

OBSERVER & ECCENTRIC HEALTHY LIVING

Helping hand

The Detroit Medical Center's Children's Hospital of Michigan recently received \$247,647 from United Way Community Services to provide social services to pediatric patients and families and support patient care to children with cystic fibrosis for the 1998-99 year.

Funds will also be used to sustain the Children's Hospital of Michigan Regional Poison Control Center and the HIV peer prevention program.

The allocation was announced by Al Lucarelli, chair of United Way Community Services' Fund Distribution Committee. The funds were raised during the United Way Torch Drive, which provides allocations to some 130 health and human service agencies helping more than 1.7 million people throughout Wayne, Oakland and Macomb counties.

"These allocations are possible because the people of this community care about their friends and neighbors in need," said United Way Community Services President and CEO Virgil H. Carr. "They generously gave 69.4 million dollars to the 1997 Torch Drive to support the essential services provided by agencies like Children's Hospital of Michigan."

St. Joseph Mercy-Oakland

St. Joseph Mercy-Oakland offers a variety of programs and services designed to meet the health care and educational needs of the community. For dates, times and locations of the following programs and services, please call the Mercy Health Line at 1-800-372-6094 (unless otherwise noted). The registered nurses and physician referral coordinators will be glad to help you register, when necessary, for programs and classes and are your source for physician referral and health care information. If you would like a physician directory, please call the public relations department at 248-858-3160.

Athletic Health Center — Open to anyone with a sports related injury. Requires a doctor's prescription.

Behavioral Medicine — Mental health care and substance abuse treatment for all ages at the Harold E. Fox Center.

CPR (Cardiopulmonary Resuscitation) Classes — Adult and infant CPR instruction.

Cranbrook Hospice Care — Provides skilled nursing care and support services to terminally ill patients and their families.

First Aid — Classes offered through the American Red Cross. Call 248-334-3375.

Grief Counseling — Pastoral Care Services offers counseling for families and friends who have lost loved ones.

Joint Care Center — Provides care beginning from the time the patient decides to have a new joint and continues through their last home therapy. Call 858-3227 for more information.

Mercy Courtesy Van — Free service for patients who have no other transportation to the hospital or the affiliates.

Mercy Health Information Library — Offers pre-recorded messages on a wide range of health topics. For a free directory of phone access codes for the health topics you may wish to hear, call 1-800-372-6094.

Mercy Place — Neighborhood clinic offering free medical services for those in need. Call 248-333-0940.

Parish Nurse Program — A holistic care information and preventative health care service to people in the congregation and neighborhood. Promotes and fosters health and healing.

Pharmacy — Pharmaceutical services provided by the St. Joseph Mercy Professional Pharmacy. Call 248-858-3059.

Smokeless System — Addresses all the physical, psychological and behavioral aspects of smoking. A professional will teach you proven techniques that will enable you to quit smoking while curbing your withdrawal discomfort and control your weight. Call 810-781-0914.

Substance Abuse — Intensive outpatient program for all ages at the Harold E. Fox Center.

Urgent Care Center — Separates patients with minor medical and surgical problems from more acute patients seen in the Emergency Center. Provides medical care in non life-threatening situations after your doctor's office has closed.

Prostate Cancer Symposium

Bob Novak, a CNN reporter and prostate cancer survivor, will be the keynote speaker for the upcoming "International Prostate Cancer Symposium for the Patient."

The free, two-day symposium will take place at the Power Center on the University of Michigan campus, Saturday, Aug. 1 and Sunday, Aug. 2. It is sponsored by the U-M Comprehensive Cancer Center and the U-M Section of Urology with support from Zeneca Pharmaceuticals.

National experts will discuss alternative and conventional treatments for prostate cancer, including recent medical advances; the role of diet, nutrition, herbs and supplements; gene therapy and other promising treatments currently being tested; and impotence and incontinence treatments.

The symposium will also feature a women's information session and demonstrations of alternative therapies such as acupuncture, meditation and healing touch.

Sessions will be presented by medical faculty from the National Institutes of Health, M.D. Anderson Cancer Center in Houston, Memorial Cancer Center in New York, Emory University, Wayne State University, Cleveland Clinic, the University of Washington, the University of Texas, and the University of Michigan Health System.

Discounted accommodations and airfare are available and complimentary lunches and receptions will be provided. Space is limited, however, so early registration is recommended. Call 1-800-836-7633 to register.

The role of nutrition

Dr. Martin Tamilar, a specialist in the area of fibromyalgia, will present "The Role of Nutrition in Proper Health Maintenance" on Tuesday, July 28 in Livonia.

Scheduled for 7 p.m.-9 p.m. at the Livonia Civic Center Library auditorium, there is no fee or registration required to attend.

The library is located at 3277 Five Mile Road, between Farmington Road and Hubbard. Call Sharon Ostalecki at (248) 344-4063 for additional information.

Healthy Living spotlights Oakland County-related health and medical news and information. To submit items for consideration, write to staff writer Chris Mayer at: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009. Or fax 248-644-1314.

Child raising requires skill

I consistently preach and write about parenting issues. One issue that continues to boggle my mind is why do so many people become parents? A society that possesses the intelligence to go to the moon and create wondrous technology continues to have incompetent child-raisers.

Any animal has the ability to create another living being. To raise a child properly, however, takes skill. These skills are not genetically predetermined, rather they require education. To become a teacher, doctor, attorney, engineer and/or editor, formal training and/or education is needed. The most difficult job of all — raising children properly — requires no training! Even some form of training or education is required to drive a car, use a cash register, cook french fries or swipe a credit card.

If I had it my way (and I don't), potential parents would need to pass a test prior to having a child. Since this is my fantasy, I would also write the test. Having said that, I developed a parenting pretest. Let's see how you do on the first eight questions.

1. You want to have children because:
 - A. That's what married people do.
 - B. Everyone has them.
 - C. Children are a by-product of our lives.
2. When you and your spouse think about children:
 - A. You should not discuss these things, just let nature take its course.
 - B. Plan on having as many children as you can.
 - C. Plan and discuss things like the number of children, role of both parents, the effects upon job, career, etc.
3. When your child cries in the middle of the night:
 - A. Ignore the cries.
 - B. Yell, scream and shake the child until he or she calms down.
 - C. Attend to the need whether its food, a diaper change or the need to be held.
4. You need a few things from the grocery store. You:
 - A. Leave your three-year-old home alone.
 - B. Lock the child in the car while you shop.
 - C. Take the child in the store with you or leave the child with a baby-sitter.
5. At the store your child knocks over a display. You respond by:
 - A. Slapping and spanking your child.
 - B. Screaming at the child and making him or her pick things up.
 - C. Having both of you pick things up and talk about what happened. You also question yourself and try to identify steps that led to this event.
6. Your four-year-old child accidentally spills a glass of milk. You:
 - A. Slap the child's hands and scold him or her.
 - B. Sarcastically yell at the child.
 - C. Both clean it up as you discuss how people make mistakes.
7. Your six-year-old just hit your youngest child. It's best to:
 - A. Punish the child as quickly as possible by perhaps slapping his or her hands or yelling.
 - B. Ignore the behavior.
 - C. Rationally explain how hitting is unacceptable and how it affects the sibling.
8. Which best describes your philosophy about children?
 - A. They should be seen and not heard.
 - B. Parents need to control children's behavior.
 - C. Children are people with feelings, needs and their own points of view.

Hopefully, you recognized that choice C was always the correct answer. I'm not sure how you responded, but if one thousand people took this mock test we would see a variety of responses. The necessary skills of an effective parent require the ability to nurture, guide and model. Parenting is not a part-time position that ends when you're tired or frustrated. Nor is it healthy for a child to spend an inordinate amount of time with a nanny or a baby-sitter or as daycare.

Providing a safe and loving environment is the primary role of a parent. Children are no different from adults. They feel, have specific needs and possess their own way of reasoning. Parents who know this don't depend on power, coercion or trickery to raise children. They read and understand the fine print many overlook: "Many tools are required for healthy assembly."

(Dr. Keith Levick is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. You can reach him at 248-661-6625 or send him an e-mail at levick@aol.com.)



DR. KEITH LEVICK

13th annual Heart of the Hills 5K & 10K

When Saturday, July 25
Where: Bloomfield Hills Andover High School, located off Long Lake Road just west of Telegraph.
Time: Both races begin at 8 a.m.
Race-day registration lasts from 8:45 a.m.-7:30 a.m. at Andover.
Age groups (\$K/10K): 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
Awards: Savings bonds to first, second- and third-place male and female finishers in 5K and 10K races, and first-place male and female masters division (40-over) finishers. Medals to top 60 in 10K and top 25 in 5K.
For more information: Contact Total Runner in person, by phone at 248-354-1177 or online at www.runmichigan.com/totalrunner.

Prominent event pumps life into summer season

Last year's Heart of the Hills road race in Bloomfield Hills featured a little of everything: a thunderstorm just hours before the scheduled start; a pair of record-setting performances in the five kilometer race; and a noteworthy performance by a first-time participant.

The result was another memorable day for one of the summer racing season's many jewels. And this year's Heart of the Hills figures to belated the tradition.

Presented by PaineWebber, the 13th annual Heart of the Hills 5K and 10K races kicks off the morning of Saturday, July 25 at Bloomfield Hills Andover High School. Start time is 8 a.m.

"We're looking forward to an exciting event this year," said Dr. Tony Sakorafas, one of four Charles "Chip" Lee, Brian Mackenzie and Jim Jaros are the others.

"It would be nice if we didn't have a thunderstorm blow through the race on the morning of the race," Sakorafas added, jokingly. "We still had around 850 participants show up last year and that's the number we're looking at this year."

One person who'll be in attendance is Bloomfield Township resident and Rochester Adams graduate Kathy Rink. Participating in her first Heart of the Hills event, Rink cruised to victory in last year's women's 10-kilometer race in a time of 38 minutes, 35 seconds.

"I usually go into a race with a certain time in mind," said Rink, who got married just a few weeks before last year's Heart of the Hills. "Last year I had 38:38 — which isn't super fast because of the course — but I'd like to break the 38-minute mark this year. This year there is no wedding and honeymoon on the schedule."

Two new records were set last year at the Heart of the Hills, which is designed to support local youth-assistance activities. Drew MacAulay of Windsor, Ontario, Canada clocked a 15:33 in the men's 5K race, while Sydney Pounds captured the women's 5K crown in a time of 18:23.

The Masters division (age 40-over) defending champs are:

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DEFENDING CHAMPS

Men's 5K	1997	Drew MacAulay	15:33
Women's 5K	1997	Sydney Pounds	18:23
Men's 10K	1997	Bob Masters	33:00
Women's 10K	1997	Kathy Rink	38:38

* — course record

Kids need to learn healthy lifestyles

Out of every four American children is overweight, according to the American Dietetic Association. In Michigan, that number increases to approximately one in three children.

These statistics are astonishing considering how much information floods the news about the importance of healthy eating habits and exercise. The good news is that parents can help their children maintain a healthy weight by encouraging physical activity and healthy eating habits.

Children, like adults, gain weight when they eat more calories than they then use during daily activities.

Children require more nutrients and calories (depending on their ages) than adults because they need them for proper growth. Therefore, parents need to be careful about restricting their kids' caloric consumption. The focus instead should be on eating appropriate amounts of a variety of

foods and increasing physical activity.

Parents can interest their kids in healthy eating by emphasizing fun and family involvement. Let children help with food shopping and preparation. It's always more fun to eat what you have helped select and prepare.

Keep food varied and interesting, providing children with an array of fruits and vegetables of different colors, textures, shapes and sizes like kiwis, oranges, red peppers, and broccoli.

Also, keep in mind that kids love dipping. You can make low or non-fat sauce out of yogurt and cinnamon for dipping fruit, or spices mixed with low or non-fat sour cream for vegetables.

When food is cut into interesting shapes or served in a different way like in a kabob or with fancy toothpicks, it will catch your child's attention.

In order to ensure a balanced, low-fat diet, it is recommended that children, as well as adults, eat food from each of the five food groups — grains, fruits, vegetables, dairy, and meat/poultry/fish — on a daily basis.

Selections from the dairy group should be low-fat and those from the meat group should be lean and

skinless.

Grains, fruits and vegetables supply the body with carbohydrates which are the body's preferred source of energy for physical activity. It is vital that children get lots of physical activity because of the numerous health benefits.

Besides being an important part of weight management, exercise also reduces stress and builds self-confidence. Regular exercise, coupled with healthy eating through life, can help reduce the risk of heart disease, high blood pressure and diabetes.

As parents you can get your kids off the couch by involving the whole family in physical activity. Make a ritual out of taking family walks. Plan nature hikes and canoeing trips where children can feel adventurous without even realizing that they're getting exercise.

Teach children to swim and bicycle at a young age so they can start enjoying these activities with you early in life. Even helping with chores can be good exercise!

Gardening, shoveling snow and raking leaves are excellent ways to be physically active and with these activities you can see the results of giving children an added feeling of accomplishment.

With younger kids, fun games like throwing and catching a ball is a good way to get exercise, plus it teaches coordination and promotes family bonding. There are fun exercises with your kids and once they see how enjoyable it is, they'll naturally want to be physically active on their own.

If you exercise daily, enjoy healthy, low-fat foods and snack on fruits and vegetables instead of chips and cookies. Your children are more likely to follow suit if you set a good example.

Encouraging a healthy lifestyle during childhood — whether your kids have a weight problem or not — helps build healthy habits for a lifetime.

I read every one of your letters and I love your comments! Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, MI 48334-2974. For more information on Weight Watchers, call 1-888-3FLORINE.

(Florie Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)



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