

'New Kind Of Patient' Showing Up In State's Psychiatric Centers

BY TERRY KOCH
OGDENSBURG — The state of New York may find its psychiatric centers "filling up again" unless it finds a way to resolve the problem of a "new kind of patient" coming into the mental health system.

So says Dr. Lee Hanes, director of the St. Lawrence Psychiatric Center. Dr. Hanes made her general observations about the state mental health system overall, and the St. Lawrence facility in particular, in the wake of the recent announcement of the planned resignation of State Mental Health Commissioner Dr. James Prevost.

Over the past two decades, the state has been trying to return patients to their communities, and has been trying for a one-to-one ratio between patients and staff at psychiatric centers.

There have been center closings, with their inevitable impacts on local economies.

Now, though, the St. Lawrence Psychiatric Center has not for the past two years been able to decrease our (patient) population by any numbers," said Dr. Hanes.

The director speculated that may be because of the national economic situation and the stresses it brings, and a new, "different kind of patient" showing up in psychiatric centers across the state.

"Chronic, Young, Hard To Place" That new kind of patient, said Dr. Hanes, is "chronic, young, and hard to

place." Some believe those new patients are an "urban phenomenon," but Dr. Hanes disagrees, saying they are just as apparent here in the North Country.

Why the increase in this new kind of patient? Dr. Hanes suggested several reasons:

One may be the "baby boom," the larger under-30 population.

Another may be "some of the result of community treatment." Said the director, "we are finding second-generation patients. Before community treatment," she noted, "their parents may not have been 'out there.' Now, sick people are raising sick children."

Also, she suggests, "our (society's) socialization process is not working as well as it used to." The new patients are "not well-socialized. They have dropped out of this and that. They tend to be into a mix of drugs and alcohol."

The phenomenon of the new type of patient, said Dr. Hanes, may lead to "more inpatient services or a more structured outside housing."

Unless the state addresses that different kind of population and develops different kinds of treatments, "we'll be filling our hospitals back up again."

"And that," she said, "would be very hard for the state."

Dr. Hanes admitted that in many parts of the state, outpatient pro-

grams have failed. "There has not been adequate care or treatment."

"But," she added, "we (St. Lawrence) have had an excellent outpatient program."

Even its community placement plan could face problems.

"We could use more outpatient services now," she said, "but the county is running pretty tight on the dollar, and there's more need than any of us can handle."

The St. Lawrence Psychiatric Center is below the one-to-one, staff to patient level recommended by the state, because "everybody expected the population to continue dropping."

"Instead, we've had some loss of staff but some increase in patient population."

Prevost's Resignation About Dr. Prevost's planned resignation, Dr. Hanes said "he's done a commendable job in difficult times. Our hospital here has flourished during his administration. We do wonder what comes next, especially with tighter and tighter fiscal conditions."

She described the commissioner's position as "a job that takes a lot of anybody and doesn't engender a lot of sympathy. The commissioner must act under the same kind of isolated and often attacked conditions that presidents and governors do."

"You have to give him credit," Dr. Hanes said.



RETIRETEACHERS' OFFICERS — The Northern Zone Retired Teachers Association recently announced its officers for 1982-1983. From left to right: James Smithers, Morristown, treasurer; Fred Sulzer, Malone, second vice-president; Neal Caneen, Canton, president; Dorothy Mendelsohn, St. Regis Falls, secretary; and Gerald Normille, Potsdam, first vice-president.

Retired Teachers Meet

A special program honoring the late Charlotte Weiler closed the recent annual fall meeting of the Northern Zone Retired Teachers Association.

Rita Murphy, Chase Mills, president of the Northern Zone, conducted the meeting. The officers and committee chairmen presented their reports.

Ms. Murphy reported on the executive committee meetings of the New York State Retired Teachers Association. These were presided over by the president of the State Association, A.A. Kingston, Potsdam. She also gave an account of her visit to York Manor, a home for retired teachers located outside Syracuse.

The final item of business was selection of officers for 1982-83. They are: president, Neal Caneen, Canton; first vice president, Gerald Normille, Potsdam; second vice president, Frederick Salzer, Malone; secretary, Dorothy Mendelsohn, St. Regis Falls; and treasurer, James Smithers, Morristown.

The meeting also served as an occasion for the association to honor members who have contributed extensive time and talents to the welfare of retired teachers.

Early Dismissal For P-H PARISHVILLE — Elementary students in the Parishville-Hopkinton Central School District will be dismissed from school early on Nov. 22 and 23, to allow teachers to have individual parent conferences.

Buses will be picking up students at school at 11:45 a.m. There will be no lunch served in school on these two days for students in grades kindergarten through six.

Any Parishville-Hopkinton students attending special education classes in other districts will have a full day of school.

All elementary teachers are contacting parents to schedule individual conferences to discuss student progress. Parents are urged to please attend conferences at scheduled times.

Anyone having questions on the changes in school schedules should contact Steve Black, program coordinator, at 265-4642.

from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

Zucchini-Rice Casserole

Think the average "eater" what protein and the answer will probably be "meat." Some will get very specific and say "steak" or "prime rib." In the minds of most North Americans, "red meat" and "protein" are synonymous.

But what is protein? It is a chemical substance composed of individual building blocks called amino acids. There are 22 of these acids. Just as the 26 letters of the alphabet can be arranged in countless ways to form the dictionary, so also can the 22 amino acids, after digestion, be arranged in various ways to produce over 1,000 different proteins in the body.

It is possible to obtain your protein needs in different ways. One way is to have some animal protein at each meal. Animal protein contains all the amino acids which must be obtained through food. These are the essential amino acids of which there are eight for adults. The presence of some cheese or milk or meat provides any of the amino acids which are missing from the plant proteins at the same meal.

Another way is to combine two different or complementary plants at the same meal. Each food provides the amino acid lacking in the other item. For example, grains and legumes go together to make a mixture equivalent in protein value to meat. This method of food combining is practiced by many vegetarians.

The following recipe for a zucchini and rice dish is an enjoyable way to obtain not only protein but vitamins and minerals. An advantage of such a mixture is that the size of the meat portion at the meal, if included, can be considerably smaller. For example, a rib steak (eight ounces) provides 800 calories with 576 coming from the fat. On the other hand, a four-ounce serving of broiled ground steak provides only 220 calories and adequate pro-

tein, especially when it is remembered that the appetizer, vegetable, and dessert can all add to meeting one's protein needs. Smaller servings of meat make economical sense and a better balance in the diet.

ZUCCHINI-RICE CASSEROLE
Yield: six servings
2 tablespoons margarine
1 medium onion, finely chopped
1/2 cup water
Pinch of salt
3 medium zucchini, sliced about 1/4-inch thick
Half a green pepper, seeded and chopped
One and one-half cups cooked rice
1 can (8 oz.) tomato sauce
2/3 cup cheese (Swiss or cheddar)
1/4 cup grated Parmesan cheese

In a small skillet, melt the fat and cook the onion until soft. In a saucepan, combine the water and salt and add zucchini and green pepper and cook covered for about 3 minutes or until the squash is barely tender. Drain well.

Combine the onion, zucchini mixture, cooked rice, and tomato sauce and pour into a casserole. Combine the cheeses and sprinkle over the top. Bake uncovered at 350 degrees F for about 20 minutes or until heated through.

Fine Free Day Set
The Potsdam Public Library will hold a fine free day for children's books on Nov. 20. This is part of the library's celebration of Children's Book Week, Nov. 15-21. Bring in your overdue children's books and pick up a free dragon book mark.

Preschool story hour for children ages 3-6 is also being held the 20th, and the theme will be Thanksgiving. The time for story hour is from 10:30-11:30 a.m.

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'Green Brick Road' Offers Scout Activities

GOVERNEUR — The Wizard of Oz and his friends are coming to Gouverneur Junior-Senior High School on Nov. 20 in the form of the Junior Girl Scout event, "Follow the Green Brick Road," sponsored by the Thousand Islands Girl Scout Council.

Co-directed by Gretchen Straub of Brasher Falls and Sue Coughlin of Carthage, the event will feature activities from various performing arts. Girls will have a chance to do such things as listen to a professional story teller, make puppets, be clowns, perform creative dramatics, listen to medieval music, learn some ballads and dance. Participating in the featured activities will partially fulfill various badge requirements from the "World of the Arts."

Many of the girls who attend will have read "The Wizard of Oz" before they come and will be dressed as characters from the story.

Junior Girl Scout troops must have registered through the council office in order to attend the event.

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15 lbs	WILD BLUEBERRIES	15 lbs	28.44
5 lbs	DARK SWEET CHERRIES IQF	5 lbs	7.55
30 lbs	DARK SWEET CHERRIES W/SUGAR	30 lbs	25.82
30 lbs	RED TART CHERRIES W/SUGAR	30 lbs	17.80
5 lbs	RED TART CHERRIES IQF	5 lbs	5.94
20 lbs	MIXED FRUIT IQF	20 lbs	18.86
12 1/2 lbs	FRUIT MEDLEY IQF	12 1/2 lbs	28.86
30 lbs	SLICED PEACHES W/SUGAR	30 lbs	18.83
5 lbs	SLICED PEACHES IQF	5 lbs	6.44
2 1/2 lbs	PINEAPPLE CHUNKS IQF	2 1/2 lbs	11.81
5 lbs	RED RASPBERRIES	5 lbs	8.24
20 lbs	WHOLE STRAWBERRIES IQF	20 lbs	22.94
30 lbs	SLICED STRAWBERRIES W/SUGAR	30 lbs	28.85
6 lbs	SLICED STRAWBERRIES W/SUGAR	6 lbs	8.29
24/12 oz	APPLE JUICE CONCENTRATE (NO SUGAR)	24/12 oz	28.98
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24/12 oz	LEMONADE CONCENTRATE	24/12 oz	13.86
24/12 oz	ORANGE JUICE CONCENTRATE (NO SUGAR)	24/12 oz	12.87
24/12 oz	ORANGE JUICE CONCENTRATE (NO SUGAR)	24/12 oz	21.87
10 lbs	ASPARAGUS CUTS & TIPS IQF	10 lbs	17.55
12/2 lbs	CUT GREEN BEANS	12/2 lbs	18.98
12/2 lbs	BEAN LIMA BEANS	12/2 lbs	23.32
12/2 lbs	FORDHOOK BEANS	12/2 lbs	25.55
12/2 lbs	BROCCOLI CUTS	12/2 lbs	17.71
12/2 lbs	BROCCOLI SPEARS	12/2 lbs	18.82
12/2 lbs	BRUSSELS SPROUTS	12/2 lbs	18.37
12/2 lbs	SLICED CARROTS	12/2 lbs	14.80
12/2 lbs	CAULIFLOWER	12/2 lbs	28.47
12/2 lbs	WHOLE KERNEL CORN	12/2 lbs	22.96
2 1/2 lbs	BREADED MUSHROOMS IQF	2 1/2 lbs	15.45
2 1/2 lbs	SLICED MUSHROOMS IQF	2 1/2 lbs	14.45
12/7 lbs	PEAS	12/7 lbs	18.48
12/3 lbs	WHOLE LEAF SPINACH	12/3 lbs	17.94
12/2 lbs	MIXED VEGETABLES	12/2 lbs	28.81
24/12 oz	LENDERS BAGELS	24/12 oz	15.25
12/12 oz	SARA LEE POUND CAKE	12/12 oz	15.84
12/2 lbs	FRENCH FRIS	12/2 lbs	13.86
12/20 oz	SHOESTRING FRENCH FRIS	12/20 oz	11.44
12/2 lbs	POTATO PUUFFS	12/2 lbs	15.48
12/24 oz	THOMAS ENGLISH MUFFINS	12/24 oz	17.84
8/2 lbs	BREADED ONION RINGS	8/2 lbs	15.80
60/3 oz	PIZZA SLICES (CHEESE)	60/3 oz	14.86
24/5 oz	FRENCH BREAD PIZZA	24/5 oz	13.81
12/19 oz	REGULAR WAFFLES	12/19 oz	12.84

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