

Teens get inside look at careers in nursing

Metropolitan Detroit high school students interested in careers as nurses are getting an individualized view of one aspect of the profession through a orientation program this spring at Madonna's Madonna College.

"As participants in 'Focus on Nursing' series, the students visit Madonna's nursing division for a day of learning about self-paced education in family acute care and community health nursing.

May 14 is the day scheduled for students from Farmington High School to

visit the college.

Professional nurses on staff are available to answer questions concerning nursing training, as well as career opportunities in the field. The students are then taken to lunch by those who are majoring in nursing.

"I want to help people add know that I'm needed," said Ann Strickfaden, a visitor from Farmington Hills. Ms. Strickfaden, a senior at Southwest Oakland Vocational Education Center, said she enjoyed sitting in on the classes and observing the interaction between stu-

dents and professors.

"In today's job market," she continued, "nursing is becoming more and more an excellent field to go into."

Southwest Oakland is one of seven suburban schools that will be involved in the sit-in program during May.

"AS EDUCATORS are concerned about the national trend of declining numbers of students interested in nursing," said Madonna Nursing Division chairperson Noreen O'Neill.

"We're more concerned that the profession is perceived as one with fewer high level career opportunities," she said.

She counters this by saying that nursing education on the baccalaureate level emphasizes leadership skills, the promotion of health and prevention of disease — all to prepare students for expanded job opportunities and responsibilities in management.

"The doctor's hand-maiden image of the nurse is fading, if not completely gone," she said. "As a caring professional, today's nurse is a problem solver, a health educator and a team player with a specific scope of practice that constitutes a unique commodity for society," Mrs. O'Neill said.

Madonna College, which awards a bachelor of science in nursing degree, will extend its "hands on" orientation program to include the working nurse through an evening "Credit Clinic" planned for 7 p.m. Tuesday, May 12, in the campus activities center.

Faculty members and counselors will give preliminary evaluation of credits and answer the questions of registered nurses interested in continuing their professional education through a BSN degree.

Inquiries will be taken by calling the Nursing Division, Madonna College, 591-5155.



Professor Janet Wolf (right) demonstrates a basic technique in Madonna's Health Instruction center to students from Southwest Oakland Vocational Educational Center in Wixom. It was one of the stops on the day-long campus and classroom visit for Amy Salvadore (left), Ann Strickfaden, Kathy Ford and Monica Hilger, all of Farmington Hills. The "Focus on Nursing" series is sponsored by the college to promote nursing as a career for the '80s.

Self-management class aids smokers and dieters

A stress self-management class with aimed at smokers and dieters begins at 7:30 p.m. Tuesday, May 5, in the Farmington YMCA, 28100 Farmington Road.

The class was devised by Larry Gettelman, a certified fitness instructor for the YMCA.

Gettelman is also a reformed two-and-a-half pack a day smoker who lost 50 pounds after putting into practice his own techniques.

"It's absolutely amazing," Gettelman said, "to find what we can achieve when we overcome fear of failure and the unknown. A few simple techniques and some usable knowledge can change our entire lives from hard work to play."

He believes his devices are fun ways to neutralize the forces that compel you to do what you do.

He teaches auto-suggestion which is aimed to overcome the hypnotic-like forces that compel you away from what you really want. He teaches knowledge systems that explain how the personality is constructed.

All of his methods are those that the participants can test for themselves and include relaxation or meditation techniques.

Gettelman says, "Armed with usable knowledge, you can start to enjoy more of life now. You have every right to enjoy all of life without being compelled by self-destructive behavior."

Persons are invited to register before the first class. Cost is \$50 for non-members and \$40 for Y members.

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Mrs. Johnson honored with surprise party

A surprise open house was hosted by Lessie Johnson's three children in honor of both her 65th birthday and her retirement.

The open house, held in Farmington Village Cooperative Clubhouse, was arranged by her children, Diane Johnson, Ethel Barrera and Kenneth Johnson.

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