

To Your Good Health!

Special Supplement to The Newsweekly

Tuesday, October 24, 1995

71 years young... and she really ROLLS!

By SALLY RUMMEL

Flora Mae Cooper, 71 years young of East Lansing, has always been a role model for her 11 children, 29 great-grandchildren and two-great-grandchildren.

You really can call her a "roll model" — as this young-thinking, active Great-Grandma takes to the streets on roller street skates seven days a week!

The mother of Caseville resident Jo Champagne, Cooper skated in the Pigeon Farmers' Festival Parade this past summer, where we were lucky to get her to slow down long enough to snap this photo. She's pictured here with daughter Jo and another daughter, Jackie Viola.

"As long as I can remember, Mom always liked staying fit with (early fitness guru) Jack LaLane on TV," says Champagne.

"I think we all have tried to incorporate some of her thinking into our own mothering," she adds, herself a mother of two and grandmother of one.

Flora Mae and her husband John, do have some Thumb roots of their own. An employe of Detroit Edison throughout his professional life, John moved his family up to Bad Axe in the early 1970s, after having spent the majority of their years in Port Huron.

Jo, who was 20 at the time, stayed here, where she met her husband Joe, and now they have raised their family here.

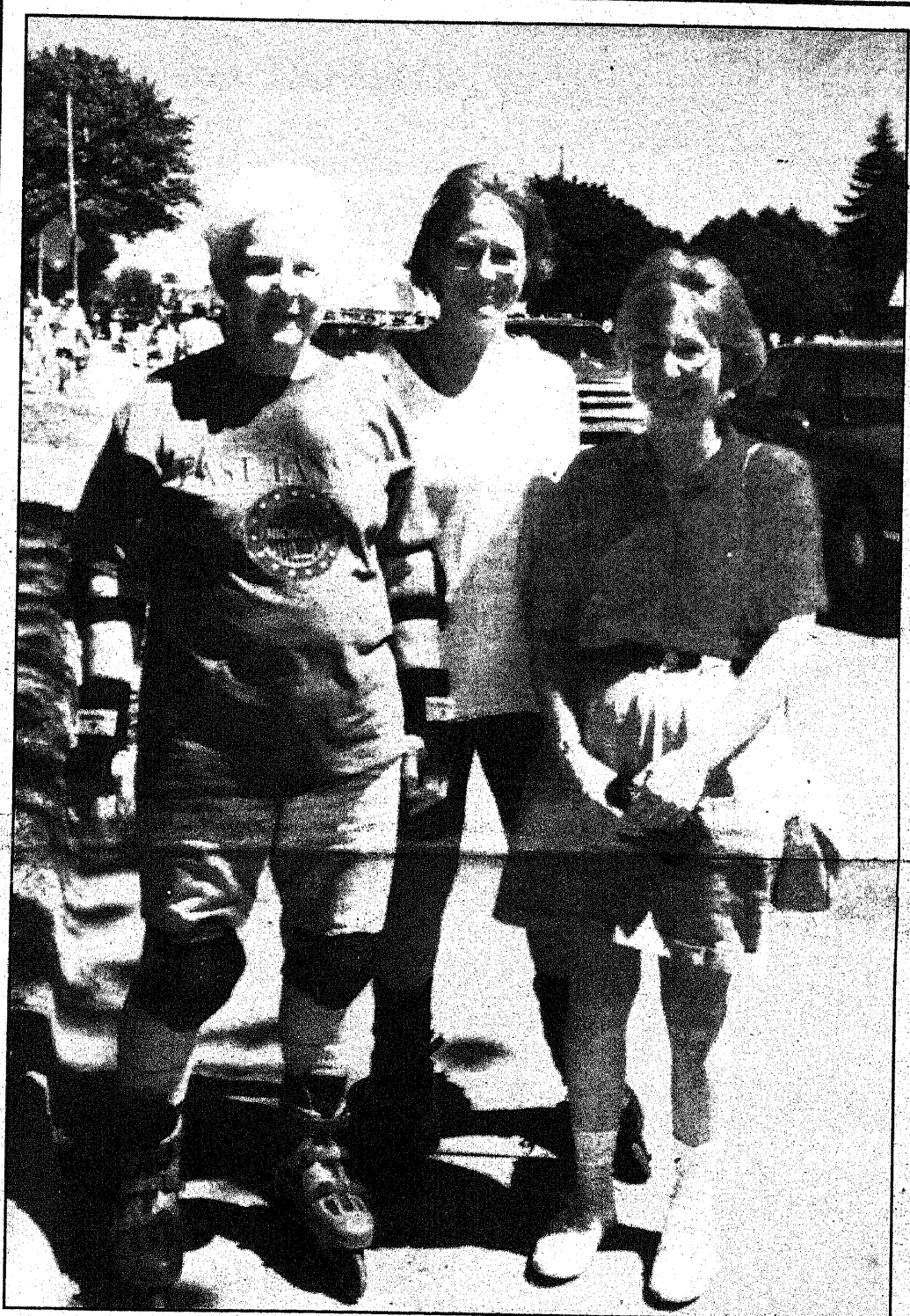
Jo works as Human Resource Director for Scheurer Hospital in Pigeon and credits much of her professional success to her mother.

"Where I am today is because of her," she says of her mother. "When I was growing up, it was always like the story 'The Little Engine That Could.' Mom and Dad always stressed what we could do, not what we couldn't do."

Home for the Coopers is a subdivision in East Lansing, where they enjoy being around all the college "action." While Flora Mae dons her rollerblades, husband John can be found next to her on his wheels — bicycle wheels, that is. He prefers more quiet pursuits, like his "Better Homes and Garden"-style garden and woodcrafts, but he has also caught the "fitness bug" from Flora Mae.

When inclement weather hits, this rollerblading Great-Grandma doesn't hang up her skates. She skates within the more comfortable confines of a local school gymnasium.

Flora Mae Cooper is a shining example of living life to the fullest — at any age.



Thumb Bone Marrow Registry starts Nov. 6

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What's new on Chronic Fatigue Syndrome?

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Hunting season may mean Lyme Disease from ticks

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Percy Ross thanks Red Cross volunteers

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Advocacy for Seniors and Physically Challenged

Toni Watterworth, a resident of Caseville near the tip of Michigan's Thumb Area, views the world from her unique perspective — from her wheelchair.

My View From Here

By Toni Watterworth

Contact her by writing:
Toni Watterworth
6150 State St.
Caseville, MI 48725

Groups are growing in the United States to fight for and protect the rights of Seniors and the Physically Challenged. These two parties are basically striving for the same things, even though Physically Challenged individuals often haven't had opportunities to set up some of the same resources.

It takes time, as well as physical ability, to obtain ways to support yourself — two things most of our Handicapped citizens lack!

Our congressmen are now proposing laws to cut Medicare benefits, while raising the cost of Medicare so much that many of us won't even be able to pay for it.

At the same time, they're trying to find a way to figure out the cost-of-living raises, so they're smaller! These same congressmen are afraid of all the protests from all the groups advocating for our rights!

Maybe Robin Hood had the right idea — robbing from the rich and giving to the poor. At least they can afford it.

went to one in Port Huron. It was amazing to find out some of the abuses of Physically Challenged people our society is still condoning! Even more amazing is the ignorance of our legislature!

Next I joined CATCs (Community Assistive Technology

Councils,) the backbone of the TECH 2000 Project. Volunteers comprise this organization that provides information about AT (Assistive Technology) devices, services and funding in the area. CATCs also help bring about changes to increase access to AT. Right now, there are 20

of these groups in Michigan.

On Oct. 10, 1995, the fourth annual "TECH Day" was held in Lansing. There were many booths with information on all subjects that could interest Physically Challenged people. The speakers made you feel as they they've had some of the same problems you've had.

We need to support the Disability Rights Coalition because this group will continue to fight for laws to help make our lives easier.

Huron Behavioral Health Services is new agency name

Huron County Community Mental Health Services Board adopted a name change at its September board meeting, taking effect Oct. 30.

A committee made up of both board members and staff recommended the name change to "Huron Behavioral Health Services."


The term behavioral health is a generic term which includes mental health, counseling, substance abuse or other social and psychological health services, members say. This term is now used universally by managed care health organizations as well as federal and state funding sources.

Details are available by writing Huron Behavioral Health Services, 1108 S. Van Dyke, Bad Axe, MI 48413 or call 517-269-9293 (TDD 517-269-8966.)

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Project spearheaded by Pigeon resident Chris Wineman

Thumb Bone Marrow Registry Drive starts Nov. 6

By SALLY RUMMEL

When Mike Wineman of Pigeon underwent a life-saving bone marrow transplant on Dec. 28, 1994 to cure Aplastic Anemia, his mother Chris Wineman made a decision to help others in need of transplants when her son recovered.

Now 10 months later, nine-year-old Mike has returned to the classroom at Pigeon Elementary School as a fourth grader, and mom Chris has set out to form the area's first Thumb Area Bone Marrow Registry Drive.

Set for Monday, Nov. 6 from 2 to 7 p.m. at St. Francis Borgia Parish Hall in Pigeon, this Registry Drive is intended for interested community people who would like to help others — such as the 28-year-old man in Europe who donated bone marrow for Mike.

"If you're between the ages of 18 and 55 and are willing to donate bone marrow to anyone who needs it and matches your marrow, come and join the National Bone Marrow Registry," invites Chris Wineman, who is organizing the drive with the help of funds from the Elkton and Pigeon Lions Club.

"All you need is a commitment to help others and have three tubes of your blood drawn for analysis."

Making the decision to join the Registry doesn't necessarily mean that a person will be called to donate bone marrow, according to the National Marrow Donor Program. The odds of matching a patient vary widely, depending upon the rarity of the patient's tissue type.

However, if a person is identified as a matched donor, they be the only person who can provide lifesaving marrow for that patient.

The actual procedure for entering the Registry is much like that for donating blood, according to Wineman, who is also a Registered Nurse.

In addition to help from local RNs who will do the blood testing, other community helpers will include members of the Scheurer Hospital Auxiliary, who will label tubes and provide refreshments. "The whole procedure should take less than an hour," she adds.

This is the first time that a Thumb Area Bone Marrow Registry Drive has been formed, and many of the Wineman's family, friends and community supporters have expressed interest in seeing it become a reality.

There's another way people who want to help can donate.

Because it costs \$40.00 to have each person tested for



MIKE WINEMAN
His mother starts registry

blood compatibility, funds are also needed to cover the cost of the testing, organizers say.

Right now, there are enough funds to cover the cost of 150 people to be tested. Any additional funds that are collected beyond the number of people who turn out to be tested will be sent directly to the National Registry to be used for other blood drives that need funding.

Donations of money may be made out to the National Bone Marrow Registry and sent to P.O. Box 374, Pigeon, MI 48755.

Mike's bone marrow transplant came almost 10 months after he was diagnosed with a very rare, potentially fatal

disease called Aplastic Anemia, which is the failure of bone marrow to produce blood cells. It results in anemia, serious infections and bleeding and its only cure — after drug therapy which may or may not be effective — is a bone marrow transplant.

"We are still waiting for the first year to be completed so

we can contact Mike's donor in Europe," says Wineman.

The transplant procedure is done anonymously for the protection of both the donor and the recipient, but after the first year, the National Marrow Donor Program coordinators will assist patients and donors who wish to meet.

Only 5 to 6,000 cases of

Aplastic Anemia are reported each year in the U.S. and its cause is unknown, although it appears that some environmental factors may be related.

For more information on this drive, contact the American Red Cross at 1-800-968-4283, ext. 330 or 338, or call the Wineman family at 517-453-2336 after 4 p.m.

Help 'clean up' Huron Nature Center this Saturday

Help prepare "your" Huron County Nature Center for the winter, volunteers invite.

Join in for a few hours this Saturday, Oct. 28 to help spruce up the Nature Center from 9 a.m. to noon.

Interested persons should meet at the Nature Center parking lot on Loosmore Road, 1/2 mile south of Oak Beach, just south of M-25 between Caseville and Port Austin.

Bring along a rake, shovel and a five-gallon plastic pail and organizers will provide anything of a speciality nature. Workers will be working on some of the existing trails and facilities and helping prepare the new access-

sible trail for completion this fall.

The group will break at noon for a bowl of Marie Leiprandt's homemade chili. Drinks and dessert will also be provided. Men, women,

youth and adult organizations are all welcome, they say.

Keep Dec. 18 open for the next scheduled event, the winter cookout. Watch for more details to come.

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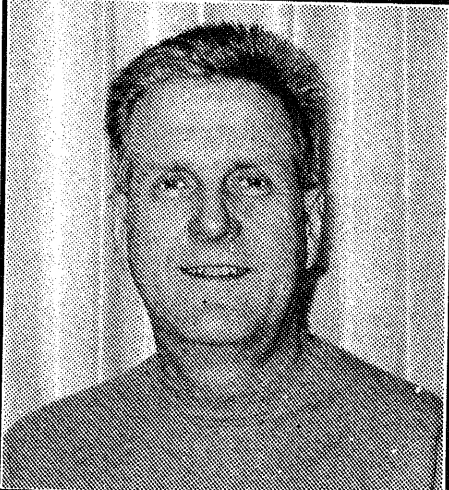
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New Ambulatory Care offered at Scheurer

By AMY HEIDEN

It's been a while since a baby was born in the maternity ward at Scheurer Hospital in Pigeon, as more and more pregnant women travel as far as Bay City and Saginaw for their baby's delivery.

With an entire ward sitting empty, Scheurer officials decided to make good use of that unused space and opened an ambulatory surgery unit. The ward is situated perfectly for such a use, says Ambulatory Care Nurse Kitty Brautigam, R.N., B.A. "The surgical suites and the recovery room are directly connected to this ward," she says. "We haven't had to do any renovation or move any walls."

And because the ward's entrance doors are right next to the lobby, patients can leave with some degree of privacy, Brautigam says.

Scheurer Hospital joins a growing trend in hospitals opening beds for ambulatory care. Only one in five surgical patients will require an overnight stay in an acute care bed, statistics show, while many surgeries can be done on an outpatient basis.

That's where the "ambulatory" part comes in, as patients undergoing outpatient

surgery can go home the same day, barring complications. "The trend is to keep patients for a shorter time," Brautigam says.

A patient about to have surgery will visit the hospital a few days before to have lab work done and to fill out admission papers.

On the day of the surgery, he or she will check into the ambulatory care unit for a pre-operative assessment by Brautigam. She'll check the patient's blood pressure and temperature and make sure the patient is actually well enough to undergo the operation.

The nurse-anesthetist also calls on the patient for a pre-op interview.

At Scheurer Hospital, some of the outpatient surgical procedures include carpal tunnel release, cataract surgery, arthroscopy, lesion removal and breast biopsies, among others.

Most importantly, the ambulatory, or "walking," patient gets the same level of care as a patient staying overnight or longer, Brautigam says.

"Because the operating room is so close, the operating room staff can back me up in case of complications,"

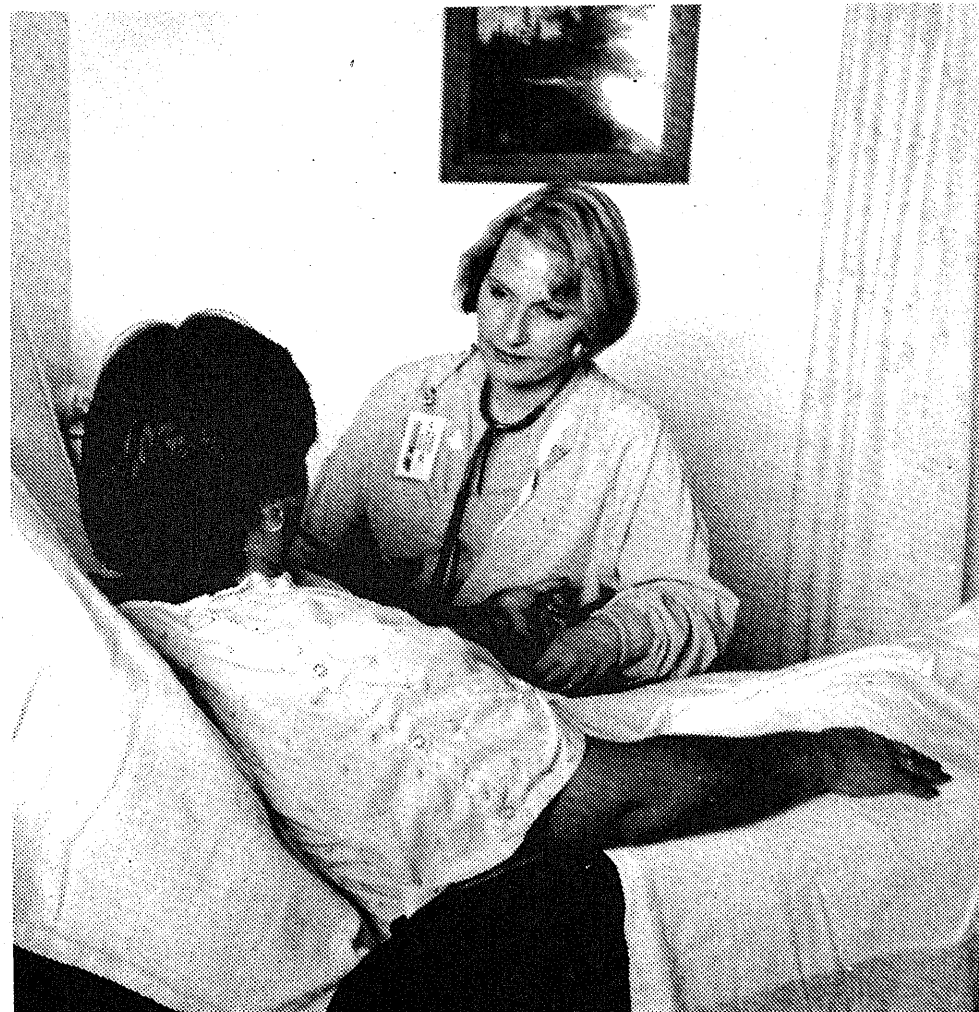
she says. "We have very strict guidelines for discharge and if a patient can't go home for some reason, we would transfer them to acute care."

After discharge, Brautigam follows up in a day or two with a phone call to check on the patient.

"It's like a nurse's visit on the phone and it's very helpful in answering questions," she says.

The new ambulatory care unit is quite a plus for Scheurer Hospital, Brautigam says.

"We took an existing part of the building and used it for a new purpose," she says. "It was a smart move and it's an efficient way to staff the hospital."



AMBULATORY CARE Nurse Kitty Brautigam checks the blood pressure on a patient about to undergo outpatient surgery at Scheurer Hospital of Pigeon. AMY HEIDEN PHOTO

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Formally - Huron County Community Mental Health Services
1108 S. Van Dyke, Bad Axe, Michigan

Henry Engelhard helps preserve history

By AMY HEIDEN

Making sure an integral part of Bay Port's history isn't lost, Henry Engelhard recently put his memories on tape.

He was interviewed as part of the 4-H Folkpatterns Maritime Folklife Workshop Oct. 7, which sought to allow 4-H leaders, teachers and other educators to document and preserve traditional arts and activities in maritime communities.

Unofficial Bay Port historian and former owner of the Bay Port Fish Company, which is celebrating its 100th anniversary this year, Engelhard recalled his life in Bay Port and with the Fish Company.

Engelhard began working for the Fish Company in 1927 and later became an owner, involved with the

Michigan State 4-H Folkpatterns conducted a workshop for 4-H leaders, teachers and other educators on Oct. 6, 7 & 8 based through the Port Austin Conservation Club. The local subject was meeting local historians and experts, dealing with the topic of "MARITIME FOLKLIFE."

Seven teams met with local experts to talk about boat building, charter boats, commercial fishing, knot-tying, recreational fishing and waterfowling, to preserve local stories for the future.

company for 51 years.

He sold the company in 1978 to current owners Dennis Root and Tod and Forrest Williams.

"It was the hand of God, bringing in three college boys who had never fished before but who wanted to buy the company," Engelhard said.

He also recalled the days

when he and his late wife Edna sold fish sandwiches from a stand outside his home on M-25 to help pay college costs for his daughters.

The secret recipe he used for the sandwiches is still used today at the Bay Port Fish Sandwich Festival, the largest eating event in the Thumb, held every August.

HENRY ENGELHARD was honored by Gov. John Engler, State Rep. Mike Green and State Sen. Joel Gougouon with a Special Tribute, for his part in the 100-year success of the Bay Port Fish Co. The proclamation says in part, "...the original owners would be proud to see Bay Port Fish Company today." AMY HEIDEN PHOTO



THE LIVING ROOM of Henry Engelhard's home in Bay Port became a "classroom" on Oct. 7, as several teachers and 4-H leaders recorded his comments on the commercial fishing business in the Thumb, in which he has worked since 1927.

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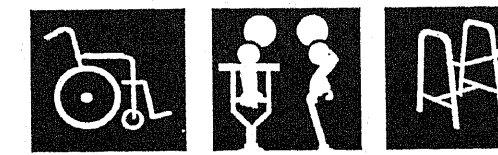
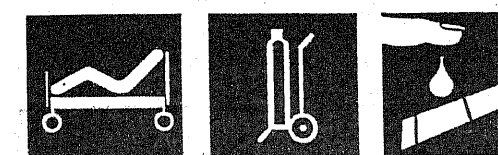
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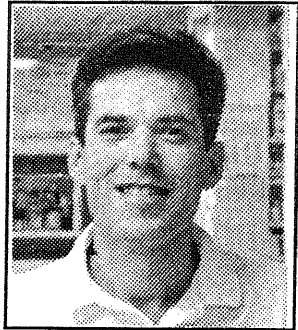
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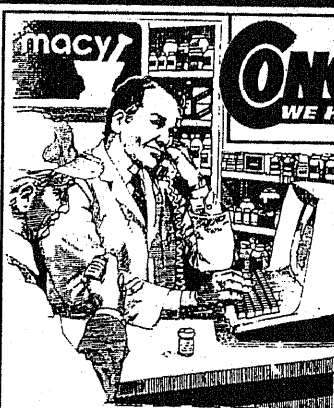
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