

CareLink NewsBriefs

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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SJPHS Vision

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

What is palliative care?

You may have heard the term palliative care and wondered what it meant. Palliative care is a medical specialty focusing on the care of patients with chronic, advanced or life-threatening illness. Not only are the patient's physical symptoms treated, but special attention is given to their emotional and spiritual needs as well. The goal of palliative care is to ease pain and suffering to help patients achieve the highest quality of life.

Hospice and palliative care are NOT the same. Hospice provides care to patients who have a terminal illness with a life expectancy of six months or less, and are no longer seeking life-prolonging treatment. Whereas, palliative care is appropriate at any time during a patient's advanced or chronic illness. Palliative care can be provided at the same time the patient is receiving treatment for their condition.

In coordination with a patient's primary care physician, palliative care is provided by a team of experts including: board certified palliative care physicians; advanced practice nurses; social workers; spiritual care providers; nutritionists; pharmacists; physical and occupational therapists; and music and massage therapists.

Palliative Care can help patients and their families by:

- treating the whole person by

offering medical, emotional, spiritual and social support

- helping the patient feel better throughout their illness by treating pain and symptoms, such as shortness of breath, loss of appetite, fatigue, constipation and difficulty sleeping
- helping the patient and family understand the illness and choices for care
- offering guidance and support with difficult medical decisions
- easing transitions between health care settings
- offering compassionate family support

Palliative care may be right for you or a loved one if you suffer from pain or other symptoms due to a serious illness, such as cancer, heart disease, respiratory disease (COPD/emphysema), kidney failure, liver disease, sickle cell disease, dementia, Alzheimer's, AIDS, Amyotrophic Lateral Sclerosis (ALS) or multiple sclerosis.

If you or a loved one becomes hospitalized, ask your doctor if palliative care is right for you. If you have any questions regarding the Palliative Care program offered through St. John Providence Health System, please contact Liz DiStefano at 586-753-1260 or Elizabeth.distefano@stjohn.org.

Strengthen your immune system

If you struggle with colds or flu, perhaps it's time to give your immune system a boost. Although heredity and age play a role in how well your body fights disease, you can enhance your self-healing too.

Tips to build your immune system:

- **Be proactive:** Consult your doctor about a tetanus booster, flu shot and pneumonia vaccine. Well-balanced diets, multi-vitamins, good hydration, hand washing and staying away from cigarette smoke will help too.
- **Get moving:** Physical activity stimulates circulation of immune cells fighting disease.
- **Learn to laugh:** Positive experiences boost the immune system. Enjoy life and laugh more.
- **Add antioxidants:** Boost your intake of vitamins A, C, B and beta-carotene.
- **Watch your mouth:** Maintain good oral hygiene and have regular dental exams to avoid infection.
- **Think pungent:** Garlic, onions, scallions, shallots and chives contain compounds that may slow the spread of cancer and protect your heart.
- **Take teatime:** Substances in green tea help to prevent or slow growth of cancerous tumors.
- **Avoid antibiotic overload:** Allow your body a chance to fight disease before starting antibiotics and avoid antibiotic overuse.
- **Sleep soundly:** Sleep is the best restorative, it can speed recovery from illness and create growth hormones to repair body tissue.

Consider boosting your body, mind and spirit through the Valade Healing Arts Center with a massage or another caring-healing class or service at 313-647-3320.

Join us for "Strengthen Your Immune System" on September 9 from 10:30 - 11:30 a.m. with Louis Saravolatz, MD, Infectious Disease Specialist and Chairman, Department of Medicine, SJH&MC (see page 5).

Understanding diabetes

Diabetes affects your body's ability to use glucose, the main source of energy for muscle and tissue cells. To understand diabetes, you need to understand how glucose is normally processed. Glucose comes primarily from food and your liver. During digestion, the bloodstream absorbs sugar with the help of insulin.

When you eat, your pancreas secretes insulin. Insulin allows sugar to enter cells, thus lowering blood sugar. As blood sugar drops, so does the secretion of insulin. Your liver stores and manufactures glucose. When you haven't eaten in a while, your liver releases stored glucose to keep the level within normal range.

In type 1 diabetes, your immune system attacks and destroys the insulin-producing cells in the pancreas, leaving you with little or no insulin. In prediabetes and type 2 diabetes, cells become resistant to insulin and your pancreas is unable to make enough insulin to overcome this resistance. In both cases, instead of moving into your cells, sugar builds up in your bloodstream.

Type 1 diabetes typically appears during childhood or adolescence. Type 2 is the most common form of diabetes, can develop at any age and often is preventable.

Symptoms of diabetes vary, but often include thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, blurred vision, slow healing and frequent infection. Persons with prediabetes may not experience any symptoms.

For more information about our Diabetes Education Program, call 586-573-5731.

Join us on September 15 at SJMOH, Oakland Center for CareLink Lunch & Learn "Diabetes" with Michael Thibault, Pharmacist, St. John Riverview Outpatient Pharmacy.

Providence Hospital

Kathy Zagaroli

Orthopedics

Orthopedics is a highly specialized area of medicine involving the diagnosis, treatment, rehabilitation and prevention of injuries or diseases of the musculoskeletal system. This includes all bones, joints, ligaments, tendons, muscles and nerves. Orthopedic specialists care for people of all ages – from children who break bones playing soccer to older people with arthritis. At Providence, the surgeries and procedures we perform, and the personalized care we deliver, will open your world to all sorts of exciting opportunities.

Providence's orthopedic team has been in the business of improving lives for more than 30 years. During that time, we've returned thousands of people to independent lives filled with activity and enjoyment.

Your Providence orthopedic team includes your orthopedic surgeon, registered nurses and nurse practitioners, certified therapists, social workers, nutritionists and pharmacists – all dedicated to orthopedic patients. **For more information about Providence's orthopedic team, call 877-830-BONE.**

Learn more at our "Hip and Knee Arthritis" lecture on September 14 from 10:30 - 11:30 a.m. at Providence Hospital (see page 5).

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

Janet Silvestri

Free health-related lectures

How would you like to spend an hour with a physician or health care professional, have plenty of time for questions AND have this FREE of charge? If you belong to a senior group in one of the many communities near and around St. John Macomb-

Oakland Hospital (SJMOH), Macomb or Oakland Centers, we have an all-new SJMOH Senior Speakers' Bureau listing. This listing provides an overview of topics designed for those "55 or better." Our only requirements are that you call at least 2 - 3 weeks in advance of your preferred date and you ensure at least 15 people will be in attendance.

St. John Providence Health System provides health care professionals to speak to community groups who are "55 or better" through St. John Providence SeniorLink at 1-888-751-5465. **For more information or a copy of SJMOH Senior Speakers' Bureau listing, call 586-576-4148.**

St. John River District Hospital (SJRDH)

Diana Morrison

Advance Directives - prepare for the unexpected

No one plans to be sick, yet serious illness or injury can happen any time. That's why talking with doctors, family members and loved ones about your treatment choices in case of a serious illness or injury is so important. An Advance Directive (AD) tells doctors and loved ones what your health care wishes are even if you can't speak for yourself.

An AD asks you to designate a patient advocate, or person who knows you and your wishes best. This person would be the one to make health care decisions if you aren't able to speak for yourself. Other considerations when completing an AD are your wishes for pain management/comfort care, artificial nutrition/hydration and organ/tissue donation. An AD can be very helpful to your family during a very difficult time.

For the AD information and forms included in SJPHS's Courageous Conversations booklet, call SJP SeniorLink at 1-888-751-5465.

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)

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

Congestive Heart Failure

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

Presenter: Joan Crawford, DO, on staff at SJMOH

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

Colorectal Cancer - Prevention, Detection and Treatment

Providence Park Hospital, Outpatient Building, Conference Rooms A & B

Excluding skin cancers, colorectal cancer is the third most common cancer in both men and women in the United States and the second leading cause of cancer-related deaths, according to the American Cancer Society. Still, the death rate from colorectal cancer has been dropping for the last 15 years because of better detection and treatment. Learn more about prevention, screening and treatment.

Presenter: Amir Damadi, MD, Colon and Rectal Surgeon on staff at Providence and Providence Park Hospitals

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

Laugh More, Leak Less

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

Don't accept urinary incontinence as a normal part of aging. It can worsen as we age, so join us to learn more about types of incontinence, treatment options and coping strategies. Parking pass provided.

Presenter: Kamini Komarraju, Physical Therapist, St. John Rehabilitation Services, SJH&MC

18 Wednesday 10 - 11 a.m.

Balance & Strengthening Core Muscles

Marvin Blank Senior Center, Macomb Township

Did you know many falls are related to poor balance and strength? Learn about your core muscles, ways to strengthen them, how to decrease your risk of falling and tips for how to improve your overall mobility. Refreshments provided.

Presenter: Jason Roberts, Physical Therapist, St. John North Shores Hospital

26 Thursday 10 a.m. - 12 noon

Alcohol as We Age: Cautions and Tips

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

Alcohol affects our body differently as we age. Learn more about these differences, what you should know about the use of alcohol, medication interactions and how to avoid a trip to the emergency room.

Presenters: Joseph Shoots, MA, LLP, CAAC and Mariam Dowling, MSW, LMSW, Primary Substance Abuse Therapists, St. John Eastwood Clinics

Don't forget to "Hunt for Health!"

Remember to visit CareLink lectures and win a prize. Attend 6 CareLink-sponsored lectures located in the education program calendar section of each *CareLink NewsBriefs* (see pages 4 & 5) before 11/30/10. Obtain validation on your CareLink **Hunt for Health** Card for each lecture you attend. Then, mail in your validated and completed card to receive your prize. All cards with 6 lecture validations will be entered into a random drawing in January. Plus, if you've attended CareLink lectures at more than one site, you will be eligible for a second random drawing.

Best wishes for your **Hunt for Health!** For more information or a card, call St. John Providence SeniorLink.

CareLink Lunch & Learn

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

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

Diabetes

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

Presenter: Michael Thibault, Pharmacist, St. John Riverview Outpatient Pharmacy

1 Wednesday 10:30 - Noon

Autumn BBQ Ideas & SJNSH Updates

St. John North Shores Hospital (SJNSH), Conference Room A

Join us for a BBQ demonstration, some grilling tips and new recipes to help keep you grilling this fall. Then, learn the latest updates regarding SJNSH while you dine. Grilled "tasters," light refreshments and give-aways will be provided.

Presenters: Chef Caleb Cook, Manager, Retail Services and Beth Theisen, Clinical Dietitian, Diabetes Education Program, St. John Hospital and Medical Center

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

Strengthen Your Immune System

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

Learn some proven tips and strategies for strengthening your body's ability to fight off colds, flu and pneumonia. Practical and proven recommendations for prevention of illnesses, and dietary and lifestyle changes to boost your immune system will be shared. Valet parking pass provided.

Presenter: Louis Saravolatz, MD, Infectious Disease Specialist and Chairman, Department of Medicine, SJH&MC

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

Hip and Knee Arthritis

Providence Hospital, Fisher Auditorium

Osteoarthritis, also called degenerative joint disease, causes wear and tear that eventually breaks down the cartilage that covers the end of each bone in a joint. When this cartilage is gone, there is nothing left to guard your bones. Learn more about prevention, detection and treatment opportunities.

Presenter: William Higginbotham, MD, Orthopedic Surgeon on staff at Providence and Providence Park hospitals

15 Wednesday 10 - 11 a.m.

Baby Refresher Tips for Grandparents

Marvin Blank Senior Center, Macomb Township

Are you a new grandparent? Do you remember the details of caring for a little one? Learn the most up-to-date tips about baby care and about what has changed over the years. Refreshments provided.

Presenter: Janice Trepanowski, LPN, Prenatal Instructor, St. John Birthing Center, St. John Hospital and Medical Center

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

Spinal Stenosis

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

Almost everyone will experience low back pain at some point in their lives. One common cause of low back pain is lumbar spinal stenosis. As we age, our spines change. Join us for an informative discussion of how normal wear-and-tear effects of aging can lead to narrowing of the spinal canal, which is called spinal stenosis.

Presenter: Cecilia Otten, DFNP-BC, Nurse Practitioner, SJMOH

St. John Riverview Senior Wellness Center Medical Pavilion II 7633 East Jefferson, Detroit

EnhanceFitness

Mondays 1 - 2 p.m.
Tuesdays & Wednesdays 11 a.m. - 12 noon

This ongoing class offers all the key elements of fitness for the mature participant, stretching & flexibility, low impact aerobics, strength training and balance. Join us to increase your strength, boost your activity level and elevate your mood.

Take the PATH to Better Health

Six Week Chronic Disease Self-Management Program
Tuesdays 1 - 3:30 p.m.

August 10 - September 14

PATH is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. Two trained leaders conduct this free workshop (one or both may have a chronic health condition).

This course is also recommended for those taking care of someone with chronic disease. Registration is limited to the first 15 participants.

Stress Less

Thursdays, August 12 - 26 1:30 - 3 p.m.
Learn how to decrease stress in your life

Rate Your Plate

Thursday, September 9 10 a.m. - 12 noon

Join us for a conversation on diabetes about nutrition, meal planning, carbohydrate counting and label reading.

The ABC's of Diabetes

Thursday, September 16 10 a.m. - 12 noon

Learn how you can decrease your risk for diabetic complications.

What is Pre-Diabetes?

Thursday, September 30 10 a.m. - 12 noon
Come and learn if you are at risk.

Blood Pressure Screening

Wednesdays, 10 a.m. - 12 noon

- August 4
- September 1

Mall walking groups

St. John Providence Health System partners with local shopping malls to promote walking as a great form of exercise. Also, blood pressure screenings are provided onsite.

- **Macomb Mall:** free monthly blood pressure screenings on the 3rd Wednesday of each month from 8 - 10 a.m. located in the Food Court
- **Eastland Mall:** free monthly blood pressure screenings on the 4th Wednesday of each month from 8 - 10 a.m. located in the Food Court
- **Northland Mall Pacers:** free blood pressure screening on the 3rd Monday of each month from 8 - 10 a.m. located in the Food Court



SeniorLink
1-888-751-5465

St. John SeniorLink is your toll-free number to register for all CareLink events or to obtain further information.

Hours of service are:
Mon-Fri, 8 a.m. - 5 p.m.

There's no place like home.

That's why St. John Providence Home Care provides health care services in the comfort of the patient's home. Our staff includes RNs, therapists, home health aides, pharmacists, nutritionists and social workers who are available to help with your home care, hospice or infusion needs. We are the largest faith-based home health care agency in Southeast Michigan and have been providing top quality home care for nearly twenty years.

Visit stjohn.org/homecare
or call 800-248-2298
for more information.

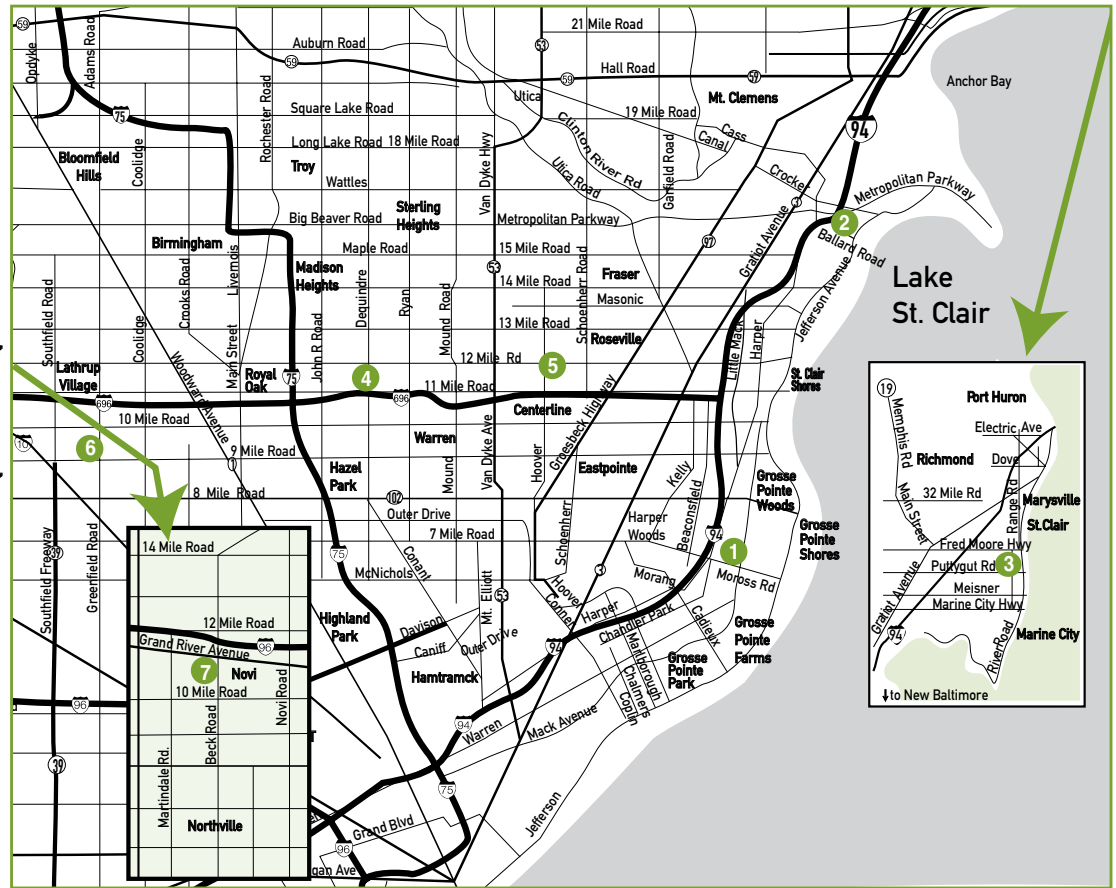


A PASSION for HEALING

St. John Providence 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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