Cooperation

No-smoking policy approved

RENDA FIELDER went from a pack to three cigarettes during her went from a pack to three ciga-rettes during her work day. Betty Welss quit alto-

rettes during her work day.

Bethy Welss quit altogether.

Both work at Botsford General
Hospital, which instituted a new nosmoking policy about a month ago.

Both still have difficulty curbing
their smoking urge.

Yet both can and are living with
the Farmington Hills hospital's policy that prohibits smoking on-the-job.

But smokers can find relief during
certain hours in the administration
building's patio cafe and, when
available, an empty classroom.

Visitors are allowed to S. Smoking
is prohibited in hospital vehicles.

"It's been very positive. I have
received no hate letters," sald Margo Gorchow, director of Health Development Network, the hospital's
health promotion and education division.

DEVELOPING A smoking policy was a democratic process. Smokers and non-smokers served on the smoking-clean air committee, which drafted the policy.
"We wanted a real cross-section of everybody," said Gorchow, committee chairwoman and avowed non-smoker.

tee chalrwoman and avowed nonsmoker.

The state's new Indoor Clean Air
Act provided the impetus for a
smoking policy as it has for city
halls, school administrative offices
and corporations, such as Michigan
Bell. But most hospital officials
agreed the time has the active was
monking in a health care faelity was
mappropriate, Corcheve saidly
The policy is not a blanket edict by
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their apportunity for comment and
in the final draft were given consideration for their habit.

"Where there was no agreement,

They are making smokers feel like second-rate citizens." - Brenda Fielder, Botsford employee

AND SO far, so good. Though some employees have been caught smoking in the emergency waiting room, most seem to be respecting the new policy. Punishment for violating the policy does not come in the form of reprimands or discipline. Only the severest punishment is meted — peer pressure.

Every now and then, when Fielder

lights up — in smoking areas — she faces scorn.
"They are making smokers feel like second-rate citizens," she said, adding she has no intention of kicking the habit.
Though some, like Fielder, don't want to stop smoking, she agrees with others that the policy has been good, even for smokers.
"Even the few grumblers we have



Hospital clinic helps employees kick smoking habit

By Joanne Maliszewski staff writer

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sagreed the time had come when
smoking in a health care facility was
inappropriate, Gorchow said.

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non-smokers. Smokers were given
their opportunity for comment anin the final draft were given consideceration for their habit.

"Where there was no agreement,
non-smokers prevailed," said Robert
wolfe, security services director and
committee member. "We tried to
look at issues of equity."

An absolute ban on smoking was
not an appropriate choice.

"We felt at this point that we did
not want to take that measure. That
was a step that was more aggressive
than we felt was called for. It's not

smoking, we have the moral obligation belp," said Margo Gorchow,
to the help," said Margo Gorchow,
to the choice of the choic

encouraged to sign up for the program. More than 40 have participated, to varying degrees of success.

Smoking is not just a habit that smokers associate with certain activities — telephone conversation, after meals, working. It's an addiction. "Nicotine is the most addictive substance known to man, including beroin," Gorchow said.

Though physically addictive, smoking does not have the withdrawal problems that accompany other drugs, including alcohol, Gorchow said.

STILL, SMOKING isn't easy to stop. The "Smokeless System" tries to wean smokers off cigarettes by "giving them a bag of tricks," Gor-chow said.

One of the tricks — for smokers who can tolerate it — is a baby jar full of old eigractie buts that can be carried around for memories of the smell. The idea is that the smell should be so nauseating that it will remind smokers they don't want to smoke.

smoke. They give you a lot of behavioral the on how to tame the situation where you want to smoke, "all betsford nurse Betty Weiss, who recently quit smoking — on her own — yet signed up for the clinic. Smokers have to find certain behavioral tricks that work for them. Prohibiting on-the-job smoking, for example, has helped many at least reduce smoking because it takes away one of the situations that smokers associate with smoking,

Gorchow said.

The "Smokeless System" is of-fered mornings, "afternoons and evenings to employees, community residents and corporations who wish to help their employees, Gorchow said.

THE PROGRAM begins with an introductory session showing smokers how to prepare to quit. That's followed by about four dust reatment — mostly behavioral tips. Reality — the effects of smoking — also are thoroughly discussed. When the program is over, smokers are not left to their own devices. The clinic follows-up on participants and offers continued encouragement.

Besides the second-hand smoke that's considered hazardous for non-

smokers, concern is growing for the increasing number of women what smoke, particularly nurses white comprise the largest group of female smokers, Gorchow said.

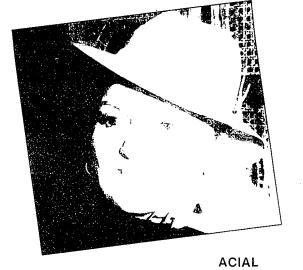
More and more women are taking on the power positions are taking on the power positions are taking on the power positions. We have every concern that lung cancer will surpass breast cancer as the aumber one killer of women." Gorchow said.

What serves as an obstacle in encouraging women to quit smoking is that many gain weight. Because smoking increases the heart rate, the metabolism slows down without nicotine and weight is easy to gain. But the metabolism eventually levels out, Gorchow said.



Muddy duo

Mud Day was a fun day for those who romped and rolled, splashed and splattered their way infrough Nankin Mills Plenic Area April 22. It y Parks officials promised parents it would was a special treat for David Brown (left), 4, and Lorie Herman, 5, both of Farmington. Wud Day, youngsters get muddy at their own risk.



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