

# Suburban Life

Lorraine McClish editor/477-5450

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## Sent to die

### Expert tells how hospice works

By Julie R. Nelson  
special writer

They enter the hospice program to die. These patients are terminally ill and most will not live longer than two weeks.

But at St. Christopher's Hospice in London and in hospice care programs throughout the world, living and dying are part of the same process.

That was the picture painted by Dr. Michael Levy, one of the leading medical experts in the field of hospice care in the United States, when he spoke recently in Livonia under the auspices of Hospice Support Services, based in Westland.

Levy, chief of the Lung Cancer Section of Fox Chase Cancer Center in Pennsylvania, described the philosophy behind hospice care and shared his experience visiting St. Christopher's in London and Belmont Memorial Hospice in Montreal.

"ST. CHRISTOPHER'S is located in the middle of the city, with double-decker buses rumbling past patients' windows and a cricket club across the street," he said.

When the ambulance pulls up with a new patient, the head nurse, whom they call "Matron," enters the ambulance and greets the person by his or her first name.

The actual bed the patient will use is wheeled from the oversized elevator shaft to the ambulance — "an old-fashioned way to show the continuity of life," Levy said.

"HOSPICE is a medically supervised interdisciplinary team comprised of physicians, nurses, social workers, psychologists and families who talk about the patient on a regular basis to develop a joint care plan."

Family is a key component to the hospice philosophy.

"It isn't simply the patient and his problems and goals. It's the family too. 'What happens in a hospital when it's time to bathe Aunt Sally? Everybody is shocked out of the room. So how can you ever expect them to take Aunt Sally home if you don't hand them a sponge?'"

BUT AS SUCCESSFUL as the program has been in England, the idea is

still new in the United States. The biggest critics of hospice care say the hospice program is a form of euthanasia because it does not focus on curing the terminally ill.

In a hospice, Levy said, the treatment is palliative instead of curative. The interdisciplinary team comforts the patient with medication and learns to control the symptoms so that the patient can die in peace.

By the time a patient enters the program, he knows he doesn't have long to live. Psychologically, he is ready to die, Levy said.

"MY FAVORITE patient at St. Christopher's was a man by the name of Blake Butler. We don't know anything about him when he arrived. Where was his family?"

"We learned that he was a Shakespearean actor and that his family were the various marvelous actors and actresses who came to visit him. He had already said his goodbyes and was quite ready to die, thank you."

This is a critical concept to hospice: Patients are allowed to die on their own terms.

ANOTHER PATIENT Levy met liked to have breakfast with his daughter. It was something they always did together. But she couldn't care for him at home, and he was placed in a hospice.

The workers and nurses arranged it so that they could dine every morning together at his bedside before the daughter went off to work.

This country does not have a facility exactly like St. Christopher's. The focus here is on the combination of in-patient facilities and home care.

The purpose of the seminar is to educate the public, Levy said.

"What people have to realize is that hospice is a program, not a place. It isn't just bricks and mortar."

"IF YOU don't have clergy on the staff, you don't have hospice. If you don't have clergy, social workers and nurses, you don't have hospice."

"We treat the total patient — emotionally, spiritually and physically."

Through the years, a lot has been learned about controlling pain in a safe way, Levy said.

"We now know that morphine works as well as heroin without causing addiction. By studying the patient, we know the right dosage to give so that his or her last hour is not filled with pain."

THE HOSPICE movement began in the Middle Ages, Levy said, when monks provided people with a clean place to die.

In modern times, England is the leader in hospice care. A British, Cecily Saunders, began the program while working at St. Joseph's in London. She saw how the indigent and dying were ignored in hospitals and how much pain they suffered.

She was told that to change the system in England, she would have to be a physician. So she went to medical school.

WHEN SHE got of school, she set up St. Christopher's and is still talking to the patients there today.

"She is an amazing woman. With all the awards she's been given, she still gets in there and talks to the patients. That's what hospice is all about."

That's what Levy wants to see grow in this country because of the dignity it gives the dying patient.

"Patients have to know about it to ask their physicians about home care with their family. Physicians need to know more about it to set up the right program of care."

"The key to this is education. Nobody presumes that we want to set up a group of specialists to take care of the dying."

"I don't want that to happen. I want everyone to learn how to do it better."



The jackets, both hand-fashioned by Gori Kozlowski of Dearborn Heights, are examples of artistic quality craftsmanship that will be seen during Farmington Community Center's arts and crafts sale.

## Hospice training begins

Care Centers of Michigan and Hospice of Southeastern Michigan will begin hospice training for volunteers this month in Oak Hill Care Center, 34225 Grand River.

Representatives of the two organizations will lead training sessions 6:30-9:30 p.m. for nine Thursdays beginning Oct. 18 in the Farmington facility. One of those nine sessions will be a visit to Hospice of Southeastern Michigan, 22401 Foster Winter Drive, Southfield.

The three-hour weekly sessions are supplemented by an on-site volunteer internship of four hours a week at the Southfield hospice.

"This internship is an important opportunity for volunteers to apply some of their training during the nine-week period," said Harriet Cooper, director of planning for Care Centers of Michigan. "It gives them a chance to have some practical experience that can be useful in deciding if and how

they will work with families."

Interested volunteers are interviewed by a hospice coordinator for their participation in the program so that there is some shared understanding of hospice, the training program, and the volunteer opportunities available.

COOPER SAID that after training the volunteer might choose to work with patients and their families. They might choose to provide technical assistance and support to the clerical, organizational or planning staff. Or they might choose to participate in any of the hospice components, such as bereavement care, recruiting new volunteers, community liaison work or marketing.

Trainees will get an overview of the entire hospice concept followed by the medical aspects of hospice care.

They will be taught communication

and listening skills, the art of caring and the spiritual issues involved.

There will be a session on funerals and bereavement, family systems in crisis and the psychological issues of hospice.

The wrap-up session includes a review, unresolved issues, brief presentations from experienced volunteers and decision-making for how the training is to be put into use.

Hospice is the latest program instituted by Care Centers of Michigan with one inpatient unit newly built in Howell.

Cooper said that "It is the first in the state designed from the ground up." Hospice of Southeastern Michigan operates the only other inpatient unit in the state.

Interested volunteers may call Cooper, at Care Centers of Michigan, 23900 Orchard Lake Road, Farmington, at 477-7210.

## Problems of Central America is topic for AAUW open meeting

The Farmington Branch of American Association of University Women (AAUW) has invited three guest speakers to talk about the problems of Central America at an open meeting at 7:45 p.m. Wednesday, Oct. 17 in Farmington Branch Library, State and Liberty streets.

The guest speakers are Elizabeth Bergner, academic adviser at Wayne State University; Ruth Seymour, Free Press religion writer; and Daymon Hartley, Free Press photographer. All three traveled to Central America last spring with "Witness for Peace" and then spent time in Managua interviewing government officials, church leaders and residents.

In addition to hearing their views

and impressions, the U.S. State Department's position paper will be presented.

Bergner is a naturalized citizen from Scotland who has held her post at the university for 17 years. She has been to Latin America nine times, once for a nine-month sabbatical.

Because of her impeccable Spanish, she was immediately a multipurpose resource for the "Witness for Peace" group.

During that trip she says she found herself summarizing the feelings of the 21 Americans for mothers whose sons had been killed by U.S.-backed rebels; trying to explain why Americans were asked to sing "We Shall Overcome" for 100 Nicaraguan Baptists and Catholics

in Somotillo; giving a speech on behalf of the group at a Sandinista town rally, and frequently being interviewed by the Nicaraguan press.

The free, open meeting is sponsored as a public service.

### Communicators elect Stokes

Trudy Gallant Stokes, a Southfield resident, was recently elected director of the Matrix Annual Meeting for the Detroit Chapter of Women in Communications Inc. (WICI).

Gallant has done freelance writing for "Black Enterprise Magazine" and is presently a reporter for Channel 58 (WTVS-TV) serving on the station's news magazine "Video Detroit."

She has been anchor-reporter for various radio and TV stations in Michigan and Ohio and served as chair of the Freedom of Information Committee for the Toledo Chapter of WICI and as corresponding secretary for MSU's student chapter.

There are more than 300 members in the Detroit chapter of WICI.

### Gardeners meet Oct. 9

North Farmington Garden Club meets at noon Tuesday in Farmington Hills Branch Library, on 12 Mile Road east of Farmington Road, for a program given by Ed Eaton of Eaton Nursery Ltd. Eaton's topic is "Renovation of Old Landscapes."

Membership inquiries are taken by calling M. Bilton, 661-5123.

## Gymnast takes 3 awards

Dena Hartley, a gymnast who trains in Farmington Gymnastics Center, walked away from Michigan's Miss Charm State Scholarship Pageant with three awards.

The 12-year-old daughter of Mr. and Mrs. Bill Hartley of Farmington Hills was third runner-up in the pageant. She took the "Miss Charm Award" and the award for writing the best thank-you letter to her sponsors.

The "Miss Charm Award" is given not by the judges, but by the pageant officials to the entrant they deem the most co-operative among those in each age-division group. Dena competed in the Junior Miss Division.

The sponsors who received the winning thank-you letter for helping Dena enter the pageant were Wooden Heart, Morns and Tots, and Melnick's Curiosity Shop all housed in Farmington's Village Mall; Farmington Holiday Inn, The Rainbow Shop in 12 Oaks Mall, Initially Yours, Mito's Children's Store and Bill Willis of Mayfair Realty.

Dena is a seventh grader in Power Middle School and a member of New World Methodist Church. She holds



Dena Hartley

awards for cheerleading and gymnastic competitions. She did a gymnastic routine in the competition portion of the pageant.

Contestants were judged on scholarship and community achievement, talent, beauty, poise and personality.



Caught red-handed, eh, Brad Brad? Better use that rapkin. Better tell Marsha this cutie's your cousin Ka-Ka Ka Ka Kary from Ka Ka Kansas City. Better let Marsha back to Carlos Murphy's tomorrow night... and keep her busy with one of Carlos' hot, juicy dumplings. Here's looking at you, Brad Brad. 29240 Northwestern Hwy. & Franklin, Southfield 48060 Van Dyke & 12 Mile Rd. Warren.

CARLOS MURPHY'S