

Choosing A Nursing Home Involves Many Decisions

Choosing a nursing home for a relative, a friend or possibly for yourself is an important decision. A new pamphlet from the American Medical Association offers valuable suggestions to help you with the decision.

Ideally, a nursing home is a facility which provides the best nursing care in an environment as physically and psychologically homelike as possible. It may be a proprietary (privately owned) facility; under church or other non-profit auspices; or a tax-supported governmental institution.

The nursing home generally will offer one or more of these types of service:

- Residential care—room, board, laundry facilities and personal courtesies, such as help with shopping or correspondence;
 - Personal care—personal services such as help in walking, getting in and out of bed, bathing, dressing and eating, and the preparation of special diets;
 - Nursing care—nursing procedures and treatments of the untrained person, including administering of medications, injections, catheterizations and similar procedures ordered by an attending physician.
- To help you determine the level of nursing care offered, the National Council for the Accreditation of Nursing Homes accredits nursing homes in three categories:
- An intensive nursing care facility, which provides nursing serv-

ice under the supervision of a registered professional nurse (RN), and an RN is on duty at all times;

- A skilled nursing care facility, which also is under the supervision of a full-time RN, and an RN or a licensed practical nurse (LPN) is on duty at all times;
- An intermediate care facility, which is supervised by a full-time RN or a full-time LPN, with an attendant on duty and alert at all times.

THE MOST important aid in deciding whether a nursing home is the best answer to a particular situation, and which particular home is most suitable, is a complete physical examination of the patient by a physician.

The physician will then be able to assist in selecting the home. He may be able to provide a list of nursing homes in the area offering the type of service needed. Another excellent source of information is your state affiliate of the American Nursing Home Association.

Your community welfare council, health or welfare department may also have information on homes in your area.

When visiting a nursing home in seeking an institution for the patient, there are some basic questions to ask:

What type of patients does the home accept? Is the home licensed by the state or local licensing agency? Ask to see the certificate of licensure;

• Does the institution require a physical examination and a physician's orders for treatment prior to or immediately after admitting the patient? A good nursing home will insist on this information;

• Is there a staff physician who actually spends time in the nursing home with the patients and the nursing staff? Does the home report regularly on the patient's condition to his personal physician?

• What level of nursing supervision is provided?

• What provision does the home have for dental care of patients?

• Are facilities available for patient rehabilitation? Are they used regularly? Look for the home that tries to keep patients active and helps them take care of themselves as much as possible;

• Is the nursing staff trained in basic rehabilitation techniques? A good staff will understand and use techniques for preventing deformity and contracture of muscles, for retraining in self-care (eating, dressing, bathing, walking, etc.)

• Are there adequate safety precautions? A plan for evacuation in case of fire should be posted and the staff should be drilled periodically;

• Does the home maintain high standards in its food service?

Does the home prepare therapeutic diets when needed?

Determine whether the nursing home has a general homelike atmosphere. Are the floors clean, the lawn trimmed? Is there sufficient space for each patient? Observe the attitude of the staff and the patients, as to whether relationships are amiable. If possible, visit a patient at an off-hour when you aren't on tour.

Adequate recreational services also should be available. Look for a certificate of accreditation by the National Council on Accreditation of Nursing Homes, and for diplomas and certificates of nursing home study on display, particularly in the administrator's office.

FIND OUT about costs. What does the rate cover in addition to nursing care, room and board? Are extra charges made for drugs, special diets, extra nursing care, and such personal services as shampoo, haircuts, shaving?

A quality nursing home will make every reasonable effort to help restore patients to the maximum degree of independence and self-help possible. For many patients, such a facility will not be the "end of the road" but an intermediate step between the hospital and independent living at home.

Top Teen Plans Medical Career

By DICK SWANEY
Teen Consultant

John David Bartleson is recognized as one of the most popular students at Groves High School. John David, called J. D. by everyone, is described by his fellow students and teachers at Groves as a superior student and an extremely friendly person.

He has served his school in a variety of activities. He is a member of the National Honor Society, Pep Club, Varsity Club and a member of the Debate squad. He also has participated on the varsity cross-country and baseball teams. Currently J. D. is serving as president of the Student Council.



AS AN HONOR student J. D. maintains a solid A average and he is ranked second in his senior class. He also was announced as a National Merit Scholarship Semifinalist.

This past summer J. D. attended the National Science Foundation Institute held at Michigan State University. In August he also participated in a leadership workshop held at the University of Michigan. He recalls both of these conferences as very valuable and fun experiences.

Upon graduation next June J. D. has Michigan State University in mind for his further education. He would like to study medicine and then pursue a career as a doctor.

J. D. is the son of Mr. and Mrs. J. D. Bartleson, 27267 West 14 Mile Road, Franklin.

Winter Camp Program Set By B'ham Y

Boys and girls from eight to 12 are invited by the Birmingham YMCA to spend a part of their Christmas vacation at Camp Ohio.

The children will leave the Y by bus at 2 p.m. on Dec. 29 and return at 3 p.m. on Jan. 1, giving them three days of sledding, tobogganing, and skating on cleared rinks on Fish Lake.

They will also have campfires, movies, a cookout, group singing and a New Year's Eve party during their stay.

THE WINTERIZED cabins are assigned by friendship and age with seven campers and one counselor per cabin.

The fee covers counselors, complete health and accident insurance, nine meals, three nights lodging, snacks, prizes and entertainment.

A deposit will reserve a bunk, with the remaining fee due on Dec. 1.

An equipment and clothing list will be given to parents.

Skate, Ski Sale Set in Franklin

The Franklin Community Association announces its annual skate and ski sale from 11 a.m. to 3 p.m. Saturday, in the Franklin School multi-purpose room.

Sellers are asked to tag skates, ski boots and clothing with the size, price desired, and name. Items should be dropped off at Franklin Hardware, Leslie Cleaners or George Spindler's residence at 3118 Hamble.

The association takes 10 percent of the selling price for the service (for a 25-cent minimum). The balance will be mailed to the seller by check after the sale.

THIS YEAR professional help will be on hand to advise buyers on fitting and selecting ski equipment.

The youth committee of the Franklin Community Association sponsors the sale, which last year brought people from all over the township. Over 300 sales were transacted and the number is expected to be exceeded this year, necessitating the bigger room.

Installation of a ski tow on the hill in the village recreation area is underway and Mt. Franklin promises to be ready for use when the season begins.

The Birmingham Eccentric

BIRMINGHAM, MICHIGAN
NOVEMBER 27, 1964

The reverent man will assert that the manifestation of true gratitude for the good things already received is the best guarantee that he may receive more blessings as the months roll on. Gratitude—fervent and humble gratitude—is undoubtedly a character quality whose worth cannot be determined by any material system. Possession of it opens that wondrous highway that brings "the peace that passeth understanding." (GRA)

SECTION
G

IN THIS SECTION:
General News

Sailor Is Aboard USS Constellation

Donald K. Schmidt, boatswain's mate seaman, USN, son of Dr. and Mrs. Henry S. Schmidt, 1245 Derby Rd., Birmingham, is serving aboard the attack aircraft carrier USS Constellation, operating out of San Francisco, Calif.

Constellation, one of the Navy's mobile floating airbases, provides fuel, maintenance and supplies for more than 80 aircraft of assorted types and sizes.

The ship is operated by more than 4,000 men and can operate continuously for months at a time, covering 600 miles a day with speeds up to 40 miles per hour.

Her flight deck is longer than three football fields laid end-to-end, its widest point being over 250 feet. The flight deck is large enough to hold both luxury liner Queen Elizabeth and Queen Mary side-by-side.

La Belles

INVITES YOU TO AN AUTOGRAPH PARTY
for a distinguished Birmingham author
MONDAY, November 30—at LaBelles, 3 to 6 P.M.

S. L. A. Marshall
Brigadier General USAR-Ret.

S. L. A. Marshall, author of "The American Heritage History of World War I," is a Birmingham resident at 897 Westchester Way.

A veteran of both World Wars, Brig. Gen. "Slam" Marshall (USAR Ret.) has been described by Carl Sandburg as "the greatest of writers on modern war."

Among previous books are "Blitzkrieg," "Armies on Wheels," "The River and the Gauntlet," "Island Victory," "Night Drop" and "Battle at Bost."

This is Marshall's first book about World War I, a conflict he experienced firsthand and has studied for more than 40 years.



THE AMERICAN HERITAGE
HISTORY OF WORLD WAR I

The stirring text is by one of America's foremost military historians, Brigadier General S. L. A. Marshall. The 360 pictures—many in color—and 29 remarkable overviews of the battles and major campaigns form the most fascinating and lavish visual record of World War I.

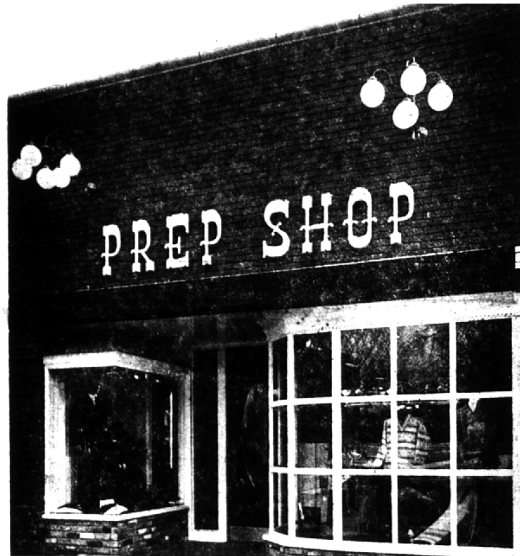
Here is the terror, courage and despair of a civilization bent on self-destruction; the Marne, Tannenberg, Ypres, Gallipoli, Verdun, the Somme, the Russian Revolution, Chateau-Thierry, Belleau Wood, Saint-Mihiel, Meuse-Argonne. Here are great photographs of the face of war: going over the top; life in the trenches; the seared landscape of the Western front; the U-boat campaign and the war in the air; plus colorful recruiting posters, paintings, drawings and sketches.

Authoritative, moving, beautifully produced—this is the book to which our generation can turn for a clear and dramatic account of the First World War as it was really fought. Size 8 1/2 x 11 1/2, 384 pages.

Regular edition: \$12.95 pre-Christmas, \$16.50 thereafter
Deluxe edition: \$15.45 pre-Christmas, \$19.00 thereafter



La Belles
One Hundred Thirty-Seven
West Maple, Birmingham
644-3030



The Door To Perfect Christmas Giving

THE PREP SHOP

237 Pierce Street