

Support from page 1C

son may be good." "I had a CAT scan today," the woman continued. "I go out in the morning, and I'm tired by noon. I'm not lazy. I can't do it. I had open-heart surgery, and I wound up with this tracheotomy." She also is diabetic, and had to retire, she said. "People will do things for me, but it was hard to ask at first."

"This group had one more week-

ly session to go. After the seventh week, they continue to gather for monthly discussions, without speakers, at people's homes. A facilitator contacts them on where the meeting will be held.

For more information about the Cancer Support Group for Those Who Live With Cancer, contact the church at 651-9361. You don't need to be a member of St. Paul's to be a part of a group.

Check long-term health care costs



RENEE MAHLER

give me some suggestions as to what to look for?

A. Perhaps the most important thing to consider especially as your husband is so young, is cost. By this I don't simply mean daily costs, but you must look at the long-term costs. While it is important that your husband receive the best possible care, you cannot forget that you have financial needs as well. Your health and welfare are equally as important.

Q. My husband has Alzheimer's Disease. He is only 73. I can still take care of him but I am beginning to look at nursing homes and I want to be prepared when I can no longer care for him at home. Can you give me some suggestions as to what to look for?

Medicare would pay for up to 100 days of care should he ever require what Medicare considers skilled nursing care, and Medicaid will pay when private-pay funds are no longer available.

Secondly, look at the type of services offered by different facilities and ask what is and what is not included in the daily room rate. At first glance, the daily room rate may seem reasonable. It is the charges for services such

as incontinence care, grooming and dressing, feeding and medications that may drive the daily rate higher than you expected.

Find out under what circumstances, if any, that the facility cannot or will not care for the Alzheimer's or dementia resident. Some places will not house people who wander, or are incontinent. Finding out each facility's admissions and retention policies could save you from perhaps having to make an additional move. Ask if the facility has a special care unit for people with dementias and what differentiates that unit from the others in the building. Is there an additional charge for that unit?

You are absolutely correct in visiting nursing homes before the need becomes imperative. You have to do your homework and you have to use your own good intuition. Choose a home that not only meets your financial situation, but one that feels and looks right to you.

("Cancer" Insurance), or No. 24 ("Long-term care" or "nursing home care" Insurance). Write to the Michigan Insurance Bureau, P.O. Box 30320, Lansing 48909.

Blue Cross Blue Shield of Michigan has several publications concerning one's health. These include "Fat Facts," a guide to cholesterol and dietary fat; "Passport to Good Health," a prescription drug and medical information log; and "Stepping Out," which contains tips for beginning a walking program.

Also available is "Breast Self-Exam Card" showing the correct method of self-examination. To receive any or all of these brochures, call the Community Affairs Department's toll-free Senior Help Line at 1-800-327-9148.

If you have a question about your Social Security or Medicare benefits, you can get "When You Get Social Security Retirement or Survivors Benefits: What You Need to Know." Write the Department of Health and Human Services, Social Security Administration, Baltimore, MD 21235 for SSA Publication No. 05-10077.

For a copy of "The Medicare 1993 Handbook" write to the Department of Health and Human Services, Health Care Financing Administration, 6325 Security Boulevard, Baltimore, MD 21207-5187. Ask for Publication No. HCFA 10050.

Renee Mahler is a gerontologist and the director of communications and admission at a Rochester Hills nursing facility. She is a former member of the Michigan State Commission on Services to the Aging.

To leave a message for Mahler, from a touch-tone phone, call 939-2047, Ext. 1669. Send your questions to her at the Observer & Centric, 805 E. Maple, Birmingham 48009.

Hot Line from page 1C

Bronn stated that prostate cancer is, "The number two cancer killer in men," and that the lay press had misinterpreted the information it received.

Bronn is a clinical associate professor of radiation oncology at Wayne State University in Detroit. Besides St. Joe's, hospitals where he is on staff include Crittenton, Grace, Huron Valley, Children's, and Pontiac Osteopathic. MIRO also provides radiation therapy for patients from Beaumont, Harper, the University of Michigan and Henry Ford.

Referring to MIRO, he also said, "We are the only ones, other than U-M, that has routine three-dimensional treatment planning, utilizing the CAT scans and magnetic resonance imaging."

Bronn pointed out that early breast cancer, in Stage I and II, is "over 80 percent curable. Cancer across the board is 60 percent curable — breast cancer, prostate, voice box and Hodgkin's disease." He said cancers with a poor prognosis are lung, gastrointestinal, advanced breast, head and neck, and bladder.

Anyone who discovers a suspi-

cious lump should see his or her physician, and if a cancer diagnosis is made, the patient should ask if there is an oncologist to provide an interdisciplinary approach, for treatment, Bronn said.

"We are the patient explores all the different specialties," Administrative director Bagne said that sometimes cancer patients "ask about the inconvenience of the treatment, but the ambulance will bring the patient from their hospital (right to the radiation facility) and it is all covered by insurance."

If a patient has radiation at MIRO, Bagne noted, "We coordinate all their physicians, appointments and tests, so it doesn't become a scheduling nightmare for the patient."

The MIRO hot line not only answers questions about cancer but will provide, and mail out literature on the subject. "We have hundreds of pamphlets to send out free," Bagne said.

Bronn stressed, "The old-time radiotherapy was not very sophisticated. While some patients today may have a fear of radiation, "the side effects are minimal."

Program helps with siblings

William Beaumont Hospital offers the "Sibling Preparation Program" for expectant parents and their children.

For children ages 3 to 5, or for parents who have children too young to participate, separate sessions will be held Saturday, July 10, and Saturday, July 24, at William Beaumont Hospital, Troy,

44201 Dequindre. The program is free, and open to parents who expect to deliver or have recently delivered a child at Beaumont. Call 1-800-633-7377 to register.

Children who attend the program for ages 3-5 will be given a tour of Beaumont's obstetrical unit.

FASHION CALENDAR

FRIDAY, JULY 9

Rear Ends

Casual clothing from Rear Ends informally modeled noon to 2 p.m. at Le Metro restaurant in Applegate Square, Northwestern Highway between 12 and 13 Mile roads in Southfield.

Trunk show

Peggy Jennings fall trunk show of evening dresses and gowns, with representative visit 10 a.m. to 4 p.m. and informal modeling 11 a.m. to 3 p.m. in Couture Salon, Level Three, at Neiman Marcus at the Somerset Collection in Troy.

Fall knits

Helen Hau Fall '93 collection of knits through Saturday, July 10, at Rox & Sherm at Bloomfield Plaza, Maple and Telegraph roads, in Bloomfield Township.

Mary McFadden

Mary McFadden Autumn '93 Collection with special representative John Murphy in Designer Salon, second floor, at Saks Fifth

Avenue at the Somerset Collection in Troy.

MONDAY, JULY 12

Loritta Lorlan

Trunk showing of couture outerwear for boys and girls, with representative, at tea 2-4 p.m. at the Bloomfield Plaza, 6562 Telegraph at Maple Road in Bloomfield Township.

THURSDAY, JULY 15

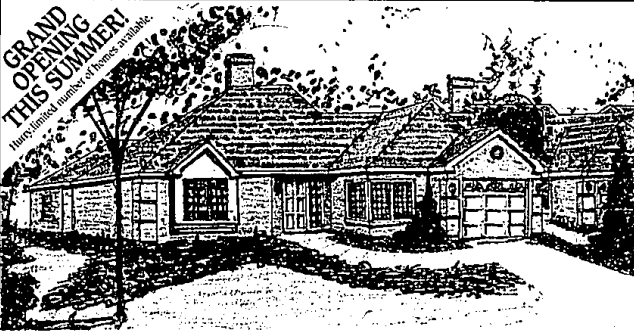
Jewelry clothes

Jewelry and casual clothes from Ceel's informally modeled noon to 2 p.m. at Stage & Co. restaurant at the Boardwalk Shopping Center, Orchard Lake Road, south of Maple Road, in West Bloomfield.

Hino & Malee

Hino & Malee appear in person, to preview their collection for fall '93, with representative Elaine Louie, 10 a.m. to 8 p.m. Thursday, July 15, and 10 a.m. to 6 p.m. Friday-Saturday, July 16-17, at Rox & Sherm, 6536 Telegraph in Bloomfield Plaza in Bloomfield Township.

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