

# Hospice sets training for county volunteers

Hospice of Southeastern Michigan has scheduled training sessions for Oakland County volunteers. Volunteers may attend two four-hour sessions during the week, or one eight-hour session on a Saturday. Training sessions for volunteers in south Oakland County classes will be held the weeks of Sept. 30 and Dec. 1. North Oakland County classes will be held the week of Nov. 17. Volunteers help Hospice of Southeastern Michigan provide compassionate care to the dying. Volunteers are asked to work at least two to four hours a week and to commit to working for a year. Areas of volunteering include:

- Patient care volunteers help patients and their families by running errands, lending support and being a friend. Some may perform simple patient care tasks such as giving baths, transferring patient and changing linen. Volunteers also participate in the Hospice bereavement program, making calls and visits to families after a patient's death and helping with bereavement support groups.
- "On-call" volunteers are willing to be called whenever a patient of a family has a need for their special skills or talents. Services include driving, barbering and hairdressing, lawn care, snow shoveling and simple home maintenance.
- Office volunteers provide clerical support. Volunteers with computer operation or medical transcription skills are in great demand.
- Speakers Bureau volunteers tell the Hospice story to groups in the community.

Anyone over the age of 18 is welcome to volunteer. Many assignments are for evening and weekend work, so students and people who work during the day shouldn't hesitate to volunteer. Hospice of Southeastern Michigan, the first licensed hospice in Michigan, opened in November 1980 to provide a compassionate setting in which terminally ill individuals can die with dignity. Hospice is committed to providing care and comfort for the ill and support for their families. More than 2,000 patients receive hospice services every year. For more information on hospice volunteer opportunities, call one of the volunteer coordinators at Hospice of Southeastern Michigan: South Oakland County: David Turner, 559-9209 North Oakland County: Mary Kay Galvin, 253-2580

# MIOSHA lives Honigman fashions business-labor compromise

By Tim Richard Staff writer

A Michigan workplace safety law is about to breathe again after recent Senate action.

But state officials will have a tougher time imposing higher standards than the federal government's, said Sen. David Honigman, architect of what he calls "a very reasonable compromise" between business and labor.

The Senate approved SB 459 on a 30-5 vote and sent it to the House. All area senators voted yes.

GOV. JOHN Engler and a handful of outstate Republicans wanted to kill MIOSHA (Michigan Occupational Safety and Health Act), relying instead on federal standards and enforcement. The 1974 state law is due to sunset next year.

"The federal government should be the ones who are enforcing those rules rather than passing the buck to the states," said opponent Sen. Jack Weiborn, R-Kalamazoo. He said Michigan work rules, as proposed by the Labor and Public Health departments, were almost



Sen. David Honigman R-West Bloomfield invariably higher than federal standards. "It puts Michigan employers out of competition with other states because we have higher regulations than competing

states," Weiborn said.

Added Sen. Nick Smith, R-Addison: "It was my experience that rules promulgated by the (Michigan Safety Standards) commission tend to be... very liberal and labor-oriented... in other words, maybe some overzealous safety regulations."

HONIGMAN, a freshman senator who chairs the Labor Committee, said the revised MIOSHA will allow higher state standards only in special circumstances.

"It creates a rebuttable presumption in favor of new federal occupational safety and health rules. The directors of Labor or Public Health will be required to promulgate rules which are 'substantially similar' to new federal rules," he said.

"What we intend is that Michigan have the freedom to establish standards different from those of federal OSHA, but only if there has been a showing of a compelling need to do so."

"Similarly, Michigan still has the freedom to set standards where (the federal) OSHA has not estab-

lished any regulations at all, but only if it has been determined by one of the commissions that there is a clear and convincing need to do so."

Workplace rules are made by state commissions. Under the state constitution, rules are subject to approval by a Joint House-Senate Committee on Administrative Rules.

THE BILL also increases "seven-fold" the fines and penalties for violating businesses, Honigman said.

"On this, we had no choice. A federal law demands that states with their own plans conform to federal penalty guidelines."

Honigman had trouble getting the measure out of his own live-member committee earlier in the week. With Robert Grake, R-Northville, absent and Nick Smith voting no, Honigman needed help from Democrats George Z. Hart of Dearborn and John Cherry of Clio to get three votes.

"It was the result of lengthy and painstaking deliberations," Honigman said.

# O&E fitness writer moderates exercise confab

The exercise craze is booming, and practically everyone you meet these days is involved with some form of body and/or cardiovascular conditioning. Have you ever wondered how much exercise is really enough before you begin reaping the benefits? It is actually considerably less than most people realize.

Find out the answer to this question and others when the American Heart Association of Michigan hosts a half-day conference on "How Much

Exercise Is Enough?" from 9 a.m. to noon Saturday, Oct. 12, at the Fairlane Manor in Dearborn.

Barry Franklin of West Bloomfield, Observer & Eccentric fitness writer, will serve as moderator.

PRESENTATIONS WILL be provided by nationally recognized fitness experts, including Michael Pollock, director of the Center of Exercise Science, University of Florida, and Steven Blair, director

of epidemiology, Institute for Aerobics Research in Dallas, Texas. Pollock will discuss "The Recommended Amount of Exercise for Fitness and Health" and Blair, "Physical Fitness and All Cause Mortality."

Jeanne Rosinski of Birmingham will present her success story. Rosinski, a walking consultant, lost more than 100 pounds in a year merely by walking regularly. Bill Laitner, Detroit Free Press health and fitness columnist, will discuss the impor-

ance of good health. Dr. Lawrence Power of Southfield, director of Lifestyle Medicine Clinic, will discuss how to reduce your risk factors in creating a total approach to full health.

The price is \$10. For more information, call the American Heart Association of Michigan at 557-9500 or write the association at P.O. Box 760150, Lathrup Village 48076.

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There are young people in your neighborhood who desperately need what you have to offer. City For Youth can put you in touch with these kids and others who care.

Help determine a program of action to confront the crisis among our youth by getting involved in City For Youth Month. Call 1-800-866-CITY for more information.

**CITY FOR YOUTH MONTH**  
 Week of October 6

"The Second Chance Gang" Sunday 6:30 p.m. and Monday-Wednesday 7:30 p.m. on Channel 56. (Monday simulcast on WKBD-FOX50). Young people try to overcome daunting odds with the help of a program that works and people who care. Call the "800" number in this ad for a "view and talk" site in your neighborhood.

"City For Youth TV Forum" Thursday 8:00 p.m. on Channel 56. Examine the roles of business and education in nurturing Detroit's young people.

**Observer & Eccentric** NEWSPAPERS

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# SUNDAY SPORTS & Symphony

Sunday, October 27th  
 6:00 p.m.-9:00 p.m.

Make plans to attend this Gala Fundraiser to benefit The Livonia Symphony Orchestra

Highlights will include:

- A stirring performance by the Livonia Symphony Orchestra, Francesco DiBlasi conducting.
- An appearance by a local sports celebrity.
- "Holiday Wardrobing" from Ann Taylor
- Silent auction featuring resort vacations courtesy of Northwest Airlines and Marriott Hotels and Resorts.
- "A Tasting of Livonia," provided by the area's finest restaurants.

SAVE \$5.00... Tickets are \$20.00 prior to Oct. 14th and \$25.00 after Oct. 14th. Tickets available in the Laurel Park Place Management Office or The Marriott Hotel.

For further information call The Marriott Hotel at 402-3100

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