

in health, human services

'Dying with dignity' to be taught

od health

By Shelley Ball
Of The Print

struction is what Michael and Peterson say helps the program succeed. They say that a camaraderie is developed in each class. "With a daily class there's more continuity. Things become a habit," Michael said.

Michael pointed out time conflict as a problem she has had in other classes. "As a teacher you have to decide how much time to spend on instruction," she said. Michael does not like to "gloss over" the instruction but added that, "Students don't want to stand around and listen to me in an activity class."

Students have the opportunity to make suggestions, comments and complaints in the log books which are kept every day. This allows feedback for the instructors, but so far they say there have been no negative responses. Students have taken the course more than once even though they receive credit the first time. "It has that kind of appeal," Peterson said.

The instructors say the course is beneficial for everyone. "It's the best starting point," Michael said. For those who are already involved in fitness classes, the course can be used as a continuation of their fitness training. For anyone interested in the course, Peterson said, "Take it."

The ability for all Clackamas County residents to someday have access to a program that gives terminally ill patients the choice to 'die with dignity' has prompted Clackamas Community College to help speed the program's progress.

Beginning last fall, the College offered a three-credit course titled Hospice Care, and as a result one of its students has organized a community group that presently calls itself the South Clackamas County Hospice Movement.

Although the hospice approach in treating patients with the prognosis that they will die within six to 12 months has been recognized in the United States for about 10 years, Chairperson of Family and Human Services Carolyn Knutson said the public is asking for hospice care now because of the way dying has been dehumanized in today's hospitals.

"The high technological state of medicine has precipitated this, because dying has become so impersonal. The current interest is stimulated by people wanting to die with dignity or with their family, or to die in a way that the persons themselves wish," she said.

The term hospice originated in Europe and was well established in England before the concept was adopted in the United States.

The word was familiar during the medieval days, when pilgrims found refuge in the hospices of religious orders, and has come to mean a way of helping a person through a difficult journey of some sort. Today hospice care includes helping terminally ill patients to face death without pain or fear.

Knutson explained the College's hospice care is a course designed to introduce people to the hospice approach, as well as assist in recruiting possible patient assistants for future hospice programs.

The program is very similar to the hospice course taught at Mt. Hood Community College and is co-sponsored by Mt. Hood Hospice and the College. The course's basic concepts are to teach people to let patients be involved in decision-making processes involving their own health, as well as offering spiritual support and nursing, and ways to handle bereavement after the death of the patient. Pain control and ways to keep a patient comfortable are also included.

When Hospice Care was first offered in the fall of 1983, Knutson said 70 people, ranging from nurses to laypersons from the community, attended the class. Attendance remained high for the course, and Knutson said anyone whose career may involve coming in contact with situations of death, or have a family member who may be dying

would benefit from taking a hospice care course.

Although the class is not currently being offered at the College, Knutson said it will be offered in the spring. The class costs \$40 and is held one night each week on campus. Another special feature of Hospice Care is that each topic discussed will have a guest speaker trained in that particular field of study.

As for the county movement, the group is currently composed of 20 committee volunteers and professionals (most people involved in the hospice approach are volunteers) and is headed by Gloria Hall, one of the students who attended the College's program and became

the founder of the organization.

The movement is presently limited to the committee volunteers and professionals, who are involved in defining boundary outlines for hospice programs, but Hall explained it wouldn't be long before hospice volunteers will be needed to help out in those areas that need hospice care.

Letting people know there is an alternative to going to the hospital is what Hall considered to be the most important part of hospice care. "I think if you visited many nursing homes, you would find many of the people wish they were in their own homes," she said.



Chairperson/Family and Human Services Carolyn Knutson

Photo by Duane Hiersche

Financial aid deadlines April 30

By Shelley Ball
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Students requesting financial aid from Clackamas Community College for fall term of 1984-85 are advised to start sending in financial aid forms (FAFs) right away, Financial Aid/Veterans Officer Scott Fischer said.

Although the preferred deadline for the forms is April 30, 1984, Fischer explained it takes one month to process them. Also, the competition for financial aid has risen. "We've had a 55 percent increase in Pell Grant recipients this year (alone)," Fischer said.

Of all the students who fill out and send in completed FAFs, Fischer said around 60 percent receive assistance from the College. In the 1982-83 school year the College assisted 1,100 students, and that figure is expected to in-

crease by two hundred for this year. "We probably will serve 1,300-plus students in 1983-84," Fischer said.

Financial aid at the College falls into three basic categories: grants, loans and employment. Fischer explained the grants are free money, whereas the loans are to be repaid by a student after he or she is out of school. The employment area involves the College's work study program.

Because of the increase in the numbers of students applying for financial aid at the College, Fischer said the deadline for sending in FAFs may have to be moved up to March 1 or 15 in the future. When asked why more students are filling out the forms, Fischer said the rising costs of major universities has many students attending community colleges, where the tuition increases are not as great.

"Students are getting

more savvy about filling out forms; more and more are getting completed applications in early," Fischer said. Therefore, he suggests students "get the forms in early," because this will increase students' chances of receiving financial aid.

Although the College has held financial aid workshops designed to help students fill out the financial aid forms in the past, such workshops have not been scheduled for the near future. For those who may need help in filling out an FAF or have any questions about financial aid, Fischer said students should talk to either him or Financial Aid/Veterans Specialist Kathy Scheer. Both can be reached at 657-8400, ext. 422.

Financial aid forms for the 1984-85 year are also available in the Financial Aid office in the Community Center.

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Page 5