

Good health Free screenings put it within reach

By Diane Fraa
staff writer

YOU'VE NOTICED you haven't been feeling as peppy as normal, but you've been putting off doing anything about it. You don't have the time, it'll cost too much, and it's probably nothing serious anyway.

Project: Health-O-Rama is here to help.

Offering free health screenings and health information at more than 70 locations in the tri-county area, Project: Health-O-Rama is expected to serve more than 51,000 people during its three-week operation in southeastern Michigan. (A list of Project: Health-O-Rama sites and dates in the county accompanies this article.)

AT PROJECT: Health-O-Rama 1985, 7,000 trained volunteers from 500 community agencies will conduct health screening tests, counseling, referral and follow-ups including health hazard appraisals, blood pressure tests and vision tests free to anyone older than 18. A 21-test blood panel, to detect such conditions as diabetes, liver disease and kidney disease, will be available for a \$7 charge, and selected sites will offer kits to detect colon-rectal cancer for a \$2 charge.

Each site will be supervised by one non-medical chairperson and one medical chairperson. Forty physicians, 50 dentists and students from 30 allied health and nursing schools have donated their time to conduct the various screenings.

BILL HARSEN, project director, said, "The basic idea of health screenings is to provide individuals with the opportunity to assess their health status and to promote the process of maintaining good health.

"Health screenings are not meant to take the place of a hands-on examination by a physician," Harsen said.

Project promoters said the health screening tests are valued at \$100-\$150; the blood panel test alone would cost \$80-\$90 if performed by a private

physician, Harsen said. Most test results are provided at the site and all results are confidential. The results from the blood panel test are mailed to the client within a couple of weeks, Harsen said. Where abnormalities are detected from any of the screenings, the client is advised to seek a physician's help.

PROJECT: Health-O-Rama, in its current form, got its start in 1980 when WXVZ-TV and Blue Cross Blue Shield of Michigan joined the United Health Organization and the Women for the United Foundation as sponsors, Harsen said. WXVZ provides publicity, BCBS provides funding and the two non-profit organizations organize the entire project operation and recruit volunteers to conduct the screenings.

The program continues to grow, said Harsen, who has been involved with health-o-ramas since 1968 when the United Health Organization and Women for the United Foundation first joined forces on the project.

"The response has been phenomenal," he said. "It's been a great deal more than I ever expected."

Each Project: Health-O-Rama requires five months of advance planning and five months of follow-up reporting, Harsen said. A staff of seven will sort through 50,000-60,000 forms after this year's event, he said. Eight thousand cases were followed last year to determine if abnormalities were diagnosed and treated; the number is expected to reach 9,000 this year, he said.

WITH MORE and more emphasis on education and preventive medicine, Harsen said, organized efforts such as Project: Health-O-Rama are "on the leading edge of medical practice for the individual."

Harsen cites increased support and participation by members of the medical community as an indication that health practices to prevent disease, and screening tests to detect problems at an early stage, are the method of choice for community- and economy-minded practitioners.



photos by GARY CASKEY/staff photographer

Mike Leshkevich, a Southfield city employee, has blood drawn for the blood panel test which screens for such conditions as diabetes,

liver disease and kidney disease. He will receive the test results in the mail in a couple of weeks.



Volunteers mill around the Southfield Civic Center at a recent training session in preparation for Project: Health-O-Rama.

Local O-Rama sites

HERE ARE the locations, dates and times for Project: Health-O-Rama sites within the Oakland County area.

- **Southwest Oakland Vocational Education Center (BWOVEC)**, 1000 Beck Road just north of Maple in Wixom, 9 a.m. to 7 p.m., Wednesday-Thursday, March 13-14.
- **Oakland Mall**, Troy, 11 a.m. to 7 p.m., Wednesday-Friday, March 13-15.
- **Burnitt Place (Pontiac Mall)**, 11 a.m. to 7 p.m., Wednesday-Friday, March 20-22.
- **Ten-Twelve Mall**, Southfield, 11 a.m. to 7 p.m., Tuesday-Thursday, March 26-28.
- **Mercy College**, Center Farmington, 9 a.m. to 3 p.m., Wednesday-Friday, March 27-29.
- **Pontiac Center**, Pontiac, 10 a.m. to 6 p.m., Wednesday-Friday, March 27-29.
- **Orchard Mall**, West Bloomfield, 10 a.m. to 6 p.m., Tuesday-Wednesday, April 2-3.

These are just a few of the more than 117 Health-O-Rama sites in the tri-county area; to find other locations, call the Project: Health-O-Rama hotline at 699-0400 from 10 a.m. to 3 p.m. Monday-Friday through April 5.

AVAILABLE AT all the sites, free will be height and weight screening, blood pressure testing, glaucoma screening, health hazard appraisal, counseling and referral and vision testing. Blood panel tests are \$7. (People who wish to have the blood panel test should not eat for four hours before the test.)

Other screenings which will be offered at some of the sites include pulmonary function test (not done at all sites), health history, cholesterol test, stress test, mammography, and X-ray of the neck.

Screenings must be 18 years of age and everyone must register before going through any of the screenings.

INSIDE ANGLES

Know someone doing something notable? Let us know. Write: Inside Angles, Farmington Observer, 33202 Grand River, Farmington 48024.

WATCH FOR A BALLOON launch tomorrow night that will put about 350 messages into the skies from members of 19 area Girl Scout Troops. The occasion is the reactivation of the Scouts' Mother-Daughter banquet, an annual get-together that was popular here at one time but slacked off in recent years. The banquet is being given in Sweden House, in the Grand River-Orchard Lake Road area, and the helium filled balloons are set to be launched at about 8 p.m.

DOUGLAS A. TROJANOWSKI, son of Jerome and Diane Trojanowski of Farmington Hills, has been awarded the Certificate of Merit, as a finalist in the Merit Scholar Competition. Douglas currently attends Lutheran High Northwest. His future educational plans are in the field of mathematics.

A DELEGATION of six mentally impaired athletes from Farmington High School returned home after completing three days of training and competition at the Michigan Special Olympics State Winter Games. Included in this training and competition were: Jim Kettelson, Dorothy Rae, Sari Sullivan, Bill Perkins, Jodi Sheaffer and Mike Cassidy. Each competed in either alpine skiing, cross country skiing or snowshoeing. Their coaches who accompanied them were local volunteers, Sue Kistinger of Farmington High School and Jack Merritt of Cloverdale. Special Olympics is a year-round program of physical fitness, sports training and competition for mentally impaired children and adults. More than 27,000 Michigan athletes participate each year with 1,800,000 competing world wide.

THERESA HABIB, of Farmington Hills, was among 11 Mercy College of Detroit students accepted into the 1985 edition of Who's Who Among Students in American Universities and Colleges. The Who's Who is an exclusive honor conferred on students selected from more than 1,600 institutions of higher learning in all 49 states, the District of Columbia and several foreign nations. Nominations are based on academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

ALUMNI OF MERCY COLLEGE of Detroit are invited to celebrate a "homecoming" at Mercy's 1985 Alumni Reunion on Saturday, March

30. The reunion will honor graduates from the following anniversary classes: 1945, 1950, 1955, 1960, 1965, 1970, 1975. Alumni from other classes are also welcome. Tickets for the reunion are \$20. For more information, call the Office of Alumni Relations at 592-6114.

PVT. JOSEPH STASIK, son of Anne Galassi of Fenton and Daniel Stasik of Farmington, has arrived for duty in Flinthen, West Germany. Stasik, a helicopter repairer with the 8th Combat Aviation Battalion, was previously assigned at Fort Eustis, Virginia.

SEVENTEEN MAGAZINE is looking for new faces. Women between 13 and 21 years of age may pick up an application in all Hudson's Junior Department to try for their chance to be cover girl on the 1985 beauty issue. Ten semifinalists will be chosen from the Hudson's stores. Deadline for applications is March 23.

GEORGE RIZZA, son of Thomas Baker of Farmington Hills, has been elected secretary of Tau Kappa Epsilon at Bradley University in Peoria, Ill. Tau Kappa Epsilon is a national social fraternity with chapters on college campuses throughout the nation. Rizza is a sophomore electrical engineering technology major.

THE AMERICAN RED CROSS needs a few good volunteer drivers to deliver blood and blood products to area hospitals on Thursdays. Red Cross vehicles working out of the Red Cross office in Oak Park at 10 1/2 Mile and Greenfield are used. Drivers must have a good driving record and a willingness to help their community. Hours are flexible, although there is a critical shortage of volunteer drivers for Thursdays. For more information, call 334-3375.

SCHOOLCRAFT COLLEGE'S chapter of the national honor fraternity Phi Theta Kappa, initiated 13 members. Ronald Giachira of Farmington Hills was honored in the semiformal ceremony. All members have a minimum 3.3 grade point average for at least 12 credit hours in 100 level courses or above.

SENIOR ADULTS living in Oakland County who are having trouble paying heating bills may qualify for help from Oakland Livingston Human Service Agency. New rules have increased the number of low-income residents who are now eligible for a one-time payment made directly to either Consumers Power, Detroit Edison or their fuel oil dealers. To learn new qualification requirements, call the toll-free number, 1-800-482-9250.

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