



FLORENCE MARK

A new sport can help you get in shape

When was the last time you tried a new sport? For most of us it has been years — maybe not since high school or college. What's holding us back — physical limitations or maybe just the fear of embarrassment?

But besides the obvious health benefits, the sheer enjoyment and satisfaction of learning something new is worth a shot. Why not give it a try?

Choose wisely

Consider your current level of activity or any physical limitations you may have and match them to a sport.

Solitary sports such as biking and swimming are good choices for independent types while group activities, including volleyball, softball and bowling provide a positive social atmosphere for team players without huge physical demands.

If you're known for your endurance, sign up for non-competitive events — walking, jogging, road biking — that involve completing a course.

Those with good balance might consider windsurfing, snowboarding and in-line skating.

Certain sports require both a mix of skills and that you be a risk taker. Surfing and kayaking, for example, demand balance, stability, strength, endurance, good swimming ability — and fearlessness.

Give it a fair try

Before you invest in the cross-country skis, rent a few times to gauge your true interest and commitment level. Ask yourself if the activity offers you the type of exercise and social exposure you want and if you have the time to achieve those benefits. Also, this trial period will help you judge your ability, flexibility and fitness level.

Grab a partner

Studies indicate that you're more likely to stick with a new activity if you share it with someone. Just make sure that your partner is at the same skill level.

Buy the proper gear

Once you decide to take up a new sport, it pays to invest in the proper equipment. Find out everything that is involved in carrying out the activity correctly and safely.

Dress appropriately for the weather. There are many new fabrics that are waterproof, ensure warmth or have cooling abilities to keep you comfortable, rain or shine.

Stay safe. Helmets, knee pads and rules and regulations were created for a reason — don't consider yourself above them.

Practice, practice

While it's hard being a novice, accept the fact that you will not be a star player on your first day out. To avoid being discouraged, set up practice times when you can improve.

I love hearing from you. Please submit any questions, inspirational stories or suggestions for upcoming articles to: P.O. Box 9072, Farmington Hills, M.I. 48334-2974 or fax: 810-563-7106.

HEALTH & FITNESS

SUNDAY, AUGUST 24, 1997 • PAGE 3 SECTION B

Class helps kids adjust to new sibling

By BARD PERT TEMPLETON
SPECIAL WRITER

Making room for one more can be difficult. When living space and parental attention are at stake, the adjustments required shouldn't be taken lightly.

A sibling course offered at Providence Hospital in Southfield aims to address the concerns of would-be big brothers and sisters. There's also advice for Mom and Dad, too.

Victoria Stumpf, of Bloomfield Hills, teaches the sibling course at Providence. She is a certified childbirth educator and DOULA in addition to being the mother of three young children. Recent requests to offer a sibling course at Providence prompted administrators to hire Stumpf and she began teaching the class about a year ago.

"I've found that most parents want their kids to be as prepared as possible because they're hoping there won't be the sibling rivalry," said Stumpf, who has been a teacher for seven years. "But what I've found is that parents can talk about it all they want but kids don't really understand how much of a change it's going to be."

One big misunderstanding among the younger siblings is that the new bundle has been described as someone they can cuddle and play with anytime.

"We spend a lot of time explaining that it's a baby, an infant not a playmate," Stumpf said. Stumpf gently tells the youngsters the cold hard facts — their

sibling will be a tiny newborn, unable to play with and eager to cry a lot. "Being able to sing and talk to their friends 7-month-old baby is different than having a new baby that just lays there and we talk about that," Stumpf said.

The little ones sit on the floor in a circle with baby dolls and practice supporting the head. Stumpf discusses whether the children should ever put something in a baby's mouth — even a pacifier and the answer is no. They must always ask mom or dad first.

"I try to make them understand that there will be a bit of an upheaval in the household at first and that this will be changing the components of the family as they know it," Stumpf added.

While the older children obviously understand much more about the new baby's arrival, Stumpf has found these students less likely to volunteer concerns. It seems to open up as Stumpf breaks out the art supplies and suggests they make cards for their baby to be.

"Once they are relaxed and doing the craft, I find they are talking more and then things they are concerned about will come up," Stumpf said.

The reality of having to share a bedroom is a popular complaint as is the often heard refrain "babies are so noisy and they cry so much." In those cases, Stumpf refers to her own children and their adjustment reassuring her students that it won't be long before the

"I've found is that parents can talk about it all they want but kids don't really understand how much of a change it's going to be."

Victoria Stumpf
Sibling class teacher

family doesn't remember a time without the baby.

Colleen and David Burton of Livonia accompanied their sons, Benjamin, 8, and Connor, 5, to the sibling class at Providence. They were impressed with the course and their sons' response to it.

"I liked the fact that the course showed them that they have an important role to play and that this baby thing isn't just something for Mom and Dad," Colleen Burton said. "And really the class was more about their self esteem, not about the baby."

She said she particularly enjoyed watching her sons excitedly as they made a special welcome home card for their new sibling during a portion of the course. She said they were thrilled at the chance to deliver it when Jenna, now 5-months-old, was born.

"Having the card to bring to the hospital helped make them feel involved in everything and they were so happy about that," Burton said.

Siblings aside, Stumpf also offers

advice to the parents.

"The parents who have just one child tend to be more concerned about their child's reactions, but I assure them all kids adapt and are fine," Stumpf said. Once the new baby has taken up residence with the family, Stumpf strongly suggests parents watch the tone they take with their older children.

"I tell them to try not to blame things on the baby. If you have to care for the new baby don't say, 'I can't read a book, I have to feed the baby or I have to change the baby,'" Stumpf said. "Don't set it up so the child begins to blame the baby, too, try to rephrase things. You don't realize how you sound."

While, overall, Stumpf is the first to admit the class content isn't earth-shattering, she feels strongly about its value in providing siblings with reassurances and information prior to the new arrival. "It's just one more way to prepare the older children and I think the less you do before the baby comes the more you will have to deal with after," Stumpf said.

The sibling classes at Providence are a one-session course offered every other month on Sunday afternoon. Two 90-minute courses are scheduled.

Most gatherings are limited to eight youngsters and parents are required to remain in the room. For more about the sibling course, call Providence at (248) 424-5770.

New strain of resistant bacterium in Michigan

Michigan Department of Community Health Director James K. Haveman, Jr., said Thursday that a Michigan resident has an infection caused by a *Staphylococcus aureus* isolate with low-level resistance to the antibiotic treatments.

"I want to make it perfectly clear that this is not a widespread situation. We have no reason to believe there is any danger to the general public and will aggressively continue the investigation with the assistance of the Centers for Disease Control and Prevention," said Haveman.

"Our priority is to ensure that this organism has not spread to individuals who have had contact with this patient. We are fortunate that this individual has been receiving health care at home, as opposed to a hospital or health care facility. While the investigation continues, we have no evidence that this organism has spread," said Haveman.

Staphylococcus aureus is harmlessly carried on the skin and in the nose of approximately 40 percent of the population. However, *Staphylococcus aureus* can cause disease ranging from boils to serious, life-threatening deep tissue infections and abscesses. If infection does occur, the majority of these organisms are successfully treated with a range of antibiotics.

The strain discovered recently was found to be resistant to the antibiotic vancomycin, which is generally considered a last line of defense in treating this organism.

There has been concern in the medical and public health communities about the development of resistance by bacteria to

"I want to make it perfectly clear that this is not a widespread situation. We have no reason to believe there is any danger to the general public and will aggressively continue the investigation with the assistance of the Centers for Disease Control and Prevention."

James Haveman
Michigan Department of Community Health Director

antibiotics. When antibiotics are used there is a chance that the bacteria will adjust to them and not be affected by them. Development of bacterial resistance to vancomycin is of particular concern because vancomycin is frequently useful in treating serious infections.

"This isolate is not fully resistant to vancomycin, and it is susceptible to other commonly available antibiotics. It may be possible to adequately treat such an organism with increased doses of vancomycin and, or other antibiotics," said Dr. David Johnson, Chief Executive and Medical Executive of the Community Public Health Agency within the Department of Community Health.

"Appropriate hand washing, particularly in the health care setting, is one of the most effective ways to prevent transmission of bacteria like *Staphylococcus aureus*," Johnson said. "Patients should not request, nor health care workers provide, antibiotics without a clear indication for them. When antibiotics are prescribed, the full course should be taken as directed."

Staphylococci are common causes of infections. If resistance to vancomycin develops, there will be problems in treating

these infections. Detection of *Staphylococcus aureus* with decreased susceptibility to this antibiotic is extremely important.

The only other case of *Staphylococcus aureus* with reduced susceptibility to vancomycin that has been reported was in 1996 in Japan.

A laboratory in Michigan recognized a strain with decreased susceptibility and reported it to the State Public Health Laboratory. The finding was confirmed promptly, which set off an investigation to determine the consequences of the infection. An infectious disease epidemiologist from the Centers for Disease Control and Prevention (CDC) was sent to Michigan to assist with the investigation. The main purpose of the investigation is to determine whether this organism with decreased susceptibility had spread to any contacts of the patient. Since the patient was at a hospital and not in the hospital or a health care facility, the contacts were limited.

"I appreciate the cooperation we have received from this individual in our investigation and would urge all involved health care workers to press the issue and the public to recognize this individual's right to confidential health treatment," concluded Haveman.

Exercise can help problem with sagging

EXERCISING
OPTIONSMYRNA
PARTRICH

Q: I have a problem buttock area. My butt is flat and sagging looking, yet, it's got plenty of fat. Can I help it with exercise?

A: May women share this complaint. Bodies are designed to store fat in these areas, which lose shape quickly. Fortunately, the muscle groups here are also some of the strongest in a woman's body. (I'm assuming you are a woman by your handwriting.) Add the right exercises to your workout and you can have well developed curves in no time.

For more variety in butt toning, please see me. I'd prefer it for safety reasons. The gluteus muscle group reacts well to toning and you will see results, I promise!

P.S. Don't forget your other areas. Abdominals are extremely important to strengthen.

Myrna Partrich is co-owner of The Workout Company in Bloomfield Hills. She is also an appointee to the Governor's Council on Physical Fitness and to the Michigan Fitness Foundation.

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, MI 48009. Or fax: (810) 644-1314.

BLOOD DRIVE

To help replenish dwindling blood supplies for the Labor Day weekend, Michigan Opera Theatre and WQRS-FM 105.1 will host a pre-Labor Day blood drive from 9 a.m. to 2 p.m. Saturday, Aug. 30, at the Red Cross donor centers in Bloomfield Hills, Oak Park and Novi. To schedule an appointment, call 1 (800) GIVE-LIFE. Everyone who attempts to donate will receive a special discount voucher for MOT's upcoming presentation of the ballet, Dracula, at the Detroit Opera House, Oct. 9-12. The blood supply for southeastern Michigan reaches dangerously low levels during the summer and holidays when usage of blood rises. The Red

Cross supplies blood to 67 hospitals in Macomb, Oakland, St. Clair, Washtenaw and Wayne counties.

CHILD BIRTH RISKS

Do you breathe or do you blow during a contraction? And what was that relaxation exercise that was so helpful in easing the tension of labor? Those techniques you learned in childbirth classes can fade from your memory and be difficult to recall during subsequent pregnancies. William Beaumont Hospital offers a one-session Childbirth Education Refresher class for expectant couples that reviews relaxation and breathing technique, anesthesia options and the stages of labor and delivery. Classes are scheduled for Thursday, Sept. 4 from 7 to 10 p.m. in Classrooms C and D at Beaumont Rehabilitation and Health Center, 746 Purdy, Birmingham, and Saturday, Sept. 6, 9 a.m. to noon at Beaumont Medical Building Conference Room A and B, 6900

HEALTHY LIVING

Orchard Lake Road, West Bloomfield. The class fee is \$20 and you must register in advance. To register, call (800) 633-7377.

BABY CARE/SAFETY

William Beaumont Hospital in Royal Oak will host a "Baby Care and Safety" class to teach basic care for baby's first year of life. The one-session class will be held on Saturday, Sept. 6 from 11 a.m. to 12:30 p.m. only at Beaumont Administration building, Classroom 3, 3601 W. 13 Mile, Royal Oak. The program will also be offered on Saturday, Sept. 6 from 9 a.m. to 10:30 a.m. at William Beaumont Hospital, Classroom F, 44201 Dequindre Road (at M-59), Troy. The registration fee for the program is \$15 per family. Call (800) 633-7377 to register.

7377 to register. The cost is \$20 per couple.

PREPARING SIBLINGS

To help children adjust to their new role before a baby arrives, William Beaumont Hospital offers the "Big Brother/Big Sister" program for expectant parents and their children. Programs are offered on Saturday, Sept. 6 from 9 a.m. to 10:30 a.m. or from 11 a.m. to 12:30 p.m. only at Beaumont Administration building, Classroom 3, 3601 W. 13 Mile, Royal Oak. The program will also be offered on Saturday, Sept. 6 from 9 a.m. to 10:30 a.m. at William Beaumont Hospital, Classroom F, 44201 Dequindre Road (at M-59), Troy. The registration fee for the program is \$15 per family. Call (800) 633-7377 to register.

CANCER PREVENTION

To help educate women about

the risk factors for breast cancer, prevention aspects, self breast exams and mammograms, the Wilson Cancer Center at William Beaumont Hospital, Troy, is sponsoring a free program, "Preventing and Detecting Breast Cancer" on Tuesday, Sept. 9 from 7 to 8 p.m. in Classroom G, ground floor, Beaumont Hospital, Troy, 44901 Dequindre (at M-59). For more information or to register, call Beaumont's Department of Education at (810) 828-6258.

FOR DADS ONLY

To help new dads learn the basics of infant care techniques, William Beaumont Hospital is offering a one-session class, "For Dads only: A Class for New Fathers." The class will be held on Thursday, Sept. 11 from 7 to 10 p.m. at Beaumont Rehabilitation and Health Center, 746 Purdy, Birmingham. The fee for the program is \$20. Call toll free 1 (800) 633-7377 to

register.

PARENTS TO BE

If you're thinking of having a baby, or already have one on the way, Farmington Hills-based Botsford General Hospital offers "Great Expectations" for parents to be. It runs from 8:30 a.m. to 1:45 p.m. Saturday, Sept. 13, at Botsford General Hospital, 28050 Grand River, Farmington Hills. It covers how to identify fertility signals, how to select a doctor, what your childbirth options are and how to choose the right one for you, the emotional and financial aspects of preparing for parenthood, how to deal with the stresses of family life, and good nutrition and fitness before, during and after pregnancy. The relaxed sessions are presented by professionals: a physician, psychologist and maternal child health nurse. The seminar cost is \$15 per person, which includes continental breakfast and lunch. Preregistration is required. Call (248) 477-6100.