

Nurses handle grief

(Continued from page 7A)

Nurses can't always say, "We'll come back when we're not busy." "That's been our crutch for not giving emotional support," she said.

THE WOMEN AGREED one reason why nurses and others may have avoided emotionally supporting patients and family members is the feeling of helplessness—of not knowing what to say.

"We don't learn how to grieve—how to cope with death," Myra said. "That's something that has to be learned. It can't be learned in a book."

What they've learned is it only takes a moment to give emotional support. It may only mean sitting down with a person and acknowledging how she feels or asking how the children are.

"That opens up a flood of needs," said Mrs. Buttery. "We found we don't have to do a lot of talking. We just need to give a speech. We just need to give the person the okay to talk."

The nurses said the classes, which deal with death and dying, are difficult, often reeking with strong emotions that made many return to work with red eyes and noses from crying.

They've heard criticism of the emotional support classes. "Some nurses say they've been doing their work for years without this type of class and why do they need it now," said Myra.

BUT THE NURSES who just completed the class think everyone in the hospital and all new personnel should take it.

"New people come in with an idealistic attitude about working in a hospital," said Mrs. Koch. "Most don't learn this type of supportive skill in school."

Mrs. Buttery didn't have a hard time answering why she and Jones began offering supportive classes for hospital personnel.

"I want everybody who is involved in sudden death, terminal illness and critical care to be treated like I'd like to be treated if this were me or my family," she said.

If the patients and family are treated with emotional support then chances of my family and me getting the same treatment are increased. "That's it in a nutshell. And if that kind of treatment can happen in this institution, there's no reason why it can't happen in others."

Sandra said she didn't want nurses to come across like Crittenton survivors. "We're not trying to take anything away from the physicians. We want to work with the doctors. But we're the ones here 24 hours a day."

ONE OF THE changes in Crittenton attributed to the emotional support classes occurred recently in the outpatient department, where people many who know they are dying, come in for chemotherapy treatments.

"In chemotherapy, people are hard to deal with," said Mrs. Koch. "They are angry about their diseases and want answers. They identify so strongly with the nurses. We're their link with life. What's so precious about them is they don't know how long they'll live."

One day four of the patients, ranging from 25 to 72 years of age, had birthdays. The department personnel had a birthday cake for them.

"It was almost more than I could bear," she said, biting back the tears. "See what I mean," said Mrs. Buttery. "Our people now have permission to take the time to care. In the long run, that's what people remember."

The class will meet from 9:30-11:30 a.m. for six weeks. A seventh class, a reunion, will be scheduled after all the class members have had their babies.

techniques and answering questions of prospective parents, but also gives insight into what happens after the baby is born.

The classes, taught by Linda Foreback, give a well-rounded program aimed at both only childbirth tech-

Calendar

SHOW OF SCULPTURE

Tuesday, Dec. 26: Spectrum Gallery, 2320 Middlebelt, in Chatham Square Mall, features the works of guest artist Lurene Kerner, a sculptress, 10 a.m. to 5:30 p.m. Tuesday through Saturday until Dec. 30.

ONE-WOMAN SHOW

Tuesday, Dec. 26: The works of Jo Schmidt are now on display in a one-woman show in Farmington Hills Community Library on Twelve Mile during regular library hours. Show remains through Dec. 30.

RACQUETBALL LESSONS

Tuesday, Jan. 2: Racquetball lessons for beginners begin this week with options of dates and times in Racquetball Courts of Farmington, 3420 Nine Mile. Fee is \$21 for four one-hour lessons. Registrations are being taken now by the Farmington Hills Parks and Recreation Department, 474-6115.

COMMUNITY CENTER REGISTRATION

Thursday and Friday, Jan. 4-5: Reg-

istration begins for Farmington Community Center's winter term of classes and special events and continues until all classrooms are filled. Arts and crafts instructors will be on hand with exhibits of their work on Thursday from 10 a.m. to 8 p.m. for in-person registrations only.

SKI TOUR AND CANOE TRIP

Sunday, Jan. 7: Ski Tour and Canoe Trip participants cross country ski into the Proud Lake Recreation Area, put their skis in a canoe and paddle back to the starting point on Huron River, beginning at 1 p.m. Limited to those over 14 years of age. Registrations are necessary by calling the Farmington Hills Parks and Recreation Department, 474-6115. Fee is \$3 without ski rental, or \$7 with ski rental, and includes canoe rental and insurance.

ARTS COMMISSION

Tuesday, Jan. 9: Farmington Area Arts Commission regular monthly meeting at 7 p.m. in Farmington Hills City Hall, 31555 Eleven Mile. Open to all interested persons.

Walter and Mary Hintz will mark 60th year

Walter and Mary Hintz will celebrate their 60th wedding anniversary with a mass of thanksgiving on Sunday, Jan. 7, in St. Onegunda Catholic Church in Detroit.

The couple were wed in Detroit's Our Lady of Rosary Church in 1919 and have lived their entire married lives in the Detroit area. They moved to Farmington 35 years ago and maintain residences on Orchard Lake Road and in Winterhaven, Fla.

Hintz is a retired general manager of Borin Brothers, a member of St. Onegunda's ushers society, and because of his association with the Great Lakes Ice Association is known affectionately in those circles as "Mr. Iceman." Mrs. Hintz retains her membership in St. Onegunda's altar society.

The couple have three children, Edward Hintz of Farmington, Albin Hintz of Detroit and Irene Beckwith, now deceased; 16 grandchildren; and 49 great-grandchildren.

About 200 persons are expected to attend a reception celebrating the anniversary.



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'Prepared Childbirth' classes are offered

A series of 'Prepared Childbirth' classes is being offered in Henry Ford Hospital (HFI) West Bloomfield Center beginning Saturday, Jan. 13. Registrations are being taken now. Class size is limited to 10 couples.

The classes, taught by Linda Foreback, give a well-rounded program aimed at both only childbirth tech-

niques and answering questions of prospective parents, but also gives insight into what happens after the baby is born.

The class will meet from 9:30-11:30 a.m. for six weeks. A seventh class, a reunion, will be scheduled after all the class members have had their babies.

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