



# Health



## Test yourself! Are you really an alcoholic?

Everyone who reads the newspapers has seen those self-tests on alcoholism, but they are rarely accompanied by an explanation. Here are some questions developed by Johns Hopkins Hospital, accompanied by a commentary from Gloria Martin-Payne, director of the state Health Department's Division of Intervention and Prevention Services.

1. Is drinking making your home life unhappy?  
"When a person starts to develop a drinking problem, the family is usually the first to notice - and to suffer. A single isolated incident may not be significant, but a pattern will develop when there is a problem. Often the drinking spouse may state or imply that 'I wouldn't drink so much if you were a better husband (or wife)'. This is untrue; an alcoholic will eagerly seize any excuse to drink."
2. Do you lose time from work due to drinking?  
"This covers much more than calling in sick. Many white-collar alcoholics make a point of never actually missing a day of work, but their performance will be erratic. Long lunch hours and unexplained absences are also a frequent part of the pattern."
3. Do you drink because you are shy with other people?  
"This is a key question. A person who drinks as a way of dealing with shyness or any other personal problem is definitely becoming dependent on alcohol and runs a great risk of becoming an alcoholic if he or she is not already one."
4. Is drinking affecting your reputation?  
"Unfortunately, our society still tends to be extremely tolerant of drinking behavior. Once it reaches a point where friends and acquaintances begin to notice and comment, there is a good chance that alcoholism is present."
5. Have you ever felt remorse after drinking?  
"This is another case when one isolated incident may not mean much. In the alcoholic, however, a pattern of drinking, remorse over drinking, and then more drinking to ease the remorse and guilt, is very common."
6. Have you gotten into financial difficulties because of drinking?  
"Although alcohol is one of the cheapest mood-altering drugs available, it is not uncommon for the

alcoholic to spend hundreds or thousands of dollars a year on alcohol. Beyond the cost of the alcohol is the fact that alcoholics generally have higher medical bills, as well as fines or legal fees associated with accidents or arrests associated with drinking."

7. Is drinking jeopardizing your job or business?  
"Alcoholics frequently fudge on this question. In fact, many will move from one job to another just before they are fired. This is part of the ego-defense mechanism to salvage their self-respect."
  8. Have you ever had a complete loss of memory as the result of drinking?  
"This is another very significant question, and one which can be misinterpreted. Many people who have too much to drink may be a little vague about events, but the question specifically refers to a complete loss of memory. This is known as an alcoholic blackout. The individual may appear to be functioning normally, but will never have any recollection of what was said, or done during that period."
  9. Do you drink to build up self-confidence?  
"Self-confidence is closely related to self-esteem, and many authorities now recognize that persons who have low self-esteem are at higher risk of becoming an alcoholic."
  10. Have you ever been to a hospital or institution due to drinking?  
"This is another question that can be misinterpreted. It goes beyond specific treatment for alcoholism, as many alcoholics are admitted to hospital emergency departments for injuries sustained as the result of drinking. Also it is not uncommon for alcoholics to be hospitalized for stomach ailments which are the result of drinking."
- "Diagnosis of alcoholism, like that of any other life-threatening disease, should not be made lightly, and there can be a considerable gray area between the person who is a heavy drinker and the person who is an alcoholic," Martin-Payne said.
- "On this test, two or more 'yes' answers means that there is a strong possibility that alcoholism exists and professional help should be sought. In most areas, help can be located in the telephone book, either in the white or yellow pages under 'Alcohol,'" she concluded.



### Program conducted

Volunteers at the Meadows Nursing Center, Dallas, recently participated in an in-service education program on "Fire and Safety" and "Hand Washing Techniques." Shown conducting the "Fire and Safety" in-service are, from left, Red Chapman, Fire Marshall at Geisinger-Wyoming Valley Medical Center; and Gene Zim, Chairman of the Fire and Safety Committee at the Meadows, with some of the volunteers, who participated. From left, Marion Harvey, Mollie Reed, Marge Richards and Myrle Coolbaugh. There is a need for volunteers in several areas throughout the center, and those interested in sharing their time with the residents at the Meadows should contact Marilyn Gregorski, Director of Volunteer Services, at 675-8600, ext. 115.

## Help those who grieve

Most of us feel powerless in the face of news that a friend or relative has suffered the loss of a loved one. We want to respond, but are often afraid of doing or saying the wrong thing.

The next time you find yourself searching for a way to comfort someone in grief, follow these five suggestions from the April 'Reader's Digest.'

- Be there. Nothing is more powerful than one human being reaching out to another in time of need. A heartfelt hug or just showing up at the funeral means a lot.
- Listen. Grieving people need to talk about the sudden vacuum in their lives. Encourage them by simply asking, "Would you like to talk?" Above all, avoid comments that discourage replies, such as "It's better now because he is at peace"; "You'll get over this," or "Don't question God's purpose."
- Send a note. Notes are a good way to share memories of the person who died. Knowing how much a loved one meant to others helps ease the misery of the bereaved. Sometimes simple notes that just say "I'm thinking of you during these painful days" or "I am praying for you during this time" can help a great deal.
- Give a gift. Books, especially those that explain how to deal with grief, make excellent gifts. Some recommended titles include, "Those Who Wait for Morning: Thoughts on Being a Widow", by Helen Thames Raley; "Tracks of a Fellow Struggler" by John Claypool; "When Bad Things Happen to Good People" by Rabbi Harold Kushner; and "Don't Take My Grief Away" by Doug Manning.



### Taylor selected

Jennie Taylor was selected Employee of the Month recently at the Meadows Nursing Center, Dallas. This is the third time she was given the award. She is employed as personnel secretary and has been a Meadows staff member for two and one half years. Mrs. Taylor is a native of Johnson City, Tennessee. She graduated from Sulphur Springs High School and attended Tennessee State College. She and her husband, Alva, reside at Harveys Lake. For her award winning idea, Mrs. Taylor received a cash award from, left, Thomas J. Sweeney, Administrator at the Center, and Raymond Condo, Executive Director of Ecumenical Enterprises, Inc., the non-profit corporation which owns and operates the nursing center.



Dallas Post/Ed Campbell

### Explaining problems

Diane Pryer, a representative of the Victims Resource Center, discusses the problems of child sexual abuse with Brownie Scouts at the Dallas United Methodist Church last week. The center sponsors such programs to help children become aware of the problems of child sexual abuse.

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### Getting Back To Normal ©

<p>ONE DAY, WORKING GOT THE BEST OF ME.</p>	<p>ESPECIALLY MY BACK...</p> <p>AARH</p>	<p>I KNEW DR. GERALD STEFANOSKI OF THE PLYMOUTH CHIROPRACTIC CENTER WAS MY BEST BET.....</p>	<p>DOC ALWAYS WANTS TO KNOW THE PARTICULARS</p>	<p>HE SUSPECTS A SLIPPED ALIGNMENT</p>
<p>AFTER THE EXAM AND ADJUSTMENT I WAS FEELIN' GREAT!!!</p>	<p>EVEN TOOK THE LITTLE WOMAN DANCING THAT EVENING.</p>	<p>NEVER FELT BETTER, THANKS JERRY!!</p>	<p>NEVER SECOND GUESS WHEN IT WHEN IT COMES TO YOUR BACK... IF YOU HAVE ANY OF THESE SYMPTOMS CALL TODAY!</p> <ol style="list-style-type: none"> <li>1. HEADACHES</li> <li>2. DIZZINESS</li> <li>3. NECK STIFFNESS</li> <li>4. NUMBNESS IN ARMS &amp; LEGS</li> </ol>	<p>DR GERALD STEFANOSKI PLYMOUTH CHIROPRACTIC CENTER</p> <p>439 WEST MAIN STREET PLYMOUTH, PA 18651 PHONE 779-2225</p> <p>Medicare, Medicaide, and most insurances accepted.</p>