

## New center provides employees' children with on-site care

Botsford General Hospital opened its child care "home away from home" on the hospital grounds this week. The center will provide employees with child care services.

The advantages of this project can be found for the employer as well as the employee-recipient, according to a hospital spokesman. Parents can be assured that their child is receiving the best of care from highly trained teachers with degrees in child development. Even the volunteers are hospital-trained.

"With the surge of working mothers into the marketplace, attention must be given to this important need. We chose not to ignore the benefits of such a positive program, but instead we wanted to be one of the first health care institutions to address the subject," said Gerson I. Cooper, president of the hospital. "We are confident that Botsford

will be noticed for making a strong statement in favor of superior child care services."

Since the concept was initiated, the hospital staff has responded overwhelmingly to the idea. The center will be managed by a professional staff from On-Site Child Care Services Inc. The building itself was designed to be responsive to the children's needs.

"The positive feelings came not only from staff members who need the service, but from co-workers as well," said Steven Faine, BGH administrator for Professional and Support Services and project coordinator. "Everybody enthusiastically contributed in some way to make the center the very best in child care."

Botsford General Hospital On-Site Child Care Center is at 2850 Grand River, Farmington Hills.

## Registration opens for Polish dance class

The Polish Centennial Dancers of Plymouth, sponsored by the Polish National Alliance Lodge No. 3240, are now taking reservations for fall enrollment. The dancers will learn regional dances of Poland, as well as dances from their Polish American heritage which are lively polkas and obereks from the United States.

In May the dancers displayed their

talents to a sell-out crowd in Church Hill High School and will be performing at many activities throughout southeastern Michigan this summer. The group will again be taught by teachers Marty Pack and Gail Cisko Wilentz.

For information and/or reservations, call Joanne Ygeal at 464-1263 or Chris Gilewick at 459-5896.

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## Camping

Girl Scout camping is open to all girls, 8-18 years old. Michigan Metro Girl Scout Council offers day camp at nine different sites in the metro area and resident camp in a nearby rural setting. Swimming, boating, gymnastics and horseback riding are some of the activities available. A camp brochure will be sent on request by calling the Michigan Council, 984-4475.

## Newsman will talk on church outreach

At 9:45 a.m. and 11 a.m. Sunday, July 6, the Rev. Greg Harrell will be speaking at Northwest Baptist Church, 23845 Middlebelt. Harrell has been associated with the Roger F. Campbell Ministries of Waterford, Mich., since 1985 and has established a program of effective evangelism and discipleship in local churches throughout America. His program is used to show churches the outreach potential in their own community.

Harrell is a native of Decatur, Ill., and holds a bachelor of science degree in speech and journalism from Ball State Teacher's College, and was awarded the master of science in Journalism by Northwestern University. He has served as advertising manager and staff writer for the Paxton, Ill., Daily Record, and as a member of the news relations section of General Motors Corp. public relations staff in Detroit and New York City.

Harrell was an instructor on the Baptist Bible College, Springfield, Mo. faculty in the school's speech, English and Journalism department. He was instrumental in establishing the Baptist Bible College Information Services public relations office and the Baptist Bible College Banner student newspaper.

In February 1975 Harrell joined the staff of Dr. Jack Van Impe Ministries in Royal Oak. During his nine-year tenure with Van Impe, he served as executive director and director of religious operations and publications. In September 1983 Harrell resigned that position to become the executive crusade director for evangelist Jerry Johnston of Kansas City. He held this position until 1985.

The Rev. Richard Karr is pastor of Northwest Baptist Church. Transportation can be obtained by calling the church office, 474-3393.

## Volunteers needed

Persons interested in volunteering at Common Ground, Oakland County's 24-hour crisis center, are invited to attend an orientation session at 7:30 p.m. Wednesday, July 2 at Common Ground, 1090 South Adams in

Birmingham. No appointment is necessary. For information about volunteer opportunities at Common Ground, call Connie Justice, coordinator of volunteers, at Common Ground's business line, 645-1173.

## Sleeping disorders can cause range of health problems

Continued from Page 1

symptoms of narcolepsy include hypnagogic hallucinations, which occur during sleep and can be quite frightening, disrupted nighttime sleep, and cataplexy, a rapid loss of muscle tone usually triggered by intense emotions.

"I've seen films of a dog running for a stick and all of a sudden dropping," Frost said. "I've run patients, knowing they have cataplexy, where they'll just laugh at something, and they'll fall off the chair."

"And, of course, an observer will immediately think they're having a heart attack or a seizure or whatever, when in fact all they're doing is sleeping and dreaming."

This sudden collapse is caused by the brain's dream mechanism breaking through to the waking state, Frost said. Since the muscles are paralyzed in the dream state, the person drops to the ground. The cataplexic state can last anywhere from three seconds to 15 minutes.

THE CHIEF symptom of apnea is familiar to anyone who has a relative who snores. The sleeper will be snoring away when suddenly there is a great silence, as the sleeper stops breathing, followed by a loud snort as the sleeper starts breathing again.

Everybody has some apnea in which they will stop breathing throughout the night, Frost said. The condition usually occurs when the sleeper is lying on his back.

The apnea only becomes a cause for serious concern when it happens continuously (more than 12 times per night), occurs when the sleeper is in any position, not just the back, or lasts longer than 45 seconds, Frost said. She has recorded breathing stops of more than two minutes, and the longest recorded anywhere is slightly more than three minutes.

The consequences of a serious apnea problem can be severe. In addition to being sleepy in the daytime from a lack of oxygen, the apnea sufferer can wake up with a headache and in a state of depression.

In some extreme cases it can lead to high blood pressure and hypertension, an enlarged heart, even sudden death.

IN FACT, Sudden Infant Death Syndrome has been identified as a form of apnea, Frost said.

"They now give monitors to parents to take home. The minute the child stops breathing, an alarm goes off to alert the parents, and they go in there and change the child to another position or awaken the child."

According to the American Narcolepsy Association, the causes of narcolepsy and sleep apnea are not known, although a central nervous system defect is suspected in both disorders.

In treating apnea, researchers have found that some medications, such as imipramine and chlorimipramine, are effective. In some extreme cases, surgery is required, such as a tracheostomy, in which a hollow T-tube is inserted in the trachea through a small hole in the neck. At night the valve is opened so that air can flow through the tube, directly to the lungs, bypassing the sleep-induced blockage.

Frost said she encourages people to do as much as they can on their own to fight their sleep disorders, since sleep clinic treatment can be very expensive. The average cost can run \$1,500 a night, Frost said. That stems from the relative scarcity of sleep clinics and the expense of having a technician study the instruments for an entire night of the patient's sleep, she said.

One way patients can adjust, Frost said, is by adopting good sleep habits. (See accompanying article.)

FROST'S NEWEST project will be researching the effects shift changes have on workers.

"We all have what is called a body clock or circadian rhythm," Frost said. "When we start messing with that it can present problems."

A worker used to getting up at 8 a.m. will have tremendous difficulties adjusting if switched to the midnight shift, Frost said that this is partly because the body builds a peak internal temperature, when its energy level is highest. A daytime worker whose peak temperature comes at 1 p.m. will have tremendous difficulty getting a high energy level at 3 in the morning.

As a result, accident levels are higher and performance levels tend to be lower on the midnight shift, Frost said, particularly when workers are first shifted to that shift.

Frost is interested in finding workers who have recently changed shifts, or are changing shifts, for a research project she is conducting on the effects of shift change. Through the project, the volunteers could get some help in adjusting to their new schedule.

To find out more about the research project, call Frost at the Lafayette Clinic Sleep Center at 256-9473.

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