

# Intervention from page 1H

tor told Tom's mother about the intervention before it took place, removing the element of surprise. "She fought it," Tom said. His mother also insisted on going home first, before she would talk to them.

At home, she did listen, especially to a stranger — another woman, a recovering alcoholic — whom Genger had asked to join the group. "Everyone spoke but me," he said. "I could see her cracking." His turn was last, but he never did need to talk, as she had already agreed to treatment.

"She said, 'Let's go.' We picked her up and admitted her to Maplegrove." Tom said his mother hasn't had a drink since the intervention a year ago. "She still goes to AA every day and shows no sign of relapse. She loves her AA and has made a whole new group of friends."

### Confronted in office

Both family and co-workers cooperated at an intervention for which a Southfield man was the subject six years ago. "Frank"

(not his real name) said, "My wife and my boss got it together," describing the confrontation that surprised him at a business office "meeting."

Frank stopped drinking after his treatment at Maplegrove, and nowadays, sometimes helps Genger by participating in interventions at her request. He also does some informational sessions on intervention for Maplegrove.

Looking back on his own intervention, "My overall gut feeling is that it gave me back my life," he says gratefully.

# How to set up an intervention

A family member who wants an intervention for an alcoholic may contact a private therapist, or make plans through a treatment center such as Maplegrove in West Bloomfield.

At Maplegrove, where individuals are treated for alcoholism or other drug dependency, a family member can call to schedule an appointment regarding the intervention program. Mary Flebig, who helps lead the interventions, is the contact person.

Lorna McEwen, Maplegrove's public relations manager, stressed, "There are times when an intervention is not the thing to do. It won't work too well if they (family members) haven't tried everything else."

She explained that if the family or others have already attempted and failed to persuade the alcoholic to seek treatment, then an intervention may be appropriate. Sometimes, a family group may have tried an "intervention" on its own, without success. McEwen said, "It's not like a professionally-led intervention, when a leader is objective."

Maplegrove's staff involvement includes the person who leads the intervention, as well as a therapist who oversees the process. Interventions are usually held at Maplegrove, but the person with the alcohol problem is not told ahead of time what will be happening there.

### 'It won't work too well if they (family members) haven't tried everything else.'

Lorna McEwen  
PR manager

Maplegrove offers both residential and outpatient treatment, with separate facilities for adults and teens. Interventions are not designed for teens because their parents usually have some control over them in the home, McEwen said.

Cheryl Davidge, therapist with

Associates of Birmingham, is among the private counselors who do substance abuse therapy and conduct interventions. She said, "By precipitating the crisis, you may save someone's life or a lot of years before they realize they're in trouble."

Frequently, the alcoholic has been approached individually about his or her drinking problem by many of the same people who gather for the intervention. Intervention works because "The power of a roomful of people saying it all at the same time, and repeating the message, carries so much more weight. It wears the denial down."

# Car program examines women's view of autos

Women's influence in the auto industry will be the focus of the event hosted by Troy Ford President Irma Elder will be held Wednesday at Troy Ford, 777 John R. Registration begins at 6 p.m. There is no admission charge. For reservations call Ann O'Leary at Troy Ford at 597-5134.

In addition to Koehls-Gaunt's insights, the evening will include handwriting analysis by Ruth Holmes and informal modeling by Saks Fifth Avenue.

"For many years, male influence has prevailed in the automotive companies' product decisions," said Elder. "Suddenly, women are voicing their preferences and the industry is listening and responding to this new, important market."

# Health from page 1H

choice of food for meals and snacks can only be to their advantage.

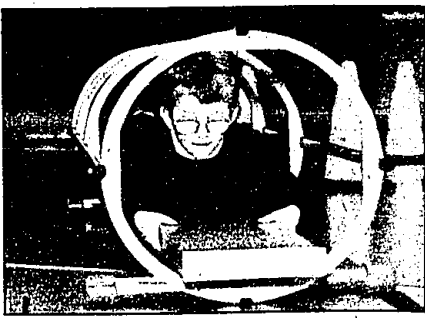
Students from kindergarten through fifth grade will represent 19 Farmington schools at Healthy Kids Day, 1-4 p.m. Saturday at the Farmington Y. Youngsters visiting the Y that day with their families can take a physical fitness test, with different stations. "Kids can go through and test themselves," Robin Suggs said. Pullup ball, a sit-and-reach bench, a mile run on an indoor track, situps and calliper tests for percentage of body fat are included in the test.

Available to families will be an open swim, racquetball courts, and the Wellness Center — a weight room with exercise equipment. "Also, different nonprofit corporations will have booths, there will be nurses from Beaumont, a bike safety demonstration, exercise for preschool and early elementary kids in the multipurpose room," Suggs said.

Various food companies will provide healthy foods such as fresh-squeezed orange juice and cut-up oranges.

At the Birmingham Y, the Healthy Kids Day program starts at noon and runs till 3 p.m. "We're emphasizing children but also having things for the whole family," said Pat Lundy, senior program director. Flyers were distributed to Birmingham area schools, inviting youngsters and their parents to attend the event.

A preschool Olympics for 2-5 year olds, with games and prizes, will be held at noon. A teen step demonstration, for ages 11-14, is scheduled for 12:30 p.m., followed by a gymnastics exhibition with the Y's girls' team. A swim team



Through the paces: Evan Finley does an exercise routine at Fairview Early Childhood Center.

exhibition at 1:30 p.m. features the boys and girls team, which has been a national champion.

Water aerobics for adults and teens who are attending Healthy Kids Day will be offered at 2 p.m., as well as an aerobic "jam" for the entire family. Another family activity is scheduled for 2:30 p.m. with the martial art form known as aikido. Youth fitness testing, to check blood pressure, fat percentage and flexibility, also is being given. Tours of the building will be available during the day.

For the visitors, Lundy said the program "will let them know about exercising — the fact that our kids are not exercising is a great concern — and are not est-

ing properly."

An example of good eating will be highlighted at the South Oakland Y in Royal Oak, with a Healthy Kids Breakfast for 2 1/2 to 5 year olds and their parents 7:30-8:30 a.m. Friday. Cost is 50 cents for children and \$1 for adults.

"It will be a nutritious breakfast — fruit, juice, muffins and bagels, nothing heavy, everything light," said Linda Braun, child-care director. A representative from the Oakland County Health Department will answer questions during the hour.

The breakfast, open to the public, is offered in conjunction with the preschool and child care program at the Y.

# Program centers on voice disorder

For 30,000 Americans who suffer with a rare voice disorder called spasmodic dysphonia, limited speaking skills can make the world a very lonely and isolated place.

Those who seek help for this chronic disorder are required to undergo repeated treatments for the rest of their lives.

To help sufferers deal with the hardships of spasmodic dysphonia, William Beaumont Hospital, Royal Oak, now offers a new Communication Loss Counseling Program, where professional support from a speech-language pathologist is provided in a small group setting.

Beaumont's Communication Loss Counseling Program is designed for individuals who have been diagnosed with spasmodic dysphonia, but have not yet received treatment, as well as those who are undergoing treatment for the disorder.

Unlike the Spasmodic Dysphonia Support Group of Southeastern Michigan, which continues to

meet at Beaumont, the Communication Loss Counseling Program is limited to a 10-week period and is moderated by group treatment specialist Susan Ewing, M.A., from Beaumont's Speech and Language Pathology Department.

Fee for each 90-minute counseling session is \$7, or a total of \$70 for the 10-week program. Individuals interested in participating can request a program application by calling 351-2100. Application deadline is April 5.

meet at Beaumont, the Communication Loss Counseling Program is limited to a 10-week period and is moderated by group treatment specialist Susan Ewing, M.A., from Beaumont's Speech and Language Pathology Department.

Fee for each 90-minute counseling session is \$7, or a total of \$70 for the 10-week program. Individuals interested in participating can request a program application by calling 351-2100. Application deadline is April 5.

**CUSTOM DESIGNED WOODWORK**

When you want...  
 • Commission wood furniture  
 • Built-in bookcases  
 • Libraries  
 • Mantels  
 • Crown Mouldings  
 • Finish trim carpentry

You deserve...  
 • Choice  
 • Expertise  
 • Responsibility  
 • Artistry  
 • Fulfillment

Our references guarantee it.  
 Timeless designs... Installation that endures...  
 Hruso Treasures (313) 629-1406

**After Breast Surgery, All New & Just for you**

**ALWAYS 20% OFF**

Sensational colors and styling! A collection of exquisitely fashioned suits that flatter and fit perfectly. Most suits have molded cups and powernet girdles. All are made of Antron® nylon and Lycra® spandex, and many have matching cover-ups and skirts for patio and casual wear. See the full line today!

*Naturalbees*  
 by CAPPE

All Fittings Done By Appointment  
 In A Professional and Feminine Atmosphere  
 Two certified fitters on staff at all times

**Annette's Boutique**  
 39880 Van Dyke, Suite 205, Sterling Heights • 795-5020

**Finding a Dentist In a new community isn't easy...**

And most newcomers say that's one of their first assignments after they move in. Getting To Know You is the newcomer specialist who helps new families pick the health professionals they need. If you want to help new families in town to better health, pick Getting To Know You.

**GETTING TO KNOW YOU**

WELCOMING NEWCOMERS NATIONWIDE

For sponsorship details, call  
 (800) 645-6376  
 In New York State (800) 632-0400

**Affording the best is not the question...finding the best is.**

A first...  
 Apartment living in a Skilled Nursing Facility

For the discriminating person requiring an elegant environment

**Bortz Health Care**  
 Family owned and operated for over 33 years  
 Medicare approved

CALL 363-4121

For our limousine to pick you up for a personal tour of our facility, 6470 Aiden Drive, Orchard Lake

**Peachwood Inn**

3500 W. South Boulevard, Rochester Hills  
 313-852-7800

Medicare Certified      Tours by appointment Monday-Friday

Assisted Living  
 Basic and Skilled Nursing  
 Physical, Occupational, Speech Therapy  
 Special Care Unit for Alzheimer's and other dementias

Hair Salon, Ice Cream Parlour, Restaurant, Movie Theater, Gift Shop, Guest Room, Social, Recreational and Religious Activities.  
 Choice of accommodations with private baths and landscaped views