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ON SAT. MOVIES RUN IN REVERSE ORDER

SUN.-MON.-TUES.-WED.
— No. 1 —
R. Mitchum - S. MacLain
"WHAT A WAY TO GO"
— No. 2 —
Henry Fonda
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TEENS HEALTH
Health and Safety Tips from The American Medical Association

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 good 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: (1) Residential care—room, board, laundry facilities and personal courtesies, such as help with shopping or correspondence; (2) 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; (3) Nursing care—nursing procedures requiring skill beyond that 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: (1) An intensive nursing care facility, which provides nursing service under the supervision of a Registered Professional Nurse (RN), and an RN is on duty at all times; (2) 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; (3) 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 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: (1) 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; (2) 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; (3) 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? (4) What level of nursing supervision is provided? (5) What provision does the home have for dental care of patients? (6) Are facilities available for patient rehabilitation? Are they cured regularly? Look for the home that tries to keep patients active and helps them take care of themselves as much as possible. (7) 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.) and for assisting the incontinent to regain bowel and bladder control; (8) Are there adequate safety precautions? A plan for evacuation in case of fire should be posted, and the staff should be drilled periodically;

(9) Does the home maintain high standards in its food service? (10) 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 of 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 shampoos, 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.

"New Day" Is Released

RALEIGH — "The New Day," the first book published on Governor Terry Sanford's Administration, was released to the public Friday night when several thousand Tar Heels gathered at the Dorton Arena for the Sanford Appreciation Dinner.

The book was edited by Raleigh newspaperman Sam Ragan, past president of the Associated Press Managing Editors Association. "The New Day" reports the story of the Sanford Administration from its first major controversy—the raising of taxes for the schools of the State—to speculation on the Governor's political future.

Proceeds from "The New Day" will be sent to The Terry Sanford Scholarship Fund, a fund established by friends of the Governor to provide scholarships

for needy students at Methodist College in Fayetteville. The book sells for one dollar.

The 141-page volume reviews the controversies and the criticisms as well as some of the successes of the youthful Governor's four years in the State Capitol.

Several hundred photos and cartoons from North Carolina newspapers illustrate "The New Day."

Although the book does not attempt to serve as a detailed di-

ary of the Sanford Years, it does report in capsule form "on the 88 irons the fast-moving Governor had in the fire" during recent years.

Included in "The New Day" are reports on such matters as the touchy race problems of the State since 1961, the fight for the Quality Education Program, and the record-setting industrial expansion achieved since Governor Sanford took office.

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