

HEALTH

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The Putnams say they look forward to visits of the Health Care team who are versatile and well grounded in clinical skills covering a broad area. Childs may see six to seven patients a day, including new surgical patients like Putnam but also blind diabetic and stroke patients who must have both physical and occupational therapy to regain hand and arm strength and independent walking ability. The team also see terminal cancer patients who, in addition to nursing and therapy services, must be visited by the medical social worker who helps them discuss and understand feelings as the family deals with this special time in their lives. In-home oxygen and special weekly respiratory treatments through CCHHA respiratory staff are given to patients with severe emphysema. Home care also means 24 hour a day service.

Clitherow says the challenge for health care is tremendous: by the year 2000-2010 twenty percent of the population will be over 65 years of age. The fastest growing segment of the population is now over 80.

"Patients are adding years to their lives with good health care and the advancements of technology and changes in lifestyles," said Clitherow. Last year the agency's oldest patient was 104. Nurses see patients regularly who are a spry 90.

Because of strict requirements of Medicaid and Medicare, paperwork is often burdensome with strict documentation required, he said. For every dollar spent in patient care, another dollar is spent for paperwork as the cost of health care escalates in the country, said Clitherow. One advantage of home care versus hospital care is that the CCHHA team sees everything that is going on in the patient's life which gives the care team a better perspective to give the physician. Clitherow sees his agency as an extension of the doctor's arm, or the doctor's pulse, a sounding board for the doctor by a team of qualified professionals who can allay patient's fears of treatments,

drugs and tubes as well as providing friendly home visits and family contact. He sees the number one social issue in the country the quality care of our senior citizens for which little is being done at the national level.

"Staying at home is much better than being in the hospital," laughs Putnam, a retired Ora Mill employee who sold his car a year ago because of ill health. He started driving a car at age 16 and never got a ticket. He misses getting behind the wheel and driving his wife to Chestnut Ridge Baptist Church, where both are longtime members and were adopted by the Gleaners Sunday School Class which visits them regularly. "Caring people have kept us going," said Mrs. Putnam, who has had osteoporosis since age 50 and by her own admission "pets" her husband and provides good meals but is unable to lift him. A Grandfather Clock in the den is the reminder of his woodworking hobby which Putnam put aside due to health reasons and another clock on the wall displays the Masonic emblem of which he is proud. Putnam is a member of the Shelby Masonic lodge. In and out of hospitals for the past year, he is cheerful and delights to have visitors, showing off the wind-up Easter bunny given him by his niece, Faye Woods and her daughters and pointing to a wall display of the couple's 57th wedding anniversary pictures and hosted by friends at Chestnut Ridge Baptist Church. When he's able, he calls his pastor, Rev. Mitchell Pruitt, or a member of the Gleaners Class who drive the couple to Sunday services.

Ask the Putnams what their secret of a happy marriage and they will tell you that it's their ability to give and take, serving God and living in a Christian home. They still hold hands like they did when he met his bride-to-be at his sister's boarding house in Shelby in 1931. It was love at first sight for both. In 1950 the couple built their new home on Patterson Road and became active in Chestnut Ridge Baptist Church. Although they had no biological children, they said that church friends are so close they seem like their own.

Now that they have fallen in love with their nurses and aides from Cleveland County Home Health their family is increasing daily.



EASTER PARTY-Children of employees in the City of Kings Mountain Sanitation Department received Easter baskets from Sanitation workers at a pigpicking Friday. Pictured from left are Richard Staub, Jennifer and Julia Inman, David and Mindy Putnam, Eugene Borders, and Rita Brooks holding Tiffany Marr Brooks. The party is the first annual Easter party for the group and attracted 40 people to the Depot Center.

Wellness program Tuesday

The second annual KM District Schools' Wellness Extravaganza will be held Tuesday at Barnes Auditorium from 6 until 8:30 p.m.

Numerous exhibits by health agencies will be topped off at 7 p.m. by presentations by 911 Teen Theatre Troupe of Gastonia covering a wide variety of teen topics from drinking and driving to AIDS.

After the 7 p.m. program, teen counselors from the school system will be on hand to answer questions raised in the presentation which include such topics as healthy lifestyles, drinking and driving, AIDS, teen pregnancy, and also parent/child relationships. Counselors on the program are

Paula Goforth, Amy Izzi, Amy Ross and Chuck Gordon.

Dorene Reid directs the troupe of young people ages 8-18 who do role modeling in a dramatic production, "Kids Teaching Kids."

The program is sponsored by Kings Mountain District Schools Health Council.

A big exhibit area will be set up outside the auditorium, weather permitting, but the 7 p.m. program will be in the auditorium.

To reserve a space for an exhibit, call David Hancock at the Parks & Recreation Office at the Community Center, 734-0449.

Hancock said exhibits will include those by Physical Education clubs at the high school, Revco Drug, KM Rescue Squad,

American Red Cross, KM Fire Department, Cornwell Drugs, Dr. Robert Miller, Dr. David McDaniel and Clevefont Mills. Cleveland County Health Department will provide free blood pressure screenings. Cholesterol screening is \$6. Water exercises will be demonstrated by KM Parks & Recreation staff and fitness screening will also be available.

The program is free and open to the public. Exhibits will be open in the area of Barnes Auditorium, including a mini-gym, parking and walkway areas adjacent to the Natatorium, KMHS campus and Barnes Auditorium, said Hancock, who is heading up the committee on arrangements.

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