

Priorities for institute are training, research in alcohol treatment

Helping educators and human service professionals to learn more about the treatment of alcoholism and other forms of drug abuse is a major goal of the newly established Brighton Hospital Institute for Research and Education.

Brighton Hospital specializes in treating alcoholism and enjoys a national reputation for its work in this field. Since its founding in 1959, it has trained many professionals and helped other hospitals to develop programs for treating chemical dependency.

"For several years now we have been looking at ways to expand our training services and use our 36 years of experience in the treatment field more effectively in educating other professionals and the broader community," said Ivan C. Harner, president of Brighton Hospital, in announcing the creation of the institute.

The institute's first project has already been completed. In December approximately 50 employees of Northville Regional Psychiatric Hospital received 80 hours of in-depth training as that facility prepares for the opening of a chemical dependency treatment program. The institute provided the specialized instruction under a contract with Michigan Department of Mental Health.

"Several school systems in southeast Michigan are also interested in having

us train their teachers and social workers, who frequently encounter students who are abusing alcohol and other drugs," said Harner.

"Educators and parents realize that they must be able to recognize the signs of alcohol and drug abuse and know how to respond appropriately if they are serious about helping chemically dependent students."

The institute's first board of trustees includes a cross section of business and civic leaders who are involved in the field of alcoholism treatment, education, and research.

Ivan Ludington Jr., president of the Detroit-based Ludington News Company, was named chairman of organization's board. Mary Morin, executive director of National Council on Alcoholism-Michigan Division, serves as secretary. Donald J. Buchanan, vice president, Manufacturers Bank of Detroit, was elected treasurer.

The other trustees are Detroit civic leader Freida B. Greene and Edith Gomberg, a professor at University of Michigan School of Social Work, and faculty associate at the U-M Institute for Social Research.

Harner has been appointed the institute's president and continues to serve as president of both Brighton Hospital and Brighton Health Services Corporation, the parent organization of both non-profit groups.

Growing herbs for fun, function

Now, that you and I have polished off the excitement of the holidays, today is a good time to face forward and plan our challenge for 1986.

For the next few months, you and I have some ideas to develop and knowledge to assimilate.

It is difficult to get inspired about spring weather in the middle of winter and how we can grow with new experiences, but let's start with books and interesting topics. As I mulled over the possibilities of sharing a growth in horticulture with you, I came across some new books which will challenge you to keep up with new ideas.

"Herbs and Herbalism," \$14.95, is a cover and well-illustrated. It answers a lot of questions using herbs as plants in your personal landscape plans.

"Growing, Gardening, and Cooking Herbs," \$5.95, is written by Richard M.



down to earth

Alice Burlingame

Bacon. It is definitely a workbook for the serious gardener.

"Herbs, and Herb Gardens of Britain," \$14.95, is by Elizabeth and Reginald Peplow. This book is beautifully illustrated and contains new ideas which I haven't seen before.

"The English Woman's Garden" \$24.95, is personalized by the works of many writers. There are pictures of the ways of gardening in England. Each person who has contributed to the book is listed by name and address for those who want to pursue further.

"The Rodale Herb Book," \$16.95, is from a well-known publisher and guides the gardener on how to grow herbs and buy them. It is well-illustrated and has black and white pictures. This publication is definitely a workbook from a very responsible publishing house.

"The MacMillan Treasury of Herbs," \$14.95, by Anne Boney, is a fine publication. It is a complete guide for the cult of growers and the use of wild and domesticated herbs. It is large, was

printed in Belgium with some of the most outstanding color pictures I have ever seen. There are pictures of herbs, their uses and of the prepared product. This publication has prompted me not only to buy the book, but maybe become a part of the cult of devoted herbists. Further, this book may prompt me to turn out better meals!

If you are interested in working with herbs you will be a recruit to attend the April 26 symposium of The Southern Michigan Unit of The Herb Society of America which will be held at the Wayne County Extension Education Center, 5454 Venoy, Way, 48184.

Each week, Down to Earth will aim to increase your knowledge and skill as a gardener. You won't necessarily have to be a practicing gardener to benefit, some may simply be training their eyes to see and enjoy the environment.

Helping families deal with stress

HAVE YOU EVER felt there is not enough time in the day? Do you worry about your kids when you're not at home? Or do you feel guilty about all that you don't do, yet know that you're "dancing as fast as you can?"

Irene Chesire, Ed.D., director of professional and public education, Sheppard Pratt Hospital, Baltimore, Md., asks working parents questions in a recent article in "PTA Today," the national PTA's magazine. Chesire mentions the changes in culture that have brought new sources of stress into the home, and offers guidelines to help working families with stress.

"Most parents today are out of the home, either by economic necessity, preference, or both," states Chesire. She notes the following government statistics — 68 percent of mothers of children between the ages of 6 and 17 were working in 1984, and the number of single-parent families, who of necessity generally work, has risen to 19 percent of all households.

CHESIRE BELIEVES that stress may come from many external sources, as well as from within ourselves, but that daily stress can be handled if we become aware of it and learn effective ways of dealing with it. The author suggests these guidelines to help manage stress.

• Flexibility. Be flexible in working hours, transportation options, in child care arrangement, in scheduling,

and in family chores. • Recognition. Recognize and understand that you're not necessarily "doing something wrong" if you feel pressure — that stress comes with the territory. Accept the reality that no matter how well you plan, you cannot control the unexpected. Expect the unexpected, and give yourself cushions of time and contingency plans.

• Expectations. Consider what you expect of yourself as a parent, partner, neighbor or employee. Be sure that expectations are on target.

• Priorities. Examine your priorities for the present. Identify which tasks are important, which are urgent and what are both. Also, make "hanging out" time a priority. Take time to putter around, have an incidental conversation, take a spur-of-the-moment walk, or daydream.

• Guilt. Guilt often comes from

"shoulds," as in: "I should never lose my temper." "The kids should get along better," or "The house should be cleaner." Identify all the "shoulds" that rule your life, those that aren't yours and keep only your own. Recognize that a drive for "instant perfection" is yet another "should" to avoid.

NOT ONLY DO parents experience stress, but children also do. According to the U.S. Department of Labor, today's working women are remaining in the workplace for an average of 28

years. Due to their parents' time out of the home, children are assuming more responsibility than in the past for family chores and undergoing the stress that often accompanies it. Another source of stress for today's children comes from the trend toward equating success with achievement.

Chesire advises parents to get to know children, let children feel important and cherished for their uniqueness, and teach them that humor helps keep things in perspective.

retirement memos



Margaret Miller

Coupon-clipping looks better in retirement

Several times during the years when I wrote a lot more for this paper than a retirement column I found myself doing stories on those who cut their grocery bills through coupon-clipping.

I heard all about their methods for obtaining extra manufacturer's coupons. I learned how they selected stores and mapped shopping strategy. I saw their big files of coupons and reported on how each worked to refine her system.

And, to be truthful, none of those I interviewed ever convinced me that the time spent clipping and running around was worth the money saved. I had at one time saved trading stamps, but after they were not available I tended to consider shopping gimmicks of little value.

BUT TIMES CHANGE and so do views of time and money. My new shopping is no longer a series of quick stops on the way home from work but rather a carefully planned expedition that usually involves both Joe and me. And our plans and maneuvers use gimmicks regularly.

Not without some limitations. The coupons we clip fit into a small folder rather than a large box, and we keep refunding to returns of \$2 or more.

And not without some frustrations.

We favor two supermarkets for most of our groceries. One gives double value on coupons but tends to be not as well stocked as the one that offers trading stamps.

That makes for intricate shopping lists and line-line decisions. But we've found it does indeed add up to several dollars in savings each time we lay in supplies.

I KNEW I was hooked on gimmick shopping when the double-coupon store this fall came up with a new wrinkle. If you bought \$20 worth of groceries in 10 out of 12 weeks, you could get \$15 worth of free groceries. Problem was that the campaign was launched while we were up north, so when we returned there were just 10 weeks left.

"Not worthwhile," said Joe, pointing out correctly how many items were unavailable in that store. "Let's try," countered his bargain-hunting wife.

So for the next 2 1/2 months our lists were prepared with even more care. We watched every ad listing and went back to using a calculator to be sure we bought the right amount in each store. And it was a great triumph when, the last week of the year, we loaded into the car \$35 worth of groceries that had cost a mere 20 bucks.

See how you got your kicks when you retire? Now, let's see, what do I clip from this week's food section?

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.



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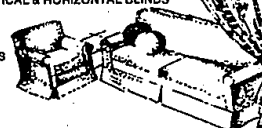
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