

# HEALTH & FITNESS

SUNDAY, MARCH 9, 1997 • PAGE 5 SECTION E

## Firm helps in finding nursing care

BY BARR PERT TEMPLETON  
SPECIAL WRITER

The task of placing an elderly parent or relative into a care facility can be heart wrenching enough without having to worry about space, costs and endless paperwork.

A desire to ease the pain of family members by tackling the mundane steps in the process prompted Nadine Koppin and Attorney Norman Robiner to create Continuing Care Placement Services, L.L.C.

The pair opened their service two years ago in Huntington Woods. Koppin and Robiner spend their days helping clients locate an available bed in a long-term care facility. Continuing Care has a strong client base in Oakland and Macomb counties, placing over 100 clients in 1996.

"There service is something that can be very, very, beneficial to a lot of people," said, Colleen Robinson, director of admissions at Bloomfield Orchard Villa. "It's something that society needs right now because a lot of people just don't know what's available."

Searching for a suitable facility for a loved one is something Koppin is well versed in. It's been nearly seven years since she had to place her father-in-law into a nursing home and the experience is still fresh in her mind.

"I worked on that everyday for three months and you wouldn't believe what it was like to try and find a bed for a male patient with basic needs," said Koppin. "Ninety percent of the residents in nursing homes are women. The beds available for men can literally be filled and gone in just hours. Saying it was a nightmare doesn't begin to describe it."

Shortly after that experience Koppin began forming the idea for a business that would take the hassle out of the process. "We take the confusion out of continuing care," is the logo the placement service adopted as it opened for business.

**Keeping informed**  
A strong advocate for pre-

**I've personally visited over 120 care facilities, met the directors of admissions and taken tours.**

**Nadine Koppin**  
Continuing Care

planning, Koppin has learned to eat, sleep and live the endless forms and documents the state requires families fill out for long-term care. She figures the more she knows the easier it will be for her frustrated clients.

For example, information on nursing home costs vary widely across the state. Some dollar amounts listed are all inclusive while others don't include anything beyond the bed and there are pages of additional charges. Someone not familiar with the document wouldn't necessarily see that, said Koppin.

"The whole process can be frustrating and time consuming. Most facilities make prospective clients fill out four- or five-page applications before they can even be placed on a waiting list," said Koppin. "The paperwork and the tours have to be done between 9 a.m. and 4 p.m., and many people have to take off work to run from there."

"I've personally visited over 120 care facilities, met the directors of admissions and taken tours," she said.

All that visiting gives Koppin's clients a nice advantage because she can describe the settings both clinical and homely. A huge computer data base packed with the details about nearly 160 facilities, including minor and major violations, also allows Continuing Care to recommend a suitable place for a client right away.

"I know which ones have skilled care, which have basic care and where there's hospice care," she said.

"So within 15 minutes of meeting a family, I can have a pretty good idea of what type of place they are going to be happy at and where it is."



**Finding care:** Continuing Care owners Norman Robiner and Nadine Koppin help families with the difficult task of finding the right nursing home and filling out paperwork.

### Sharing knowledge

Another unique aspect to Koppin's placement service is the fact that they can freely share their experience and opinions (both good and bad) on all the facilities without worrying about legal ramifications.

"Hospitals can't say anything because they may be sued and Citizens for Better Care can only read the state reports, which can sound like a bunch of dry details," said Koppin. "We are a private business, we don't get any state or federal funding, so we can say anything that we want."

Continuing Care also prides itself on the fact that the business doesn't take referral fees from any facility.

"We only work to represent our clients," said Koppin.

To date, the Continuing Care's services are limited to the state of Michigan due to the wide ranging laws that

regulate facilities across the country.

"We have done several cases where there was a child living here and they wanted to bring their parent from Florida to Michigan for placement," said Koppin. "But we can only transfer people back into the state."

Families who have utilized the service and placed someone in Bloomfield Orchard have been very pleased, according to Robinson.

"This service makes the burden for families a lot less during a time when they have some very difficult decisions to make," she said. "I've been in and around nursing homes for years and I'm glad someone took the initiative to form this kind of business. The need for this service will really grow as the Baby Boomer generations begin looking at care facilities."

Continuing Care offers clients three options when

selecting a package to best suit their needs. The first option includes a 30-minute consultation and packet of forms on facilities in the state at a cost of \$100. The level-two option offers information and counseling to clients who are planning ahead for a patient recently diagnosed with an incapacitating illness.

A flat rate of \$50 an hour is charged. The level-three option at Continuing Care is a full-scale service contract that includes up to 10 hours of service for \$450.

Koppin will sit down with clients and discuss their preferences and concerns for a care setting.

She will take down information for the application process and the preparing of documents for social security, Medicare, Medicaid and other applicable programs.

To reach Continuing Care Placement, call (810) 544-3436.

## Make good health a family task

Please answer these questions:

1. What is your HDL level?
2. What is your LDL level?
3. What is your cholesterol level?
4. Is your car dirty or clean?
5. About how much gas is in your car?
6. When is your next oil change?

If you're like most Americans, questions 4, 5 and 6 were easy to answer. Most people know more about their automobiles than their own bodies. While the quality and length of your life is unaffected by how much wax is on your car, how much "wax" is building in your arteries makes a difference!

Overall health and wellness in this country remains poor. Media attention of heart disease, exercise and dietary habits is abundant, yet many still ignore the information. Americans continue to consume high fat foods, smoke cigarettes and perceive exercise as a quick jump to the kitchen during commercial breaks.

Do you realize that the human body is made to live 100 years? After experiencing cigarette smoke, blocked arteries, high blood pressure, and obesity, however, the body is prematurely destroyed.

Many people are aware of their lack of wellness, but are not motivated to make necessary changes. Consider these statistics as motivating:

The average adult watches four hours of TV per day. The average child watches 24 hours a week.

People watching three hours of TV a day are twice as likely to be obese than those who view less an hour.

Only 7-percent of adults engage in one hour of strenuous activity per week. Only 33 percent of American adults engage in any form of recreational exercise per week.

Less than 12 percent of either parent spend one hour a week engaged in some form of recreational activity with their child.

Also consider these consequences:

The average cost of health care is in excess of \$6,000 per person a year. Health care costs have risen over 13 percent in the past few years.

Each sedentary individual costs society \$1,900 during their lifetime.

Exercisers have a 20 percent lower hospitalization rate.

Exercisers have 18 percent fewer work loss days.

What can families do to promote wellness? As a start, limit the amount of television viewing. Instead of being a couch potato, utilize the time for a fun and active family function. Or, if watching TV is the family choice, agree to exercise between commercials. Not only will this get the heart pumping, but it can be fun.

Parents and children are lost in the constant hustle and bustle of piano lessons, soccer games, and baseball practice. Barring the "news" reporting between family members, typical families do not take time to genuinely communicate. It's time to return to some of the old family traditions. For example, structuring home-cooked meals at least three times a week will not only help assure good nutrition, but enhances communication and family wellness.

Encouraging family fitness is another important wellness step. Walking through the park, biking around the neighborhood or shooting baskets on the driveway help develop sound fitness habits. Children won't develop a healthy lifestyle, if parents are vegetating in front of the TV munching on chips and pop.

When was the last time the family attended church or synagogue? Evidence suggests a wellness connection: people who regularly attend religious services are less likely to become ill.

Expressing love is paramount to wellness. Although material things add to life's enjoyment, it's the "I love you" that really counts. We often take our love ones for granted and lose sight of the importance of enhancing each other's self-esteem. Tonight as you and your family enjoy a healthy home-cooked meal, make an effort to truly communicate.

Dr. Levick is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. He can be contacted at (810) 855-5771; e-mail: [comments@Klevick@aol.com](mailto:comments@Klevick@aol.com).

## You must make your own happiness a priority in life

TALK TO THE MIRROR



FLORINE MARK

piness is a living emotion the needs to

be nurtured and cared for. Happiness cannot be bought or sold - it has to be earned through hard work and a commitment to oneself.

Our happiness is not expendable. Genuine happiness can only be achieved when we commit to making a personal priority in our lives.

Making a commitment to adopt a new attitude is the first step in achieving happiness. Let go of the notion that things outside your control determine your state of mind. Remember - you are in charge! You have the power to change your life for the better.

From now on everything you do will be the result of a decision you have made.

By accepting this responsibility to pursue your own happiness, you free yourself from limitations set by others.

Robert Louis Stevenson said, "There is no duty we so much underrate as the duty of being happy. By being happy, we sow anonymous benefits upon the world."

Everyday brings us a new opportunity to make a difference in our lives and the lives of those around us. The happiness habit, like any other

new behavior, may be unfamiliar to you at first. But keep trying, eventually you will succeed.

**I would love to hear from you!** Please submit your health and nutrition questions, or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Communications, P.O. Box 9072 Farmington Hills, MI 48394-2974 or fax to (810) 553-7106.

Mark is the president and CEO of the Weight Watchers Group, Inc. based in Farmington Hills. It is the largest Weight Watchers franchise in the country.

## HEALTHY LIVING

**Healthy Living spotlights Oakland County-related health and medical news and information. To submit information write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, 48009. Fax: (810) 644-1314. Email: [obrienm@online.com](mailto:obrienm@online.com).**

### ■ CPR CLASSES

William Beaumont Hospital is offering a one-session course on basic infant/child CPR for parents and grandparents of infants and young children. Classes are \$20 and will be offered: Wednesday, March 19, 6:30-9:30 p.m. in classrooms J and K of William Beaumont Hospital, 44201 Dequindre, Troy; Thursday, March 13, 20 and 27, 6:30-9:30 p.m. in classrooms C and D of the Beaumont Rehabilitation Center, 746 Purdy, Birmingham; Monday, March 24, 6:30-9:30 p.m. in conference rooms A and B of the Beaumont Medical Building, 6900 Orchard Lake Road, West Bloomfield; Monday, March 31, 6:30-9:30

p.m. in the first floor classroom of the Beaumont Medical Building, 6700 N. Rochester Road, Rochester Hills. Participants are certified by the American Heart Association after they successfully complete the course. To register, call 1 (800) 633-7377.

### ■ TRAVEL MEDICINE

From Hepatitis A and Yellow Fever vaccines to personalized consultation on a traveler's specific itinerary, Crittenton Hospital in Rochester Hills will be able to help travelers maintain their health while traveling abroad through its Travel Medicine Program for business and pleasure travelers. The appointment will include immunizations for adults and children, personalized consultation and handouts based on the traveler's itinerary, certification of vaccinations approved by the World Health Organization and recommendations for a traveler's emergency kit. Travelers should make an appointment

for the program at least six weeks before departure. Call (810) 652-5293 for an appointment.

### ■ WELL CHILDREN

Oakland County Health Division's Child Health Conferences provide free, ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 14 locations throughout Oakland County. Services include heights and weights, physical examination, immunizations, vision, hearing and lab tests, growth and development screening and counseling. For more information call (810) 858-1311 for northern Oakland County or (810) 424-7068 for southern Oakland County.

### ■ WOMEN'S HEALTH

The Beaumont Foundation, WXYZ-TV and WOMC-FM invite you to treat yourself to the "Pampered Woman," a health day exclusively for

women to be held Monday, March 10 at the Troy Marriott Hotel, 200 W. Big Beaver. The day of health, beauty, fitness and style tips for women features lunch with WXYZ-TV health reporter Denise Dador and health/humor expert Carol Green. Full-day tickets are \$65. Half-day tickets are \$40. Call 1 (800) 633-7377.

### ■ HELP FOR PARKINSON'S

"Living With and Understanding Parkinson's," an intensive seven-week education program which discusses all aspects of self care and management of Parkinson's Disease, begins Wednesday, March 19, at Botsford General Hospital, 28050 Grand River, Farmington Hills. The fee is \$40 per couple and pre-registration is required. For information, call (810) 477-6100.

### ■ MANAGING STRESS

"Manage Your Life to Stay in Harmony With Your Heart" is being offered to individuals with heart disease and their

families at Botsford General Hospital, 28050 Grand River, Farmington Hills. The seven-week series begins at 7 p.m. on Wednesday, March 2. The fee is \$20 and pre-registration is required. Call (810) 477-6100.

### ■ ARTHRITIS LECTURE

A free lecture on "Managing Arthritis With Exercise" featuring a Botsford physician and physical therapist will be held at 7 p.m. on Wednesday, April 9, at Botsford General Hospital, 28050 Grand River, Farmington Hills. For information, call (810) 477-6100.

### ■ KIDNEY DISEASE

Learn all about urinary tract infections and kidney stone disease at a one-time lecture given by a urologist at 7 p.m. on Tuesday, March 25, at Botsford General Hospital, 28050 Grand River, Farmington Hills. The fee is \$5. For information, call (810) 477-6100.