

Dealing with death researched

An Oakland Community College dean will discuss "The Cancer Experience and Kubler-Ross' Stages of Dying" in a special presentation at the Southern Sociological Convention in Atlanta April 8-9.

Dr. Donald Nichols, academic dean for Arts and Sciences at OCC's Orchard Ridge Campus, based his speech on interviews with cancer patients and his own encounter with the disease. He will incorporate new insights into the theory of death and dying.

He contends that people who have different forms of cancer go through the stages described by Elizabeth Kubler-Ross, noted psychologist and author of the best seller "On Death and Dying."

"I have found that patients live through the five stages in the first few days following the diagnosis," Nichols

said. "This provides them with an opportunity for emotional release necessary for adjustment during the treatment phase. This phenomenon is found even among those who conquer cancer, and this group is getting larger all the time."

Nichols will urge the sociologist to see the necessity for providing social supports for cancer patients while they are moving through the stages of denial, anger, bargaining, depression, and acceptance.

"Family members and friends are crucial to the healing process. Rather than avoiding the patient, these significant folks should be available when needed."

Nichols' article on the cancer experience will be published in the spring issue of the Journal of Psychology and Christianity. He also will present a related study at the Christian Association for Psychological Studies Convention in Chicago at the end of April.

The Southern Sociological Society is composed of college and university faculty in the social and behavioral sciences in the Southeastern United States.

Nichols received his doctorate in social psychology from the University of Michigan and has done research on social problems related to drug abuse, health facilities and staffing at two years colleges, and the stress concerns of professionals.



Don Nichols

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obituaries

LETA L. SEILER REIGERS HEFFLER

Mrs. Heffler, 59, of Farmington Hills died March 18 in Balafoford Hospital.

Born in Hamilton, Ohio, Mrs. Heffler was a homemaker.

Survivors include her son, Alfred Heffler; daughter, Shelley Reigers; and two grandchildren.

Services were March 21 at Heeney-Sundquist Funeral Home, Farmington, Mass. was at St. Clare of Assisi Catholic Church with the Rev. Joseph Drogowski officiating. Burial was in St. Stephens Cemetery, Hamilton, Ohio.

JOHN A. BURNIE

Mr. Burnie, 97, of Farmington Hills died March 19 in Whitehall Convalescent Home.

Born in Canada, Mr. Burnie was a retired accountant with Chrysler Corp. Survivors include his sons, John and James; daughter, Helen Gardam; nine grandchildren; and three great-grandchildren.

Learn sign language

Learn to communicate better with deaf people. An Introduction to Sign Language class will be held at Madonna College in Livonia.

M. Meldrum, instructor in Sign Language studies and director of Educational Support Services, will teach the class.

Participants will learn the fundamentals of sign language and gestural

Services were March 22 at Evergreen Cemetery in Bloomfield, Ontario, with the Rev. Dr. J.H. Webster officiating. Arrangements were made by Heeney-Sundquist Funeral Home, Farmington.

communications systems. Meldrum said.

Classes will be 4-6:30 p.m. Mondays and Wednesdays, May 2 through June 13. For more information about the workshop, call 591-5132.

Madonna College, a four-year, coeducational liberal arts college, is located at I-96 and Levan Road in Livonia.

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It is necessary to eat reasonably to provide the calcium needed for bone growth and remodeling and the vitamin C required in order to insure a foundation of strong surrounding tissue. Overeating isn't advisable for those who have back pain as the excess weight interferes with the ability to stand and walk properly.

You may have heard of the "Arthritis Cookbook" or a low fat diet that is said to prevent rheumatoid arthritis. Such dietary regimens have no scientific basis and are not approved by rheumatologists. What is common sense for good nutrition holds true for arthritis. The best arthritis diet is any diet that provides you with sufficient protein and the appropriate calories to meet your needs, and with enough calcium and vitamins to permit your bones to remain strong.

Dr. Weiss welcomes questions. Please address your inquiries to his office.

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