

Suburban Life

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Wellness in the workplace

By Lorraine McClish
staff writer

Business, industry take steps to keep personnel healthy

At any given time the staff of American Institute for Preventive Medicine will be involved in conducting about seven different seminars, classes or workshops on how to quit smoking, how to control weight or how to manage stress.

All of the programs are designed by Dr. Don Powell, whose clients are mostly companies hit with the escalating cost of health-care insurance and the high cost of absenteeism and decreased productivity that comes from the smokers, the overweight and the overstressed.

"Of these, the cost of hiring a smoker is far and away the most well documented," Powell said. "Adding up Workmen's Compensation, early disability payments, lost productivity, all the extras, a company can spend an extra \$350 a year for each of its smoking employees."

As for the overweight, the Farmington Hills resident said, "We know these people are less healthy and some of it

is tied into some diseases, so that has been hard to pin down to a money figure.

"As for stress, well that is just all over the place."

POWELL OPENED his institute in Southfield about a year ago after teaching behavior modification in University of Michigan's psychology department for eight years.

Meanwhile he garnered a host of awards in the areas of physical fitness, health promotion, preventive medicine and risk-reduction intervention, both statewide and nationally.

The programs he gives now to com-

pany employees nationally as well as in 12 local hospitals are "Smokeless," "Weight NoMore" and "Managing Stress."

"Behavior modification is not easy," Powell said. "Smokers are comfortable with their cigarettes and taking them away produces resistance. The overweight are so used to this condition it is difficult for them to imagine a new image of themselves. Some of the overstressed are so accustomed to the status quo they are the last to believe that their heart attack was caused by their lifestyle."

"Powell does not think reading a how-to book can produce enough moti-

vation to produce a change in lifestyle. "All of my programs are designed to get the participants thinking about what they are doing to themselves," he said. "I aim at the smoker who knows he should quit but is not too enthused about it; then make it as easy as possible for him."

POWELL BOASTS some impressive statistics in his no-smoking campaign.

Ninety-five percent of the participants who attend Smokeless session have quit after five days. Sixty percent of those people remained non-smokers after a year's time.

"That averages out to between two and three times the national average," he said. "I am sure it is because of techniques I've designed to prevent the urge to smoke. It's been a matter of finding the right technique, then presenting it in a way so people use it."

Similar techniques are offered for weight control and stress.

"Wellness in the workplace is getting tremendous corporate attention these days and weight control is climbing up near the top of the list. This is probably because a greater energy level is experienced as the additional weight comes off," Powell said.

"Stress has always been with us, but it's only recently that big business and industry has come to realize its crippling effects, both physically and psychologically. Some estimates show that stress suffered by executives alone runs into billions of dollars lost every year."

Very often Powell will be called upon to design a stress-management program for a select group of personnel, varying one of his programs to fit a specific need.

"Sometimes a company knows something is wrong, but doesn't know what is causing the problem, so we go in for an assessment," he said.

"I just finished one stress-management program for the bill collectors of a utility company. What they needed was some communication skills to cut down the stress."

"In another instance all we had to do was give the clerical-department personnel some relaxation skills."



Dr. Don Powell shows some of the gadgets and gimmicks he uses in his seminars. The out-sized cigarette will hold the amount of tar, nicotine and all other chemicals and gases a one-pack-a-day smoker inhales in a year's time. The waxy-looking glob in forefront is the equivalent of one pound of body fat.



Debutantes bow

Helen Akouri (at left) and Loretta Akouri, both daughters of Mr. and Mrs. Jamil Akouri, and Laura Akouri, daughter of Mr. and Mrs. Fouad Akouri, all of Farmington Hills, will be among the debutantes honored at the ninth annual Presentation Ball Saturday, May 5, in Hillcrest Country Club, Mt. Clemens. Proceeds from the ball will

be used for United Christian Lebanese Association Scholarship Fund. Honorary chairman of the event is His Excellency Nasr El-Asaad, Consul General of Lebanon. Reservations are \$35 each and are tax deductible, available by calling the country club, 772-2240.

Weight loss classes given every Tuesday

Weight Watchers now are meeting from 4:30-5:30 p.m. every Tuesday in Batoford Hospital's Administration and Education Building, 28505 Grand River.

Newcomers are welcomed at any meeting. Inquiries will be taken by calling the

hospital's Department of Health Promotion and Development at 471-8090 between 8 a.m. and 5 p.m. weekdays.

Jewish women's spring forum set

"Be Joyous... Be Creative... Be Jewish" is the theme of the Jewish Welfare Federation Women's Division Spring Forum, set for 9:15 a.m. to 2:15 p.m. Tuesday, April 10, in Jewish Community Center in West Bloomfield. All women in the community are invited.

Highlighting the program will be Dennis Prager, author of "The Nine Questions People Ask About Judaism." The book has been described by critics as one of the finest contemporary introductions to Judaism. It has sold more than 50,000 copies in hardcover.

Prager's presentation will focus on the flow and continuity of Judaism from one generation to the next. At morning and afternoon sessions, he will offer creative ideas for helping families and individuals live more satisfying lives as Jews in today's society.

IN KEEPING with the theme, Spring Forum committee members will prepare tables set for the Sabbath and Jewish holidays. There will be an exhibit of Jewish ceremonial objects from the women's own homes and a display of their children's artwork on holidays and other Jewish subjects.

Prager has spoken on Judaism in contemporary society before audiences at nearly every major American university. His formal education includes undergraduate studies at Brooklyn College and the University of Leeds, England, and graduate studies as a Fellow of the School of International Affairs and Russian and Middle East Studies of Columbia University.

DAR meets

Quakertown Chapter Daughters of the American Revolution will meet in the home of Mrs. Charles Long in Farmington Hills, for a noon luncheon Tuesday. Mrs. Harlan Haskell will be the co-hostess.

Mrs. Orvis Henke, regent, will preside at the meeting and the group will join Mrs. Charles Walker, chairman of Farmington Historical Commission, for a guided tour of the Farmington Museum.

Mrs. Orvis Henke and Mrs. Harold Dolph will serve as delegates to the Quakertown Chapter to DAR Centennial Congress to be held April 18-20 in Washington, D.C.

BARBARA ZACK of West Bloomfield is chairwoman of Spring Forum, and Barbara Cook of Farmington is associate chairwoman. Other committee leaders are Anne Cohen of Huntington Woods, Susan Citrin of Birmingham, Karen Slinger of Southfield and Nancy Glass, Beverly Liss and Carol Lawrence, all of West Bloomfield.

There is a free registration and luncheon at Spring Forum.

For reservation information, call Women's Division at the Jewish Welfare Federation, 965-9290. Child care service for the event can be arranged by calling the Jewish Community Center at 661-1000, Ext. 122.

Octogenarian has her 22nd birthday

Eighty-eight year old Belle Lawson has only had 22 birthdays, so when one does come along it is an exceptionally big reason to celebrate.

Born Feb. 29, 1894, Mrs. Lawson spent her 22nd birthday greeting about 100 friends and relatives who turned out to the lavishly-decorated lounge in Detroit Baptist Manor for the celebration.

Among the guests were her son Ronald Lawson from Southfield and daughter Jane Klais from Howell; and four grandchildren, Laura Paulson of Farmington; Alan Klais and Julie Poterack from Farmington; and Barbara Boulton of Milford. Six great-grandchildren were also there.

Guests were entertained by the Manor's "Young at Heart Entertainers," a band that lists the guest-of-honor as one of its members.

Among the greetings she received was one from President and Mrs. Ronald Reagan.



Dennis Prager



Belle Lawson

Antique appraisals offered

Antique Appraisal Clinic will be conducted by the DuMouchelles Art Galleries from 10 a.m. to 5 p.m. Tuesday, April 17 in Plymouth Historical Museum, 155 S. Main. Appraisals will be \$4

each for hand-carried items only, with a limit of five items per person.

To reserve an appraisal time, call 455-8940.

DuMouchelles

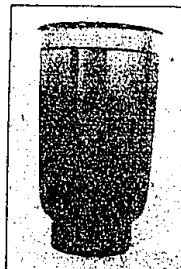
APRIL AUCTION
(This Weekend)

Friday April 13, 7:00 p.m.
Saturday, April 14, 11:00 a.m.
Sunday, April 15 at noon

Preview daily through the sale dates, 10:00 a.m. - 5:00 p.m.
Catalogues \$8.00 at the gallery

FEATURES:

- FRIDAY:** Antique toys, Royal Doultons, Copper Luster, Antique pocket watches.
- SATURDAY:** Art Nouveau and Art Deco Decorations, Lalique crystal, Georgian Silver, Tiffany sterling Steuben crystal.
- SUNDAY:** Estate jewelry, Herman Miller bedroom set, fine and antique furnishings, fine porcelain, Oriental rugs, fine paintings and graphics.



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