LORRAINE McCLISH

Kathy Surowiec, a Farmington Hills mother of three children and a nurse at Children's Hospital, believes that when you are little and scared about going to the hospital, it helps if the grownups understand and explain to you about what's going to take place.

Mrs. Surowiec, who has been accepted into the master's program in nursing at Wayne State University, has made something of a second career for herself helping little ones by taking the mystery out of a hospital. She was instrumental in initiating a new program at Children's which offers all youngsters a personal pre-operation hospital tour. Because it was a personal tour, the child knew exactly what to expect when the real thing came along.

Dr. David Faigenbaum, a Southfield resident and director of psychological services at Children's gave testimony to the program's effectiveness by stating, "It minimizes the psychological side effects, so recovery is hastened."

With that success behind her, Mrs. Surowiec added another bit of hospital familiarity to her little incoming patients by writing and developing "Children's Hospital Fun and Coloring Book."

PUBLISHED BY Children's, the book supplements the orientation tour which children take with their parents a few days before they are admitted.

The book depicts familiar features of the hospital, such as the elephant statue in the hospital breezeway, the play area adjacent to the admitting office, and a typical hospital room.

The young patients can take the book home to read and color before they are admitted as a means to familiarize them with strange surroundings and to ease the pangs of separation from family and friends.

Children who miss the orientation tour are now given the book when they enter the hospital.

"The coloring book provides children with information, as well as fun," Mrs. Surowiec said. "We believe the children are more relaxed when they come in because they know more about what to expect."

Aimed at the 2-12 age group, the book is frank but not overserious.

An example: The admitting Laboratory technician will take a sample of blood from your finger or arm. This is necessary so we can look at your blood under a microscope. This helps the doctor to know more about you to help you get better.

'We believe the children are more relaxed when they come in because they know more about what to expect.'

— Kathy Surowiec

"The technician must prick your finger to get the sample. This will sting, for just a moment, but try to hold your hand very still. You can say your ABC's or such, or better yet, think of the Lollipop Tree that's waiting for you."

THE 28-PAGE book is illustrated by Ellen Shook and her brother, Cary Gersh, in large bold designs for easy coloring. The cover shows a winding path, lined with trees, leading to Children's Hospital, and a large sun beams on the scene.

There is space for autographs of the child's doctor and nurse and friends made during the hospital stay. The inside back cover is a certificate of good behavior.

The capital letters that begin the paragraphs are small works of art in themselves.

The capital T is a sailor with his arms stretched wide. The capital V is formed from a dove with outstretched wings. A devilish looking rabbit, butterflies, a sleepy-eyed turtle and other imaginative creatures run through the pages.

Mrs. Shook, a graphic designer with Seaman-Patrick Paper Company, and Gersh, a free lance artist, donated their time to design and illustrate the book.

Printing costs were paid from a memorial fund established by the family and friends of the late Rose Tierno, mother of a nursing supervisor at Children's, and Plastic Brotherhood Association.

MRS. SUROWIEC earned her R.N. at Providence Hospital School of Nursing in 1963, and a B.A. in psychology at Mercy College in 1976.

She spent her 15-year nursing career at Children's Hospital, first as a nurse, then a nursing supervisor, then inservice nursing instructor and nurse recruiter.

She is the mother of two boys, Jerry, 11, and Jim, 10, and a daughter Kate, aged nine months.

Her program of orientation for youngsters began in 1977, and includes parents. "Parents also have fears and concerns to be allayed," she said.

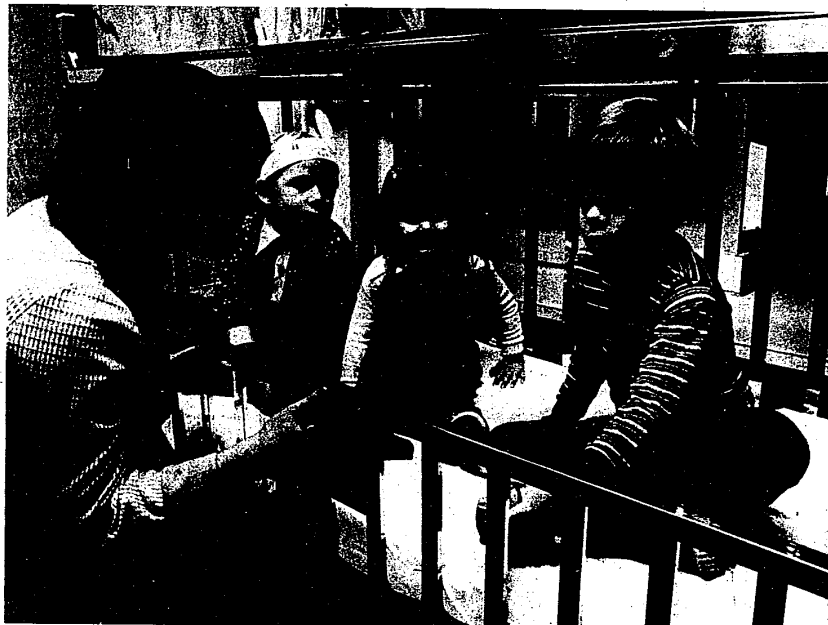
The orientation tour is given each Saturday morning in the hospital's admitting department at 11 a.m. for patients scheduled for surgery the following week.

Mrs. Surowiec encourages others who are not expecting to go into the hospital to take the tour so children can familiarize themselves with hospital procedures in the event the unexpected happens.

Groups of nursery school children, elementary school students, Girl Scouts, Boy Scouts, Brownies, Cubs, or the like, are invited to call the hospital, at 494-5380, to arrange for a tour.

An X-ray machine is a special kind of camera that takes a picture of your bones. Usually children are taken to the X-ray Department in a wheelchair, an X-ray cart or a wagon. The machine will make a clicking sound, like a big camera, but you won't feel the X-ray and you cannot see it.

Youngsters get serious and valuable information in a lighthearted manner from the Story and Fun Book, now given to all children before they are admitted to Children's Hospital. (Page reprinted with permission from Children's Hospital of Michigan)



Nurse Kathy Surowiec explains how a hospital bed works, and why those beds are different from other beds, to tots who are having an orientation tour before being admitted to Children's Hospital. The Farmington Hills woman developed the pre-admission program to

counter any trauma that might develop from inadequate preparation. Now she adds a coloring book, another device for easing pangs of anxiety stemming from the unknown.

YMCA invites:

Join the Dance-FIT chorus line

The combination of keeping physically fit and the fun of dancing returns for another set of classes sponsored by the Farmington Branch of the YMCA.

"Join our Dance-FIT chorus line and learn the Shimmy, Twist, Charleston, Hustle, rock and roll and disco," says Kay Burns, the Y's physical fitness coordinator who introduced the exercise class to the Farmington area.

Kathy Rosowski and Jenny Pedersen lead the classes beginning the week of Jan. 15. An option of morning or afternoon classes are scheduled in Bonaventure Skating Center. Evening classes will be held in Warner Junior High School.

"Don't worry about your dancing ability," Ms. Burns says. "We dance for fun, not technique."

Dance-FIT is a cardiovascular fitness program that is the subject of a research project in Sinai Hospital, and is now part of the Y's cardiovascular fitness program.

Choreographed exercises to music begin with the Neil Diamond and John Travolta type of numbers that circulate the blood and burn up the calories. The mood slows with music from the BeeGees and Mac Davis for the dancers to cool off.

The first class is a free participation demonstration. Persons who sign up for the class are requested to participate in two classes a week in order to derive full benefit from the exercise.

Fee is \$30 for Y members, or \$40 for non-members, for the ten week session. Registration and information will be taken by calling the Y, 553-4020. Participants are asked to wear sturdy gym or jogging shoes.



Kathy Rosowski (center) returns to Bonaventure Skating Center for another season of Dance-FIT, sponsored by the Farmington Y. New participants have an option of dates and times for the classes that will begin in two locations the week of Jan. 15. (Staff photo by Harry Maunthe)

OU courses offer new dimensions

New dimensions in women's lives will be explored in nondegree courses presented by the Oakland University Division of Continuing Education both during the day and evenings at off-campus university sites, beginning the week of Jan. 22.

Four and five-week courses will deal with new demands and goals important to women in their changing role today.

Job-hunting techniques will be presented in the course, Writing a Resume and Marketing Yourself, which will be offered at Harrison High School, West Twelve Mile between Middlebelt and Orchard Lake Roads, Farmington Hills. Assessing one's skills, special jobhunting techniques, and rehearsing the job interview will be covered in the four-week course.

Isabel F. Smith of Birmingham, financial planner, counselor and lecturer, will conduct the course 7:30-9:30 p.m., Mondays beginning Jan. 22.

It's Your World, a series of five sessions designed especially for helping

women control their lives, will be conducted by Isabel Smith from 7:45-9:30 p.m. Wednesdays, beginning Jan. 24, at Stevenson High School, 39701 Dodge Park Road, Sterling Heights.

Areas to be covered include communicating for success through body language and improvement of verbal and written communication skills; understanding power; how to get it and how to use it; problem-solving and decision-making; assertiveness; and money management.

A unique journal-keeping course designed to expand self-awareness and creativity will be conducted by Judith Goren of Birmingham Center for Continuing Education, 746 Purdy.

Participants will be encouraged to discover new perspectives on their thoughts, resolve personal concerns, and document important events in their lives. A variety of approaches to journalkeeping will be outlined.

For a brochure detailing the courses, call the Continuing Education office, 377-3120.

Y exercise program helps aching backs

The Farmington Branch of the YMCA's prescription for a healthy back is a mild form of exercise coupled with a technique for relaxation.

Physical fitness coordinator Kay Burns will instruct the twice a week classes in the YMCA building, 28100

Farmington Road, beginning the week of Jan. 18.

The program was developed and approved by the National YMCA Committee of Medical Consultants, and is now being conducted in more than 200 Y's across the country.

Registrations are now being taken at the Y, 553-4020.