

Nursing homes are A-OK, study says

Dr. Eva Kahana, director of the Elderly Care Research Center at Wayne State University, says her research indicates that nursing homes are not the geriatric prisons many people imagine them to be and most residents do well in them.

Recent news stories on nursing home frauds and mistreatment have raised concerns among many people about nursing home care and Dr. Kahana confessed to having concerns herself before starting the four-year study of persons who entered nursing homes.

Kahana, a professor of sociology, said she was pleased with the results and with the attitudes of most of the 253 people she studied. People entering nursing homes, "can expect to live reasonably long and satisfied lives in those facilities," she said.

THE STUDY was a cooperative investigation for the National Institute of Mental Health by Kahana and her husband, Boaz, a professor at Oakland University.

During the study about 10 percent of the subjects improved sufficiently to return to their former life styles. Kahana studied persons entering nursing homes and returned to interview them a year later. She waited another three years and then checked their status.

The interviews took place in commercial homes as well as church-related and non-profit facilities in the Detroit and Cleveland areas. Of those she talked with, 20 percent found the facilities better than they expected and the rest of the residents said the homes met their expectations.

Kahana said that in most cases the

residents' morale had improved one year after entry into their nursing home residence. She hastened to add that the favorable findings in her study do not mean that there are not unscrupulous operators in the elderly care field.

"IT IS VERY important to be vigilant," said Kahana. She advised persons being admitted to a nursing home or having their parents or grandparents admitted to talk with as many staff and residents of the facility as possible.

What is the biggest complaint of residents? The food. As might be expected, said Kahana, institutional food is always open for some criticism and food becomes more important to older people.

For this reason she urges that chil-

dren and grandchildren, whenever possible, take residents out for dinner or bring some homemade favorite treat when visiting.

Kahana said her study also indicated that those residents who have the most visitors receive the best care. She said it is important that the elderly person entering the home be involved in the decision if possible.

Kahana's study indicated that the best indicator of long life in a nursing facility appears to be the resident's style of coping with stress.

Those who cope with problems by meeting them head-on and doing something about them do very well. Those who put the problem out of their mind and procrastinate also do well. The people least likely to survive a long time are those who get upset over problems but do nothing to solve them.

medical briefs/helpline

Rotford General Hospital is conducting four community health programs that will begin in early September.

One is a stop smoking clinic being conducted in conjunction with the American Health Foundation. Free introductory meetings will be held 7:30-8:30 p.m. Monday and Tuesday, Sept. 12-13, in Classroom C of the hospital's administration and education center, 2050 Grand River, Farmington Hills. Charge for the classes is \$125, payable at the first session.

The hospital also will offer prenatal and postnatal exercise classes beginning the week of Tuesday, Sept. 6. Day and evening classes will be offered. The classes run twice a week for six weeks at a cost of \$24.

Two other offerings are:
• A SERIES OF FOUR high blood pressure classes will be given on Tuesday evenings beginning Sept. 6,

6:30-9 p.m. Those attending at least three of the four meetings will be eligible for a free follow-up program. The classes will be held in Classroom A, 2050 Grand River, Farmington Hills.

• HOLISTIC RETREAT

The American Holistic Association, a non-profit organization, will hold a weekend retreat at Columbiere Center, Clarkston Sept. 9-11. Theme will be "Stress Reduction through Holistic Education." Speakers will be: Dr. Paul Pearsall, stress; Dr. Leonard Portner, vitamins, minerals, herbs; Jacqui Kendall, developing your creative powers; Dr. Steven A. Goren, developing a positive attitude; Charlie Heaverlich, exercise; Dr. Jude Ceter, sexuality; Tim Brolis, nutrition.

For more information, call 628-4110.

Handwriting shows creative, fast mind

Dear Lorene:

I have read your column and enjoyed it immensely. I have noticed that you frequently discuss either the writer's background in terms of family and friends relationships or the person's current personal situation. I am curious as to how you manage to see this in an individual's handwriting. What particular aspects of the handwriting samples indicate this? I also am interested to know to what extent education influences handwriting. Thank you.

T.R. Birmingham

Dear T.R.:
The manner in which a writer perceives early parental relationships is seen from many different aspects of the handwriting. As I often point out in my classes and lectures, no trait stands alone. How each trait is interpreted to the total picture is the important thing. The personal pronoun I can be very revealing, but must be considered with slant and lower loops also.

Each person's handwriting is a reflection of his own unique personality.



graphology
Lorene
Green

I have read your column and enjoyed it immensely. I have noticed that you frequently discuss either the writer's background in terms of family and friends relationships or the person's current personal situation. I am curious as to how you manage to see this in an individual's handwriting. What particular aspects of the handwriting samples indicate this? I also am interested to know to what extent education influences handwriting. Thank you.

Education is not usually a significant factor.

Your unique handwriting style strongly suggests a good cultural background. A propensity for art is here and literary aptitude also seems apparent.

Your mind is creative, fluent and

fast. You are able to deal skillfully with problems or difficulties. Persistence does not allow you to give up easily.

Although goal directed and often serious, you can see the lighter side of life. A bit of humor is here.

Inner resources abound. You do not need to be surrounded by people all of the time to feel fulfilled.

You have an eye for beauty and probably find the beauties of nature awesome.

Yours is a direct manner. Protocol and pretense are not for you.

There is a private side to you. Sometimes secretive, sometimes reticent, you do not share emotions and feelings easily with others.

When relating to others, you can be objective. Before becoming involved you tend to weigh the situation, ever aware of how it will impact on you personally. Self-concern seems strong.

Formative years appear to have been spent in a female dominated home. Very early you want to stand on your own two feet and be free of parental controls. This has made you the self-reliant person you are.

Seemingly you have jetisoned many early life values and traditions for those which are more comfortable and meaningful to you.

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