



CareLink NewsBriefs

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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SJHS Vision

Together, we provide the highest quality patient care experience every day, everywhere, for everyone.

Neuroscience Center of Excellence

St. John Health System is home to one of the nation's leading multidisciplinary neuroscience teams specializing in treating conditions of the brain, spine and nervous system. We boast one of the most comprehensive programs in the region, featuring world-renowned specialists who perform advanced procedures ranging from minimally invasive spine procedures to endoscopic skull base surgery. Our Neuroscience Center of Excellence consists of the following specialty centers:

- **Stroke and Cerebrovascular Centers:** You can rest assured you will be promptly attended to and cared for by some of the nation's leading stroke specialists in a top-quality facility that isn't too far from home. Our multidisciplinary stroke teams provide a coordinated effort to ensure prompt evaluation of your stroke symptoms, diagnostic testing and appropriate treatment. This efficiency and excellence in patient care and treatment allows our St. John Health System Certified Stroke Centers a time-sensitive opportunity to intervene and improve your neurologic outcome.
 - **Balance and Falls Clinic:** During one carefully coordinated visit, you will be assessed by a cross-functional team of experts, including a neurologist, movement disorder specialist, physiatrist, and physical therapist, and when necessary a neurosurgeon and occupational therapist. As one of only a few facilities in the United States, the St. John Health System Balance and Falls Clinic provides the latest diagnostic testing, treatment and therapy protocols to restore your quality of life. Our Balance and Falls Clinic is internationally recognized for the diagnosis and treatment of balance disorders.
 - **Epilepsy Centers:** Epilepsy is a general name for various types of seizures that occur when abnormal electrical activity in the brain causes an involuntary change in body movement, function, sensation, awareness or behavior. At our Epilepsy Centers, we help adult and pediatric patients control and sometimes prevent seizures using a combination of treatment options (see page 2).
 - **Parkinson's Disease and Movement Disorders Clinic:** Patients are assessed by a cross-functional team of experts, including a neurologist, physiatrist, physical therapist, occupational therapist, speech and language pathologist and social worker. These assessments can be coupled with state-of-the-art neurodiagnostic testing and treatment, including deep brain stimulators.
- For more information about the locations and expertise available through these centers, call St. John SeniorLink.
- Peek inside this issue for a variety of CareLink lectures supporting neuro-related health topics. Watch for this symbol ❀!

St. John Hospital and Medical Center (SJH&MC) St. John North Shores Hospital (SJNSH)

LeaAnne A. Ivory

Seizures or normal aging symptoms?

Where epilepsy is concerned, most think of an unconscious child in convulsions. This is rarely true with older adults. Seizures are much more subtle and may go unnoticed. Observed as a sudden onset of confusion or a blank stare – these are simply not normal aging symptoms.

Recognizing seizures before a dangerous attack occurs while driving or even walking is critical. Epilepsy is more common after age 65, but not all seizures indicate epilepsy. Other origins include abnormal blood sugar, drug reactions, stroke, head injury or Alzheimer's disease. Identifying epilepsy requires eliminating other causes through diagnostic testing. Your primary care doctor can start this process.

Don't delay — epilepsy is manageable. Seizure control in older adults tends to be more effective and requires lower doses of medication than in younger age groups. **For referral to a physician with expertise in treating seizures, call St. John SeniorLink at 1-888-751-5465.**

Join us for "Recognizing Seizures" on April 8 from 10:30 - 11:30 a.m. with Amer Aboukasm, MD, Neurologist on staff at SJH&MC (see page 4). ❀

St. John North Shores Hospital (SJNSH) update:

St. John Health System (SJHS) embarked on a discernment process to determine future steps for our system. This process determined that the operations in SJNSH will need to change to ensure the long-term viability of SJHS and our ability to fulfill our mission in southeast Michigan. After completing the regulatory process to move beds, the inpatient rehab unit at SJNSH will move to SJH&MC. St. John will be identifying a location in the Harrison Township community to relocate the outpatient therapy services and work with members

of that community to identify how to best meet the other health care needs of the community. The 85-year-old North Shores facility will be retired. SJHS is also considering options for other facilities, including St. John River District Hospital and St. John Macomb-Oakland Hospital, Oakland Center.

Watch your CareLink NewsBriefs for future updates, or call St. John SeniorLink.

St. John Macomb-Oakland Hospital, Macomb Center (SJMOH,MC)

Janet Silvestri

Know the 10 signs of Alzheimer's

Some may become more forgetful as they get older, but Alzheimer's disease is not a normal part of aging. Alzheimer's affects approximately 5 million people in the U.S. As the disease progresses, individuals may experience changes in personality and behavior. Unfortunately, there is no cure and no way to predict how fast someone will progress through the stages of the disease. However, early diagnosis and treatment can slow the progression. Some warning signs are:

- memory changes that disrupt daily life
- challenges in planning or solving problems
- difficulty completing familiar tasks at home, at work or at leisure
- confusion with time or place
- trouble understanding visual images and spatial relationships
- new problems with words in speaking or writing
- misplacing things and losing the ability to retrace steps
- decreased or poor judgment
- withdrawal from work or social activities
- changes in mood and personality

Join us on April 15 at 10 a.m. for "Alzheimer's Disease" with Chakrapani Ranganathan, MD, Diplomate American Academy Sleep Medicine and Medical Director of the Sleep Center, SJMOH (see page 4). ❀

St. John River District Hospital (SJRDH)

Diana Morrison

What is aphasia?

Aphasia is characterized by either partial or total loss of the ability to communicate verbally, in writing, by reading or in understanding what is said. Intelligence remains intact, yet the ability to communicate is reduced. Those with aphasia become very frustrated and may withdraw from their family and friends. Aphasia is an acquired language problem most commonly caused by stroke, but can be caused by a brain tumor, Alzheimer's, or an infection such as encephalitis as well.

Many experiencing a sudden onset of aphasia improve over time with the most rapid recovery in the first few months following the stroke or brain injury. Speech-language pathologists are trained to help individuals recover from aphasia and assist them with communicating in the most effective manner given any remaining challenges.

For more information about speech-language pathology resources at SJRDH, call 810-329-5387, or call St. John SeniorLink for additional options within St. John Health System.

Join us on May 12 from 1 - 2 p.m. for "Aphasia Facts and Treatment" with Kim Vono, Speech-Language Pathologist, SJRDH. 🌸

Join us on April 21 from 10 - 11 a.m. at the Marvin Blank Senior Center (Macomb Twp.) for "Quick Action Saves Lives" to learn more about recognizing the signs/symptoms of stroke and the importance of prompt treatment. 🌸

St. John Macomb-Oakland Hospital, Oakland Center (SJMOH,OC)

Sue Davis

Protect your skin from the sun

Winter is over and it's time to get outside! While temperatures may be mild, protecting your skin is still important. The harmful rays of the sun are

stronger the first days of summer than during the "dog days" of August.

To protect your skin, you should avoid sun exposure between 10 a.m. and 4 p.m., wear a hat and clothing that covers your arms and legs. Tightly woven fabrics and clothing designed to provide sun protection are best. Use a broad-spectrum sunscreen with an SPF of at least 15 (avoid ingredients that may irritate skin such as fragrance or preservative). Apply sunscreen liberally – you'll need about one ounce, that's a shot glass full. Sunscreen should be applied 30 minutes prior to sun exposure, rubbed in well and reapplied every two hours. Remember, SPF measures ultraviolet B filtration, not the length of time it protects your skin. This means that SPF 30 doesn't protect twice as long as SPF 15.

For more information, attend our "Lunch & Learn: Keeping Your Skin Healthy" on April 21 at 11:45 a.m. at SJMOH, OC.

Don't forget to "Hunt for Health!"

Remember to take advantage of free CareLink lectures and win a prize. How does *CareLink's 2010 Hunt for Health* work? First, explore pages 4 and 5 for topics and lectures that interest you. Second, attend a CareLink lecture every month (or at least 6 lectures before 11/30) to validate your *Hunt for Health* card. Cards are distributed at each CareLink lecture or by mail through St. John SeniorLink.

Then, mail in your validated and completed *Hunt for Health* card to receive a prize and to be eligible for our random drawing in January. You'll be entered into a second random drawing if you attend a CareLink lecture at more than one site. Validated cards must be completed and postmarked by 11/30/2010 to be eligible for a prize and random drawing.

So let your *Hunt for Health* begin. Your friends in CareLink wish you good luck and good health throughout 2010!

CareLink Lunch & Learn

There is no charge to hear lecture. Call for information on lecture description or lunch menu.

Lunch Cost: \$5 (\$4 for CareLink members)

21 Wednesday 11:45 a.m. Lunch
Noon - 1 p.m. Lecture

Keeping Your Skin Healthy

St. John Macomb-Oakland Hospital, Oakland Center, Educational Center

Learn tips for keeping aging skin healthy, treating wounds, promoting healing and avoiding infection.

Presenter: Dimitrios Panagopoulos, DPM, Podiatrist and Medical Director and Roxann Loudon, RN, BSN, Program Manager, St. John Health Center for Wound and Hyperbaric Medicine, SJH&MC

7 Wednesday 10 - 11 a.m. Session I
11 - 12 noon Session II
(8 consecutive Wednesdays, April 7 - May 26)

Tai Chi – Basic Level

St. John Macomb-Oakland Hospital, Oakland Center, Educational Center

Tai Chi is a low impact exercise designed to enhance balance, circulation and flexibility. Basic Level provides activity at seated and standing positions. Wear loose fitting clothing and flat-soled shoes.

Cost: \$32 payable at the first class (\$24 for CareLink members)

8 ❀ Thursday 10:30 - 11:30 a.m.

Recognizing Seizures

St. John Hospital & Medical Center, Lower Level Conference Room

Often seizure symptoms are ignored and regarded as normal signs of aging, but left untreated can be debilitating or dangerous. Recognizing seizures, common causes (including epilepsy and drug reactions) and treatment options will be discussed. Valet parking pass provided.

Presenter: Amer Aboukasm, MD, Neurologist on staff at SJH&MC

13 ❀ Tuesday 10:30-11:30 a.m.

Memory Concerns: Is it Normal or Alzheimer's?

Providence Park Hospital, Conference Rooms A & B

Have the answer on the tip of your tongue? Can't find your keys? Is this normal or something to be concerned about? Learn about diagnosis and treatment for memory problems. Optional tour of Inpatient Neurology Unit to follow lecture.

Presenter: Norman Burns, MD, Neurologist on staff at Providence and Providence Park Hospitals

15 ❀ Thursday 10 a.m. - 12 p.m.

Alzheimer's Disease – Symptoms and Treatment

St. John Macomb-Oakland Hospital, Macomb Center, Medical Education Building, Auditorium A

Some may become more forgetful as they get older, but Alzheimer's disease is not a normal part of aging. Join us for an in-depth discussion of Alzheimer's disease.

Presenter: Chakrapani Ranganathan, MD, Diplomate American Academy Sleep Medicine and Medical Director of the Sleep Center, SJMOH,OC

21 ❀ Wednesday 10 - 11 a.m.

Quick Action Saves Lives

Marvin Blank Senior Center, Macomb Township

Recognizing signs and symptoms of a "brain attack" (stroke) can save someone's life – even yours! Learn what you need to know from one of Michigan's certified Advanced Primary Stroke Center experts. Plus, learn how quick action and early treatment can significantly increase stroke recovery. Refreshments provided.

Presenter: Carrie Stover, MSN, NP, Director, Neuroscience, St. John Hospital and Medical Center

CareLink Lunch & Learn

There is no charge to hear lecture. Call for information on lecture description or lunch menu.

Lunch Cost: \$5 (\$4 for CareLink members)

3 Monday 11:30 a.m. Lunch
Noon - 1 p.m. Lecture

Women & Fatigue: Increase Your Energy

Van Elslander Cancer Center at St. John Hospital, 3rd Floor Conference Room, Suite 35

Less energy and interest for activities you like? Hard to renew and replenish? Join us for ideas and strategies to increase your energy level. Free valet parking provided.

Presenter: Michelle Krupa, MPT, CLT, Physical Therapist, St. John Rehabilitation Services, SJHS

19 Wednesday 11:45 a.m. Lunch
Noon - 1 p.m. Lecture

Glaucoma

St. John Macomb-Oakland Hospital, Oakland Center, Educational Center

Presenter: Sidney Simonian, DO, Ophthalmologist on staff at SJMOH

11 Tuesday 10:30 - 11:30 a.m.

Stroke: Take Action Now!

Providence Hospital, Fisher Auditorium

Providence Hospital is one of the leading stroke centers in the country. Learn about prevention, diagnosis and treatment of strokes. Optional tour following the lecture of the Bi-Plane Interventional Suite showing the latest technology in diagnostic imaging.

Presenter: Matthew Holtzman, MD, Neurologist on staff at Providence and Providence Park Hospitals

12 Wednesday 1 - 2 p.m.

Aphasia Facts & Treatment

St. John River District Hospital, Meeting Room 1

Learn more about aphasia and its causes. Plus, therapy tasks available to help improve communication abilities will be shared.

Presenter: Kim Vono, Speech-Language Pathologist, SJRDH

13 Thursday 10:30 - 11:30 a.m.

Spinal Stenosis

St. John Hospital & Medical Center, Lower Level Conference Room

A classic symptom of Spinal Stenosis (SS) is a leaning or hunching forward posture. There may be no pain, but this common problem can limit life's activities. Learn about the causes and treatment options available to provide relief and increase mobility. Valet parking pass provided.

Presenter: Rose Stano, Physician Assistant, Neurosurgery, SJH&MC

19 Wednesday 10 - 11 a.m.

Easy, Fun & Healthy Cooking for 1 or 2

Marvin Blank Senior Center, Macomb Township

Frustrated with cooking lately, tired of eating the same old meals or rewarmed leftovers? Do you waste food because the packaging is too large? Join us to learn how to spice up your shopping, cooking and eating. Learn innovative, easy and healthy ways to cook in smaller portions. Refreshments provided.

Presenter: Lynda Velanovich, Program Dietitian, St. John Weight Loss, St. John Health System

27 Thursday 10 a.m. - 12 p.m.

Common Foot Problems

St. John Macomb-Oakland Hospital, Macomb Center, Medical Education Building, Auditorium A

Learn about common foot problems as we age and what we can do to avoid them.

Presenter: Gene J. Caicco, DPM, Podiatrist on staff at SJMOH

New CareLink discount for valuable screenings!

SJHS now offers our new Heart and Vascular Screening (HVS) Clinics at three metro Detroit locations:

- **Providence Hospital (Southfield) – 248-849-2000**
- **St. John Hospital and Medical Center (Detroit) – 800-801-8882**
- **St. John Macomb-Oakland Hospital, Macomb Center (Warren) – 800-801-8882**

HVS Clinics offer a full panel of diagnostic studies, including blood work (for cholesterol/diabetes), blood pressure, electrocardiogram (EKG), body mass index (BMI), ankle brachial index (ABI), carotid ultrasound and abdominal aorta ultrasound. For only \$75, you'll receive all of the above testing within about an hour timeframe, followed by a cardiovascular risk profile and screening results by mail to review with your doctor.

Plus, CareLink members receive a \$15 discount for our HVS Clinics. Call the phone number at one of the above locations for more information, or to schedule an appointment.

Join us April 21 for more information on these screenings at Second Chance Heart Club Supper (see below).

Weighty Matters and Arthritis: Triumphing in the Battle of the Bulge

April 21

Did you know those 10 extra pounds are putting 40 extra pounds of pressure on your knees?

Good nutrition and regular physical activity are key to managing your weight.

Join St. John Health System and the Arthritis Foundation, Michigan Chapter, for this FREE health education event and learn about:

- the most common forms of arthritis
- tips for making your kitchen healthy
- options to help you control your weight
- lifestyle strategies to lose weight and keep it off
- and more!

To register, call the Arthritis Foundation at 800-968-3030.

Detroit Riverview Senior Wellness Center 7733 E. Jefferson Detroit, MI 48214

Detroit Riverview Senior Wellness Center is up and running. Screenings and classes are being offered. Call SeniorLink for more information.

Join us for our

Second Chance (SC) Heart Club Supper on Wednesday, April 21, 5 - 7 p.m.

Auditorium, St. John Hospital and Medical Center (SJH&MC)

Topic: Medical Management of Cardiovascular Disease

Presenter: Thomas LaLonde, MD, Cardiologist and Division Chief of Cardiovascular Services

Cost: \$5 (\$4 for SC Heart Club or CareLink members)

This event includes the lecture, information about our new Heart and Vascular Screening Clinics, a low-cost dinner option in the Moross Market Café (following the lecture dinner) and information/support through our SC Heart Club.

There is no charge to attend the lecture only. To ensure adequate materials and secure your dinner reservation, please pre-register at 1-888-751-5465.

***A great, big thank you to all of the amazing volunteers throughout SJHS!
We appreciate you and thank you for sharing your gifts with us!***

The gift of time

Do you have gifts to give, but don't know where to share them? Throughout St. John Health System (SJHS), there are a variety of volunteer roles at many of our locations for those willing to share the gift of time. These opportunities come in all shapes and sizes, but the common thread is the time you give ultimately benefits the SJHS Mission:

"Providing spiritually centered, holistic care which sustains and improves the health of individuals in the communities we serve, with special attention to the poor and vulnerable."

For a listing of locations within SJHS offering volunteer opportunities, call St. John SeniorLink at 1-888-751-5465.

Consider joining our CareLink team

Imagine brightening someone's day with a friendly visit or sharing the simple gift of time, a warm smile and information. Then, consider the surprise following these visits... You may actually receive more in return than what you gave!

CareLink volunteers provide such friendly visits. The requirements are few:

- ability to walk
- is compassionate and helpful
- enjoys a variety of people and experiences
- is flexible and organized

Yet, the rewards are many!

There are a limited number of volunteer opportunities through CareLink to visit patients at St. John Hospital and Medical Center (Detroit), St. John Macomb-Oakland Hospital (Madison Heights/Warren, Providence Hospital (Southfield) and Providence Park (Novi). For more information, call Lea Anne Ivory at 313-343-7517.

Ongoing Events

Free Knee and Hip Pain Seminars

Haven't got time for the pain? Do you think arthritis pain is a part of getting older? No way! Attend our FREE seminar and learn more about advanced treatments that may offer dramatic relief from your knee and hip pain, including information on medications, nutrition and exercise.

April 15: 2 - 3 p.m. in the Van Elslander Cancer Center at St. John Hospital, Third Floor Conference Room

Registration recommended at 1-888-751-5465.

CareLink NewsBriefs online

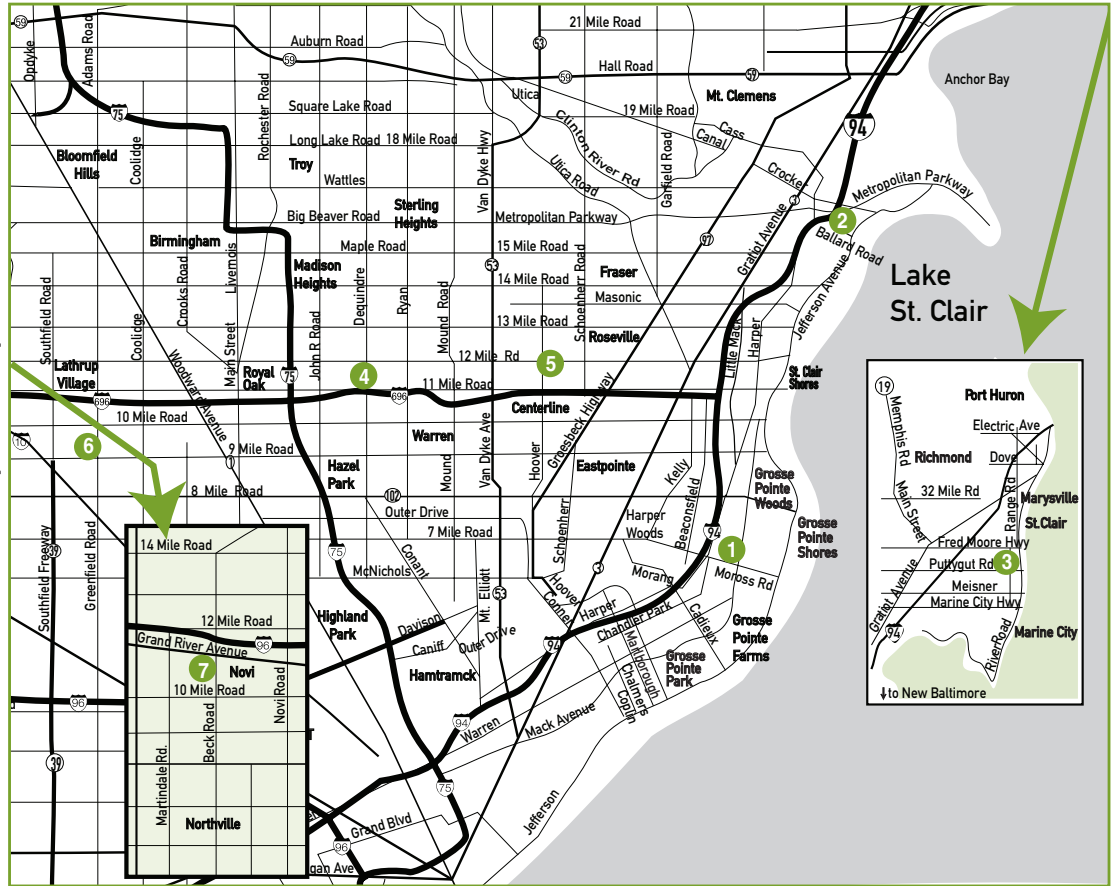
The link to the current issue of the CareLink NewsBriefs can be emailed to members with a valid email addresses. If you would like to receive this Internet link, please email your name and address along with your email address to CareLink@stjohn.org

Let us know if we should discontinue your hard copy newsletter.

St. John Health System Hospitals and CareLink Key Contacts


1. **St. John Hospital and Medical Center**
22101 Moross Rd., Detroit
LeaAnne A. Ivory, 313-343-4000
2. **St. John North Shores Hospital**
26755 Ballard Rd., Harrison Twp.
LeaAnne A. Ivory, 586-465-5501
3. **St. John River District Hospital**
4100 S. River Rd., East China Twp.
Diana Morrison, 810-329-7111
4. **St. John Macomb-Oakland Hospital, Oakland Center**
27351 Dequindre, Madison Heights
Sue Davis, 248-967-7000
5. **St. John Macomb-Oakland Hospital, Macomb Center**
11800 E. Twelve Mile Rd., Warren
Janet Silvestri, 586-573-5000
6. **Providence Hospital**
16001 W. Nine Mile Rd., Southfield
Kathy Zaguroli, 248-849-3000
7. **Providence Park Hospital**
47601 Grand River, Novi
Kathy Zaguroli, 248-465-4100

1-888-751-5465



1-888-751-5465

Eastwood Clinics
St. John Hospice
St. John Home Care
Father Murray Nursing Center
St. John Senior Community
Senior Care Facilities
Providence Park Hospital
Providence Hospital
Oakland Center
Macomb Center
St. John Macomb-Oakland Hospital
St. John River District Hospital
St. John North Shores Hospital
St. John Hospital and Medical Center



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