

Suburban Life

Loraine McClellan editor/477-5450



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DRG - HAP - HMO - PPA

New acronyms of health care make an alphabet soup for the buyer

The acronyms that are now invading the health care vocabulary, such as DRG, HAP, HMO and PPA, all make up what Susan Rourke calls an "alphabet soup" for the person trying to choose one of the packages offered by the Michigan Statewide Health Coordinating Council, which is the chair of the Michigan Statewide Health Coordinating Council, will talk about that new alphabet at 7 p.m. Monday, April 1 in Farmington Branch Library, 23550 Liberty. She comes as a speaker for Farmington Chapter of OWL (Older Women's League) and will tell how women, in particular, either are or will be affected by short- and long-term health-care programs offered by the profession as well as the overall health-care policy now being planned for the state.

The meeting is open to the public free. "Independent studies show that your very best bet for having adequate health care is to make sure you have a daughter," Rourke said. "And this is not a joke. Daughters do it best. Lacking that you have to be very well-informed as well as very cynical while you are buying. And the time has come when we are all going to have to know what we're doing when we buy."

Rourke has, since 1977, been executive director of Citizens for Better Care, a consumer organization concerned with the quality of care in nursing homes, homes for the aged and adult foster care facilities. One of its six branches is in Mercy Center's complex in Farmington Hills. She is also on the Comprehensive Health Planning Council of Southeastern Michigan and treasurer of the Board of the National Citizens Coalition for Nursing Home Reform.

OF HER GOVERNOR appointment on the state board, charged with setting a health-care policy for Michigan, she said, "We strive for a rational approach to a health-care system, but let's face it, cost containment is the bottom line. We want the consuming public to have access to quality care, which is our main concern, while we're still fighting the budget controls."

Meanwhile, she lectures extensively across the state in an effort to teach what it's all going to come to in the long run, and last year was chosen for any changes in the health-care systems will have on women.

There are now 4-million older wom-

en in America who have no health care at all, which is one of OWL's primary targets for change.

Just recently some hope for change has come through the introduction of the Federal Health Insurance Continuation bill (HR 31) by U.S. Reps. Pete Stark (D-Calif.) and William Clay (D-Mo.). The bill concerns the millions of middle women who lose health insurance under their husband's group plan through divorce, widowhood or his retirement.

HR 21 would allow spouses to remain a member of the group plan for up to five years by paying the premiums if they don't have access to another group plan. It would provide affordable insurance for spouses and dependents with no cost to the government or the employer.

"THAT WOULD be a big step forward," said Virginia Nicoll, president of Farmington OWL. "The bill is the first federal legislation that addresses one of OWL's major issues."

All of OWL's issues are aimed at improving life for America's older women. In addition to health care, the or-

ganization is working to bring about equities in the Social Security system as it pertains to women. It works to eliminate job discrimination, get help for the care-givers, bring about pension equities, and redirect national budget priorities for women who have been disproportionately hurt by cuts in human services and entitlement budgets.

"We know that health care of older women cannot be separated from the needs of the population as a whole," Nicoll said. "But special concerns of older women have not been addressed adequately either by traditional medicine or by any women's health organization. Much of this has to do with the fact that most persons have access to group medical insurance either through employment or as a dependent of a worker. This excludes, mostly, the older woman who is not part of the workforce."

"The important thing that our speaker will bring to us is what the state policy is going to be on health care in general and how we as individuals are going to fit into this policy," she said.

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— Susan Rourke
Chairperson
Michigan Statewide
Health Coordinating
Council



April is Michigan Glass Month

Iona Gallery will observe Michigan Glass Month (April 1-30) by featuring the works of three respected artists, John Steiner, Robert Stephan and Louis Scialfani, who create hand-blown glass.

The shop in Lochmann's Hunter Square, now in its fifth year, is a combination of art gallery, clothing store, jewelry store, and gift shop, with accent on the unusual and imaginative.

The inventory, whether pottery, jewelry, paintings or clothing, are one of a kind, sought out from the craftsman and the artist who produces the unusual.

The focus turns to the illuminating glasswork of the three featured artists with an opening of the monthlong display from noon to 5 p.m. Sunday, March 31, in the shop at 31045 Orchard Lake Road.

Steiner is an award-winning industrial designer as well as a glassblower and artist who is now teaching design at Center for Creative Studies in Detroit.

Steiner will show his most recent pieces of glass, bowl and plate forms, that have evolved from an early series dealing with vessels. The pieces are intended to be presented in a tilted attitude, thus creating a tension and symbolic statement, rather than a utilitarian object.

He says of his work, "If the people who own one of my pieces obtain the same joy and pleasure I get from working in my glass studio, then my endeavor has been successful."

STEPHAN'S INTEREST lays in dimensional forms, glass chemistry, color, light and transparency. He uses bold colors and air inclusions as an accent to his illuminated series of free-form vessels.

Owner and operator of his own studio in Richmond, Va., combined his knowledge of flat glass and working in ceramics, chemicals and three dimensional forms to experiment with blown glass. From this he fabricated his own furnace.

"My fascination with this unique medium includes manipulating a hot fluid mass into a finished glass form as it cools and becomes solid," he said. "The challenge is to successfully combine the other varying factors of blown glass, transparency, light and color all into one finished piece."

Scialfani's collection in the gallery identifies him as one of the most creative glassblowers participating in Michigan Glass Month. He is an artist, a designer, and has been under contract to design for Tiffany & Co. in New York City.

Scialfani's work is a combination of graceful, fluid design and soft color hues that is as functional as it is aesthetic. His work won "Best of Show" in Fragile Art International Competition, in 1982, and last year was chosen for the portfolio sections of American Craft magazine.

IN OBSERVANCE of Michigan Glass Month Stephan passes along some tips for glass care.

"Glass is a strong, yet fragile material and you should not expose your glass to a rapid change in temperature as this might cause the glass to crack," he said. "Glass can become very hot or very cold safely, but the temperature change must be made gradually."

He continues saying, "The physics of thick curved glass is that it bends light as it passes through the glass, acting like a lens or magnifying glass. Some pieces in direct sunlight may therefore focus the light on surfaces beneath the piece and the resulting heat may mar the surface."

"Place the pieces on a mirror, glass, or marble surface and this will prevent any marring."

Stephan said either a commercial glass cleaner or warm mild, soapy water could be used for cleaning glass, "But be sure to dry well to avoid water spots."

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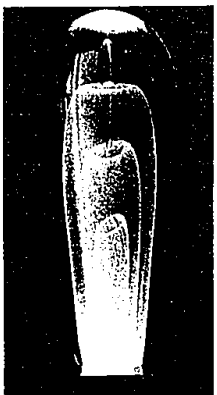
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THE pink satin bag (above) is the work of Louis Scialfani who also shows hollow glass pillows and shells in the show. At right, a bowl from John Steiner's tilted series of bowls and plates that are created in both translucent and opaque glass.



Job seekers

Learning to put best foot forward

WOULD-BE job holders take note. Image is important! The most efficient and bright candidate for a job might not make it past the first interview if she still has Farrrah Fawcett hair or demonstrates a penchant for low-cut blouses.

Many women entering job market for the first time or returning to work after a stint on the home front should probably update their looks.

For instance, long hair, very long hair, really doesn't make it on today's professional scene. But for many women the mere idea of cutting their hair brings cries of anguish and resistance.

Make-up, too, which is an absolute must for any career person can be a big challenge, even for the medical technician who has had a one-track mind on science and lab technology.

We took three women who are at different levels in the job market to demonstrate ways to update a variety of looks. One is a student beginning her first job. Another is a mother returning to work part-time. And the last is a seasoned executive who wants a new look.

The women were sent to Mira Linder's Spa in the City in Southfield where they were treated to the works, from new hair cuts and color to new make-up.

CONSTANCE FITZGIBBON, a stu-

dent at Michigan Para Professional Institute, is beginning to think of graduation and a full-time job that follows years of training. During her day of beauty her looks were changed dramatically with a hair cut and make-up. The experts at Mira Linder, who presided over the makeover, changed her look from a casual-looking student to a serious career person.

To accomplish this, Thomas, the hair expert, cut four inches from Constance's long blond locks, then gave her a body perm.

Edgy about the whole thing, Constance closed her eyes and gritted her teeth while her hair was being restyled. For make-up, the experts dramatized her eyes and explained the correct application of colors for business wear. After it all was over Ms. Fitzgibbon gave the experts rare reviews. Even people walking in commented about her attractive new self.

CHARLENE BERGMAN, mother of three small children, has returned to the job market as a part-time secretary for Productions Plus. Charlene's long, "dishwater," blonde hair was given some added natural highlights by colorist Anna. Afterward, her sleek shorter hair cut won approval for her

from the professionals as well as her family.

"I never took time with make-up before, as I never felt I had time with my little toddlers," she said when the makeup artist taught her to do a complete routine in 10 minutes. Ms. Bergman said she felt the results were too great not to keep.

IRISH HIRSH, is an account executive from WQRS radio. She is a seasoned career professional, who is organized, capable and very attractive.

Irish's wardrobe consists of well-chosen suits and dresses for her job, her hairstyle is about a year old, and she has a specific makeup routine.

Facials and taking care of herself are important additives to her professional appearance, says Irish. "Having a makeover for me was exciting and a great pick-me-up after a winter of hard work," she says.

Anna, the colorist, highlighted Irish's brunette hair after which Thomas created a shorter spring European cut hair style. It was the same cut she demonstrated at the international hair show in London last season, said Thomas. Irish's makeup also was brightened with new colors on her cheeks and eyes.

Of all the make-overs her's was the least drastic, but to Irish it meant a great deal.

Because women have seriously been an important part of the work force for the past 20 years, for many women the suit has become a uniform. Many seasoned business people have closets filled with suits dictated by John T. Malloy, who created his bible, "How To Dress for Success," because there were few role models for women.

Now, 20 years later, fortunately there are more creative options, such as sweaters, knits and constructed dresses, all of which are important.

Never underestimate the power of your appearance. When two people with equal abilities are compared for a promotion you can bet the one whose image and grooming are the best will get the job.