

Menopause

Book offers hope, ways to cope

By SHIRLEE IDEN

NEW PARENTS have their Dr. Spock. Now menopausal women can turn to "Surviving the Change."

Smile when you read that Joan Israel, one of the book's authors shared when she said it.

Newly written, very newly self-published, "Surviving the Change" is a practical guide to menopause.

Written by four professional, concerned women, the book was published with the hope of providing information and ways to cope for women ages 30 to 60.

"We offer it as support for the menopausal woman who has had very little support traditionally," Mrs. Israel said. And joking aside, none of the authors would mind if it could bring the enlightenment to women that parents have gotten from Spock's "Baby and Child Care."

Authors of the book include Dell Warner, Marilyn Poland, Nancy Reame and Mrs. Israel.

Ms. Warner, host of "Woman to Woman," a weekly television program, also conducts radio interviews and authors "Straight Dope," a weekly newspaper column.

She is coordinator of numerous workshops about menopause, drugs, alcoholism and other problems of middle age and lives in Southfield.

DR. POLAND, a registered nurse and anthropologist, is an assistant professor in gynecology and obstetrics at the Wayne State University School of Medicine.

She has done extensive research on women and published in numerous professional journals. She resides in Detroit.

Dr. Reame, a registered nurse, reproductive physiologist and former airline stewardess is now an associate professor at the University of Michigan.

An Oakland County resident, she is involved in research on the menstrual cycle and contraception. She has published articles in major medical and nursing textbooks.

Mrs. Israel, also of Oakland County, has degrees in social work and is co-editor of "Looking Ahead, A Woman's Guide to the Problems and Joys of Growing Older."

A feminist and psychotherapist, she has been active on the local and national level of the women's movement and has worked with the media to improve the image of women.

"I've always had an interest in women and women growing older," Mrs. Israel explained. "And this book evolved from a need, a need the four of us recognized."

THE IDEA that there was a gap in the literature, that a book on menopause was needed began to evolve more than a year ago.

"Dell and I had a passing relationship," Mrs. Israel said, "I had been on her program a few times. She got a poignant letter from a menopausal woman and put my name as a reference in her column."

"I got nearly 40 letters and calls and we began to sense that need right then."

Ms. Warner and Mrs. Israel organized a coffee rap about menopause in November 1979 at the medical center in Detroit, and expecting a few women, were astounded when several hundred came.

"We had a panel of experts speak and then the women spoke," Mrs. Israel said. "It was like a revival meeting."

A second scheduled rap session drew more than 300 women, some from as far as Algonac. And again, they shared their worries and their stories.

"I asked five or six to come out of the audience and start a group session," Mrs. Israel said. "And they really began to problem solve."

"GROUPS either go or they don't go, and these women just ignored that large audience and communicated."

By this time, the four authors were already acquainted and sharing their experiences with the problems of menopausal women including physical and emotional concerns, nutrition and other concerns.

"We became aware that there was nothing in the literature for women to just carry in their purse with good information," Mrs. Israel said.

"Nothing that wasn't a downer."

In addition to scarce resource material, the women realized that doctors who should have been a first resort for the menopause are a poor source of information.

"Doctors don't take menopause seriously," she explained. "After all, it isn't fatal. And they tend to give tranquilizers. They're busy and may pat you on the head a little."

"Women have difficulty talking to doctors and yet they have questions that badly need answering."

'So many myths need clarifying. There is so much conflicting material out there. Twenty percent of women have real physical problems from menopause and they need help.'

— Joan Israel



JOAN ISRAEL

Call-a-Maid

Hiring domestics — but not paying the toll can be costly

By LORRAINE MCCLISH

Adrienne and Martin Moore, owners and operators of Call-a-Maid, say they have the same problems most small businesses are experiencing with the havoc that today's economy is causing, but legalities are not among them.

The Southfield-based operation keeps a cadre of about 35 domestics busy, sometimes working two shifts a day, with two vans that are kept equally

busy picking up and dropping off help throughout the surrounding suburbs.

"The fees, the insurance, the gas, the workmen's compensation, all add up to a ghastly figure," Moore said, "but I keep on paying it and keep trying to tell people who hire help independently about the trouble they can get into if they don't pay social security and workmen's compensation."

THE COUPLE told the story of a domestic who had worked for the same household on the same day of the week for 15 years. At age 62 she filed for social security.

"She must have thought it (social security) fell out of the heavens, like rain," Moore said. "It was a case of pure ignorance on her part."

"She wasn't out to get anybody into any trouble. She just thought the checks would start coming in the mail after she reached a certain age."

"It was the agency that got after the employer and when they got done with him he had paid all the back social security, plus a penalty, plus interest."

"The domestic sure had no trouble proving where she worked and for how long. She knew all the neighbors and all the relatives. It all went very fast and that guy didn't know what hit him."

Another story concerned a maid,

hired independently, who fell off a three-step ladder while she was cleaning a chandelier.

"If it ever happens to you, settle out of court. Believe me, it's cheaper, and God help you," Moore said.

"How many people do you know that can stand a lawsuit?"

THE MOORES boast they have duplicate keys of any number of their clients' homes, partly because of trust built up over the years, partly because their help is bonded.

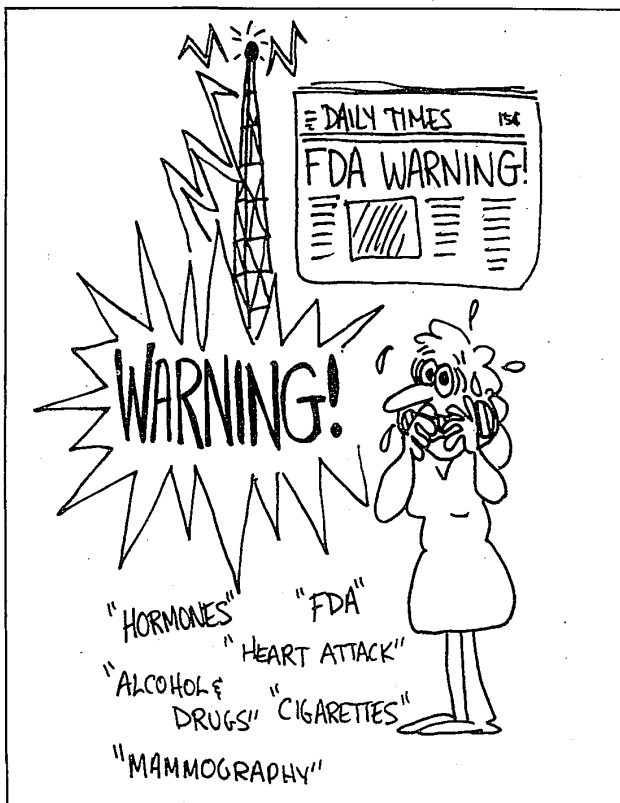
"Anybody can call themselves Jane Doe's Cleaning Service and nobody checks. Nine out of 10 are not registered. They're not paying taxes or insurance. They're not paying a thing and they're cheating everybody," Moore said.

"We all get enough problems without begging for them."

Moore has been ready to give up Call-a-Maid several times, and wouldn't be involved in it now if his wife hadn't assumed full operation of the business about 12 years ago.

Adrienne Moore is adamant that her help is not going to stand on a corner waiting for a bus, so she continues to pay for the vans and the gas they take for 200 miles-a-day trips.

"The maids are picked up on time



Dan Fenech translated the author's thoughts into cartoons like this one that are funny without being demeaning.

"For instance, estrogen therapy is very controversial. We can't say estrogen causes cancer, there's no absolute proof, but you should be in a lot of pain before going on it."

"And it's been found that some women become more sexual after menopause because the fear of pregnancy is no longer there."

When the idea for the book was conceived, much of the material came from letters from women received by Ms. Warner. The authors had insight from them into the most commonly asked questions.

"We made up questionnaires too, which became the basis of the book," Mrs. Israel said.

ABOUT a year ago, the actual writing began. It went on in regular sessions for the four of them until the end

of September. "We met at least once a week and it became a wonderful vehicle for the four of us to get to know one another," she said.

Every word of the book was read aloud at least once. Medical topics were handled by Dr. Poland and Dr. Reame. Each handled areas they felt expert in.

At the end, they decided to publish "Surviving the Change" themselves. Mrs. Israel said that was an education in itself. But that hurdle was vaulted and now they are involved in marketing and publicizing the book.

"So many myths need clarifying," she said. "There is so much conflicting material out there. Twenty percent of women have real physical problems from menopause and they need help."

"Surviving the Change" describes the physical signs of the change, discusses

symptoms, sex during menopause, changes at that time of life and tells how to cope.

It touches on health care, relates personal experiences, has a question and answer section, letters and a glossary of terms.

MRS. ISRAEL contends there's nothing quite like it on the market and hopes it will give women confidence to talk to about themselves and menopause.

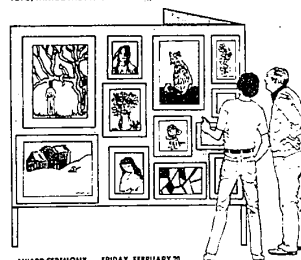
"We envision a second book, a woman's guide to the male menopause," she said.

"Surviving the Change" is available at Hudson's, I. Brown's, Dalton's and Metro News at \$5.95. It can be ordered from Cinnabar Press, Box 32772, Detroit 48232 for \$7.95 to cover postage and handling.

ARTSPHERE '81

THRU FEBRUARY 22

The Pontiac Mall presents its 19th Annual Oakland County Art Show... a fine art competition featuring creative talents of Oakland County Artists. Exhibit categories include Oils, Watercolors, Acrylics, Jewelry, Graphics, Drawing, Pastel, Calligraphy, Textile, Sculpture, Mixed Media and Collage. FINE ART SOLD DAILY.



AWARD CEREMONY... FRIDAY, FEBRUARY 20
AT 5:00 P.M. IN THE AUDITORIUM
TELEGRAPH & LUTHERAN RD., WATERFORD TWP.
DAILY 9:30-5:00 SATS 11:00-5:00

pontiac mall



ADRIENNE MOORE