

St. Mary Hospital Introduces New Adult Breathing Program

By W. W. EDGAR
Observer Staff Writer

Without much fanfare or bluster St. Mary Hospital of Livonia has opened its doors to another most unusual public service and it is meeting with considerable success.

The innovation provides for Adult Breathing Classes that are open to persons af-

licted with respiratory disease such as: Emphysema, Asthma, and Chronic Bronchitis, but are limited to non-smokers.

These adult classes are supported by a grant from the Wayne County Tuberculosis and Health Society and St. Mary is the only hospital in the county to offer these breathing exercise classes.

Here is how the new service program operates:

To be eligible for the class, the patient's family doctor must fill in a referral form. One portion of this form is sent to the TB Health Society, while the other portion of this form is sent to the Physical Therapy Department of St. Mary Hospital. These re-

ferred forms are available at either location.

When a minimum of six referrals are received the patients are notified by telephone and a date is set for the first session.

This first session is more of a screening session. The patient is examined by the supervising physician

and the exercise tolerance and pulmonary function tests are being performed. At the conclusion of this procedure the patient is informed of his acceptance for the class or rejected because of test results and physical findings.

When those who are accepted move on to the next session the medical director lectures and explains the

purpose of the class is not to cure emphysema—that can not be done—but to help the patient live more comfortably with the lung capacity he possesses.

At the conclusion of this lecture, Mrs. Hilde Beatty, a member of the TB Health Society staff, talks to the class about respiratory disease problems and follows with the showing of a film pertaining to the subject.

The entire program consists of seven sessions and the remaining five are conducted by Sister Mary Colette, CSSF, a Registered Physical Therapist.

Among the topics covered in these sessions are:

Local relaxation exercise.

Pulmonary drainage.

Diaphragmatic breathing techniques.

Posture exercises.

Considerable attention is given to developing proper breathing techniques when performing the activities of daily living such as walking, stair climbing, and lifting heavy objects.

These sessions, according to Sister Mary Colette, are geared to establish a program of exercise that the patient finds beneficial and can perform easily at home.

When the instruction classes are completed the exercise tolerance and pulmonary function studies again are performed.

Then, after a wait of one month, these tests are repeated—for the third time. At this session the Medical Director sees the patient again and, following this meeting, a complete report is made to the referring physician.

The program, which was started at St. Mary last September, has had three classes to date. Enrollment for the fourth class is now underway and it is expected that sessions should begin later this month.

Thus far the sessions have been highly successful and from the comments received by Sister Mary Columbine, Administrator of the Hospital, from those who have taken part in the sessions, they have been helped substantially.

Objective findings indicate an increase in exercise tolerance in more than 70 per cent of the participating patients.

This is an unusual approach to disease and offers further evidence of the important role St. Mary Hospital plays not only in the community, but in the overall world of health.

Two New Principals Named In Livonia

Superintendent of Livonia School District, Benton Yates announced the appointment of two new principals for the Livonia School District. Both have been involved in the Livonia intern program. One is for Riley Junior High and the other for the new school, yet to be named, in the Bell Creek area that will open September.

Lawrence J. Nichols has been named principal of Riley Junior High school to succeed James L. Caspere who will assume the duties of principal at the new Dickinson Junior High, on Newburgh road north of Six Mile.

Nichols has been assistant principal at Riley, which serves 7th, 8th, and 9th grade students in the Five Mile-Merriman area. He was promoted to his new position by the Livonia Board of Education on the recommendation of

Students who are scheduled to attend the Section 15 school on a gently sloping site in the Bell River area of Livonia will find in their principal an educator who will be able to communicate with them on camping, boating, and fishing as well as on everyday school matters.

Mrs. Venna Matson, named by the Livonia Board of Education to supervise the yet unnamed school now under construction west of Merriman and north of Five Mile road, manages to balance a strenuous educational program by relaxing with her husband as they fish for perch in Lake Michigan or seek plump catfish and trout in the lakes and fast moving streams of Missouri where her relatives and in-laws live.

Mrs. Matson came to Livonia in 1956. She taught fifth grade for one year, was an acting elementary principal for one year, and has been principal of Taft and Hayes elementary schools. Prior to coming to Michigan she taught for ten years in various schools, including four years as a supervisor in the University of Missouri Laboratory school.

The new principal of Section 15 school received her B.A. and M.A. degrees from the University of Missouri. She is currently a doctoral student at the University of Michigan and is studying and doing research in the fields



Lawrence J. Nichols

school Supt. Benton Yates and the secondary school interview committee. Mr. Yates pointed out that Larry Nichols "has demonstrated depth and clarity of thinking on curriculum and administrative processes" as assistant principal at Riley and at Frost Junior High, where he served from 1964 to 1968. Nichols has been in the Livonia system since 1959. In 1961, the new Riley principal was selected as a Livonia Schools Ford Foundation fellow at Wayne State University. He also served as an intern with the Mott Foundation during 1963-64, where he did research on community school projects and curriculum development centers.

"Livonia's junior and senior high school are growing into true community centers," Nichols said. "I hope that still more youth and parents in the Riley neighborhood fully utilize our plant as the center for many different types of cultural, recreation, and civic pursuits."



Mrs. Venna Matson

of elementary educational curriculum and special education.

Mrs. Matson is enthusiastic about the school which is located on a high point overlooking Bell Creek.

The new school, scheduled to open in September, will have 30 rooms.



CELEBRATING 50TH ANNIVERSARY of the Bank of the Commonwealth are branch managers from the Farmington area and Curtis Hall; Township Treasurer Mrs. Elise Avery; and branch manager Edward Hu-

First Federal Plans Gala Opening for New Branch

An open house, starting at 9:30 a.m. Friday, will mark the completion of the newest branch of First Federal Savings of Detroit at 19410 Middlebelt Road, just north of Seven Mile.

Announcement of an opening was made by F. William Manion, branch manager, whose staff has been conducting business in a temporary building while the new

structure was under construction.

Manion said that First Federal was staffed and equipped for the opening of hundreds of new savings accounts during the open house celebration of the association's 21st branch building in the Detroit metropolitan area.

He added that there would be valuable door prizes, gifts and premiums

for persons opening new savings accounts, as well as those who merely drop in to see the new quarters of the branch.

Top prizes of the celebration will be a color television set. There will be 30 other valuable prizes. The color TV set is a 22-inch Sylvania. The other prizes are three portable television sets and 27 transistor radios. These are door prizes, Manion explained, and one doesn't have to open a new account or meet any other requirement to be a lucky winner.

Every visitor during the two-week period will be presented with a mystic grip disc which can be used for opening of jars, bottles, cans and other containers.

Gifts being made available to savers include: an alarm clock, free with a new savings account of \$50 or more; a pen-and-pencil set with a new account of \$50 or more; a new Better Homes and Gardens Garden Book with 20 tab-indexed chapters, 1,200 illustrations, useful directions and ideas for your lawn and garden. This book is free to those opening savings accounts of \$50 or more.

A Globemaster atlas, free with new savings accounts of \$100 or more. The atlas has 160 full-color maps and insets.

All savings accounts at First Federal are insured by a permanent agency of the U.S. Government up to \$15,000. First Federal savers currently receive 4 1/2 per cent annual earnings—highest passbook savings earnings rate in the Detroit area—and computed quarterly.

Manion pointed out that 151,000 First Federal savers have just received a payment of over \$6 million, based on first-quarter 1967 earnings of the association, which is Michigan's largest lender on home mortgages and the state's largest savings and loan institution, with total assets of over \$630 million.

Commenting on the branch opening, Manion said: "We are gratified with both savings and home lending activity in the branch since we opened last year. We foresee even more rapid growth now that our complete new facility is open and ready to serve the people of these Western, Wayne and Southern Oakland county communities."

Members of his staff are: Harold Bremer, Jr., Asst. Mgr., Marie Langly and Leona Makuch.

NEW MODERN BRANCH of First Federal Savings and Loan Association will hold a grand opening Friday. The new structure is located near the intersection of Middlebelt and Seven Mile Roads, across from the Livonia Mall.

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A TWO-DECK English bus carried hundreds of youngsters to the Teen-Age Fair. Leased by Wonderland Center, the veteran of London traffic made six round trips daily during the fair, which closed April 2 after a successful 9-day show at Cobo Hall.

Bandit Takes \$1,700 from Bank

An armed bandit took \$1,700 in currency Monday from a Bank of the Commonwealth branch at Orchard Lake Rd. and 13 Mile in Farmington Township. The holdup occurred about 2 p.m.

Mike Bobby, assistant manager, and Ellen Thompson, cashier, described the man as white, heavy set, with black hair, a black mous-

tache, wearing light brown trousers, a dark jacket and a dark cap.

The bandit was seen driving off in a red, late model Pontiac sedan after the robbery. There was another robbery in the car.

Scout Troop Formed At Stottlemeyer

A new Boy Scout troop for boys between 11 and 17 years of age has been formed by the Stottlemeyer Elementary School PTA in Westland.

The troop meets from 7:30 p.m. every Monday at the school. There are now eight boys in the troop and interested boys or parents call Scoutmaster Ed Garner, at PA. 1-10886 for further information.

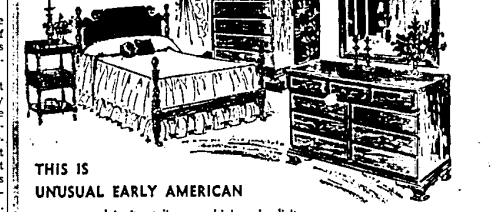
Committee members of Troop 864 are Herbert Ebel, institutional representative; Harold Rusklow, committee chairman; Ed Garner, scoutmaster; C. T. Roan, secretary-treasurer; Roy Olweon, quidman; Jim Perri, properties man; and Andrew Soderberg, committeeman.

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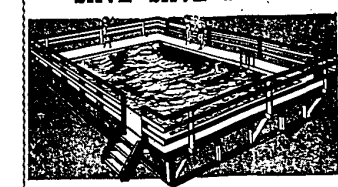
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