



CareLink NewsBriefs

December 2009 - January 2010

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.

New year, new you

Soon a new year begins. It is a popular time for New Year's resolutions. Resolutions are frequently made to improve some aspect of your life. Often we make our New Year's resolution around better health. One of the common themes is weight loss. Our country is seeing an epidemic rise in obesity and overweight individuals. Have you tried to lose weight on your own? Maybe you could use some help. Someone to help with your diet and lifestyle changes, with exercise and support. You may have considered bariatric surgery.

St. John Weight Loss Center recognizes that one size does not fit all. Their approach brings together a team of high caliber clinical experts who customize a program that is right for you. The program provides:

- a registered dietitian for one-on-one meal planning and nutrition advice
- a counselor/psychologist is available to help you make lifestyle changes
- an exercise physiologist and exercise facility to help with appropriate physical activity is offered
- ongoing maintenance and support is there for you to keep the healthy lifestyle changes going

When you are overweight, it affects every part of your life — your mind, your body, your spirit. St. John Weight Loss offers a free seminar about all of the health benefits of medically-supervised weight loss. Seminars are hosted by our nutritional and lifestyle counseling staff. Topics include:

- Are you a candidate for a medically-supervised weight loss program?
- What does the program entail?
- What support and services are available to you
- How to get started
- Question and answer session

Seminars for surgical weight loss options are also available.

Learn more about how the St. John Weight Loss Center can support you, call 1-866-996-3066 for times and locations of free seminars.

CareLink members receive \$50 off St. John Weight Loss – "Physician Supervised" (Rapid) or "Steady" program. See page 7 for more information.

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



Sue Davis

Christmas day dinner

For most of us, Christmas is a very special day. It is a day to gather with family and friends, to celebrate our faith and for family traditions. For those without family or friends in the area, it could be a lonely day if not for the Christmas Day Dinner. Since 1987, St. John Macomb-

Oakland Hospital, Oakland Center has invited members of our community, age “55 and better,” who would otherwise be alone on Christmas, to share the joy of the holiday season with our hospital family. Hospital associates, volunteers and community members come together to serve a wonderful meal, sing carols and socialize with our guests. For many, it has become their holiday tradition.

If you or someone you know would like to be a part of this wonderful event, as a guest or a volunteer, please contact the Volunteer Services Office at 248/967-7424. We will begin accepting reservations on Tuesday, December 1.

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

Do you know a DAISY?

St. John Macomb-Oakland Hospital recently joined a nurse recognition program called the DAISY Award. The DAISY Foundation was started by the family of Patrick Barnes, who developed the DAISY Award to recognize nurses for compassionate care. When Mr. Barnes was ill, his favorite treat was Cinnabon cinnamon rolls, which he asked his family to bring



Janet Silvestri

and share with his nurses. Each month one nurse is honored with a beautiful sculpture entitled, “The Healer’s Touch,” a certificate, and one-month access to a special parking space. Additionally, the honoree’s co-workers are treated to Cinnabons. The Barnes family asks that you think fondly of a nurse whenever you smell cinnamon. Nomination forms for the DAISY Award are at all unit nurses’ stations, in the main lobbies and cafeterias at both Macomb and Oakland centers.

Tree of lights celebration

The annual “Tree of Lights” celebration at Macomb Center will be on December 7, 2009 at 4 p.m. in the lobby. Join us as we light our tree, celebrating memories, fellowship and beautiful music led by Hugh Mallory and Chery Allen.

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

More exercise in 2010?

Is it your intention to improve your health in the New Year? Exercise can provide a great first step with countless health benefits. Consider one of the following options:

- Join a mall walking group. See page 4 for details about St. John’s partnership with area malls for a free option to escape the cold and walk inside.
- Try yoga or Tai Chi through our Valade Healing Arts Center. Call 313-647-3320 for more information (\$5 CareLink discount applies!).

Perhaps you need a monitored exercise program? If you have a heart condition or diabetes, you may be eligible for a monitored outpatient exercise program with a doctor’s prescription:

- Cardiac Rehab. Phase 2 & 3: Anyone who’s had a heart attack, bypass, angioplasty, stent, heart transplant or unstable angina may be a candidate for Phase 2. Phase 2 combines heart monitoring, supervised exercise and education. Phase 3 provides a supervised exercise program for anyone with heart



LeaAnne Ivory

disease or risk factors, such as high blood pressure, family history of heart disease and obesity.

- Heart Failure or Diabetes Exercise Programs: If you have a diagnosis of either of these conditions, we offer special exercise classes designed to monitor and supervise these conditions.

For more information about the above monitored exercise programs, call 313-343-3157.

Providence Hospital



Kathy Zaguroli

Healthy eating for the New Year!

Make 2010 the year to eat right. Have you made this pledge before? Making smart food choices can help you stay healthy, manage your weight and be physically active. However, nutrition needs change as we mature.

How many calories do you need? According to the American Dietetic Association and U.S. Department of Health and Human Services, the number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are:

For women who are:

Sedentary (not active) ... 1,600 calories per day
 Moderately active..... 1,800 calories per day
 Active 2,000 calories per day

For men who are:

Sedentary (not active) ... 2,000 calories per day
 Moderately active..... 2,200-2,400 calories per day
 Active 2,400-2,800 calories per day

Older adults need more Vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day.

Join us at 10:30 a.m. on January 12 at Providence Hospital for "Healthy Eating for the New Year" (see page 4).

St. John River District Hospital (SJRDH)

Consider volunteering

Volunteers provide a lifeline for so many services at SJRDH, and we appreciate everything they do for us. They provide support in areas like x-ray, gift shop, reception, transporting patients and everything in between. In you would like to join our volunteer team, please call Volunteer Services at 810-329-8961.



Diana Morrison

Lights of Love

Christmas is the time of year we honor deceased SJRDH Auxiliary members through the Lights of Love celebration. On December 8 at 11 a.m. Christmas bulbs with names honoring these Auxiliary members are placed on our lobby's Christmas tree to become permanent decorations for years to come. The festivities include Sue Taylor leading the chorus in beautiful Christmas songs, an inspirational message from a local minister or priest and refreshments. Donations for Lights of Love are used for scholarships to support second-year students pursuing a medical-related field. Please join us for our celebration and to bring in the holiday season!

Behind the scenes of CareLink

Working hard to keep our system "ship" afloat!



Carole Reinhardt

Coordinator, CareLink
St. John Health System



Karen Beger

Director, Community
Health/CareLink
St. John Health System

Winter break at St. John Health System hospitals

Monthly CareLink education programs will not be held December and January at most sites. Lectures will resume in February.

January 2010

6 Wednesday 10 - 11 a.m.
(4 consecutive Wednesdays, January 6 - 27)

Tai Chi

St. John Macomb Oakland Hospital, Oakland Center, Education 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: \$16 payable at the first class (\$12 for CareLink members)

Pre-registration recommended

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

Healthy Eating for the New Year!

Providence Hospital, Fisher Auditorium

Ring in the New Year with a resolution to eat healthier! Our dietitian will help you discover foods that are nutrient-rich rather than “good” or “bad” foods. Sample recipes will also be available.

Presenter: TBD, Registered Dietitian, Providence Hospital

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.

Registration required: 1-888-751-5465

Call for dates and locations.

Mall walking groups

St. John 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

Do you have a story to share?

Perhaps you learned something in our newsletter, or at one of our CareLink lectures, that impacted your health or the health of someone you love? Did a bedside visit help ease your stay in one of our hospitals? Was someone at St. John SeniorLink able to point you in the right direction? Maybe a CareLink coordinator provided valuable assistance to you? Has CareLink made a difference in your life this past year? If so, we'd love to hear your story.

Any CareLink story or feedback can be emailed to CareLink@stjohn.org or mailed to:

Carole Reinhardt, Coordinator, CareLink
St. John Health System
28000 Dequindre
Warren, MI 48092-9802

CareLink Gold Passports expire on 12/31/2009

Don't forget to redeem as many benefit coupons as possible from this bright yellow passport before the year closes. As a reminder, our CareLink Gold Passports are no longer valid and will not be reprinted in the New Year.

Before closing our 2009 CareLink Gold Passports, we'd like to extend a great big thank you to:

- each CareLink member who purchased a passport and redeemed benefit coupons
- St. John Health System departments and CareLink discount partners for providing over 65 valuable coupons
- Diane Apfel, St. John Hospital and Medical Center volunteer, for graphic design services, and
- Eastlake Cardiovascular Associates, PC, for underwriting the printing costs to sponsor our CareLink Gold Passport.

Each year brings opportunities to try something new. This keeps CareLink fresh and interesting for you and for all of us. In 2010, we are pleased to offer a "Hunt for Health" (see information below).

"Hunt for Health" in 2010!

Would you like tips for improving your health and wellness? When was the last time you spent a whole hour with a doctor without ever receiving a bill!?

What if you could do all of this for free, plus receive a gift? If this sounds compelling, you can join our "Hunt for Health." Simply request the all-new "2010 Hunt for Health" card starting in February, then start traveling to CareLink-sponsored education programs to validate your card. Each member who receives the targeted number of validations by December 2010 will receive a gift. Remember, virtually all CareLink education programs are free.

Watch the next issue of CareLink *NewsBriefs* (February / March) for details.

CareLink goes green.

We will begin emailing the link to the current issue of the CareLink NewsBriefs to those members who wish to receive their copy via the Internet. If we have your current email address, you should have received an email regarding the December/January issue by November 20th. Future issues will be emailed three weeks before the issue date and one week before it arrives at the members' homes. So take advantage of this benefit and update us with your information.

If you would like to help us go green, and have not received this email, please submit your email address along with your name and phone number to CareLink@stjohn.org or by calling the St. John SeniorLink at 1-888-751-5465.

Did you know?

CareLink is not just about discounts. CareLink provides valuable resources both inside and outside the walls of our St. John Health System (SJHS) hospitals. Inside, we sponsor a variety of health education lectures, visit patients "55 or better" during their hospital stay and offer a CareLink contact at each hospital site to assist members as needed.

Outside our hospital walls, we reach out to senior groups with a variety of health-related lectures offered by SJHS physicians and healthcare associates. CareLink is out and about at many community events, offering health information and screenings. Plus, we provide a St. John SeniorLink toll-free phone number and bi-monthly CareLink *NewsBriefs* publication – both serve as valuable resources for health education, health information and learning where to turn for senior-related questions or concerns.

The best news is...CareLink is free!

Healthy Resolutions for 2010

L T E I D T A F W O L M A T T E S E D N D C	Adequate Sleep
A O R E L I N K L E A C T U V R G E R K A G	Advance Directive
I S W D H C Z T M L L S P I P H N S I X Y H	Annual Physical
P Q B E E T L T L A Q A T A P M I T N V M V	Call A Friend
L S T K R T U W U I X C N C O J N I K B X A	Drink Water
G R H D D C A G P B E N O R I E E R W E X H	Flu Shot
I X J H N L H N A R U J E L T K E I A C V E	Forgive Others
W X Y L K O H O I A B E M Y V W R P T F O O	Get Vaccinated
U F M I F J C D L C X I K Z M W C S E T E H	Health Screenings
O S N T O O E P R E C S P G S S S R R M B E	Increase Fiber
U G E C T C H N R E S A W C Q P H U S G I H	Laugh Often
O N F Y N Y U C I P B T V Q R X T O I C J W	Love Much
L S O A S Q I J K V Q I E T A V L Y B A S Y	Lower Blood Pressure
M K V I N S E I R O W B F R E F A W F L M K	Lower Cholesterol
Z D C Y E K T N X A T L W E O G E E M L I O	Low Fat Diet
A A P R E V E N T F A L L S S L H N M A L M	Mall Walking
L P E E L S E T A U Q E D A Q A K E K F E R	More Exercise
L O V E M U C H F L U S H O T O E R L R M Z	Prevent Falls
C A A M C X E F R W E O X R Q Y L R A I O S	Renew Your Spirit
F O R G I V E O T H E R S K K N K A C E R K	Smile More
L O W E R B L O O D P R E S S U R E B N E M	Think Positive
E V I T I S O P K N I H T B X B F W U D I S	

Feels Like Home.

At St. John Father Murray Nursing Center and St. John Senior Community, we take care of your loved ones like they're our family too. We offer families the security of knowing their loved ones have access to St. John services such as physical, occupational and speech therapies, lab and pharmacy. Both nursing centers have also earned "Gold Seal" national accreditation from The Joint Commission for achieving quality standards in long-term care. Because we believe your loved one deserves a place that feels like home.



Call for more information, or visit stjohn.org for a virtual tour of our nursing care centers.

St. John Father Murray Nursing Center – 586-755-2400

St. John Senior Community – 313-343-8265

A PASSION *for* HEALING

Current ongoing and regular CareLink benefits available to all members

You must show a CareLink Membership Card to receive discounts. Discounts cannot be combined with any other discounts or offers. If you have any questions, please call St. John SeniorLink at 1-888-751-5465 or the number provided.

BENEFITS AND DISCOUNTS

- St. John SeniorLink: 1-888-751-5465
- CareLink NewsBriefs
- Speakers' Bureau
- Advance Directive Information and Forms
- Blood Pressure Screening Sites
- St. John Retail Pharmacies: 15% off cash prescriptions (excludes co-payments) and 10% off regularly stocked items (excludes surgical and diabetic supplies)
- \$5 off Massage Therapy through St. John Health Rehabilitation: 1-800-711-8150
- \$50 off St. John Weight Loss – "Physician Supervised" (Rapid) or "Steady" program and 20% off products: 1-888-996-3066
- Medical Monitoring Discount-Guardian Medical Monitoring (Special SJH Partnership): 1-888-349-2400
- 10% off Home Instead Senior Care (Special SJH Partnership): 1-888-647-9682
- Windemere Park Senior Community (Special SJH partnership): 586-264-9701 Move in discount.

HOSPITAL-BASED DISCOUNTS

The following discounts are offered at each CareLink Hospital:

- ♦ 20% off Cafeteria
- ♦ CareLink \$2 Valet (Regularly \$4.)
- ♦ 20% off Private Room Upgrade (Subject to availability)
- ♦ \$15 off Television (Where applicable)
- ♦ 15% off Telephone (Where applicable applies to daily phone rental charges during hospital stay. Does not apply to long distance phone charges.)
- ♦ 10% off Gift Shop (Applies to regularly priced items and excludes flowers, candy, snacks, perfume, balloons, greeting cards, books and magazines.)

1 St. John Hospital and Medical Center

- ♦ 20% off Brioche Doree
- ♦ 20% off Diabetes Discovery Self-Management Program*: 313-343-6830
- ♦ 20% off CR Fit exercise program through Cardiac Rehabilitation: 313-343-3157 (Call for site locations.)
- ♦ \$5 off Valade Healing Arts Center** and 10% off gift shop items (excludes books, music and cards), 19229 Mack Avenue, Ste. 30, Grosse Pointe Woods: 313-647-3320
- ♦ Free Hearing Screening through Department of Audiology: 313-343-4436
- ♦ 20% off Exercise Evaluation Program through Cardiac Rehabilitation: 313-343-3157

St. John Hospital and Medical Center (continued)

- ♦ 20% off Nutrition Counseling through Cardiac Rehabilitation: 313-343-3157
- ♦ 20% off new Guild Coffee Shop (beverages and snacks): 313-343-3835

2 St. John North Shores Hospital

- ♦ 10% off Fitness for Everyone Class: 586-466-5234 Exercise, regardless of age, weight or physical handicap.
- ♦ 10% off Drive to Independence: 586-466-5234

3 St. John River District Hospital

- ♦ 20% off Diabetes Discovery Self-Management Program*: 810-329-5303
- ♦ Wellness Program Discounts: 810-326-2013
- ♦ 20% off St. John Pulmonary Rehabilitation Maintenance Program: 810-329-5365
- ♦ \$5 off St. John Healing Arts Center**: 810-326-4700

4 St. John Macomb-Oakland Hospital, Oakland Center

- ♦ Watch for upcoming hospital discounts

5 St. John Macomb-Oakland Hospital, Macomb Center

- ♦ 20% off Heart Failure Exercise Program: 586-573-5233
- ♦ 20% off PAD Exercise Program: 586-573-5233
- ♦ 20% off Fit for Life Adult Exercise: 586-573-5233
- ♦ 20% off Cardiac Rehabilitation Phase 3 Program: 586-573-5233
- ♦ 20% off Pulmonary Rehabilitation Phase 3 Program: 586-573-5233
- ♦ 20% off Diabetes Exercise Program: 586-573-5233 (Applies to per visit charge with an exercise specialist.)
- ♦ 20% off Diabetes Discovery Self-Management Program*: 586-573-5731
- ♦ \$5 off St. John Healing Arts Center & Boutique**: 586-573-5785

6 Providence Hospital

- ♦ \$5 off Providence Cancer Center for the Healing Arts - Southfield: 248-849-3321
- ♦ \$5 off Assarian Cancer Center Healing Arts - Novi: 248-465-4300
- ♦ Free Hearing Screening through Department of Audiology: 248-849-3392

7 Providence Park Hospital

- ♦ Watch for upcoming hospital discounts

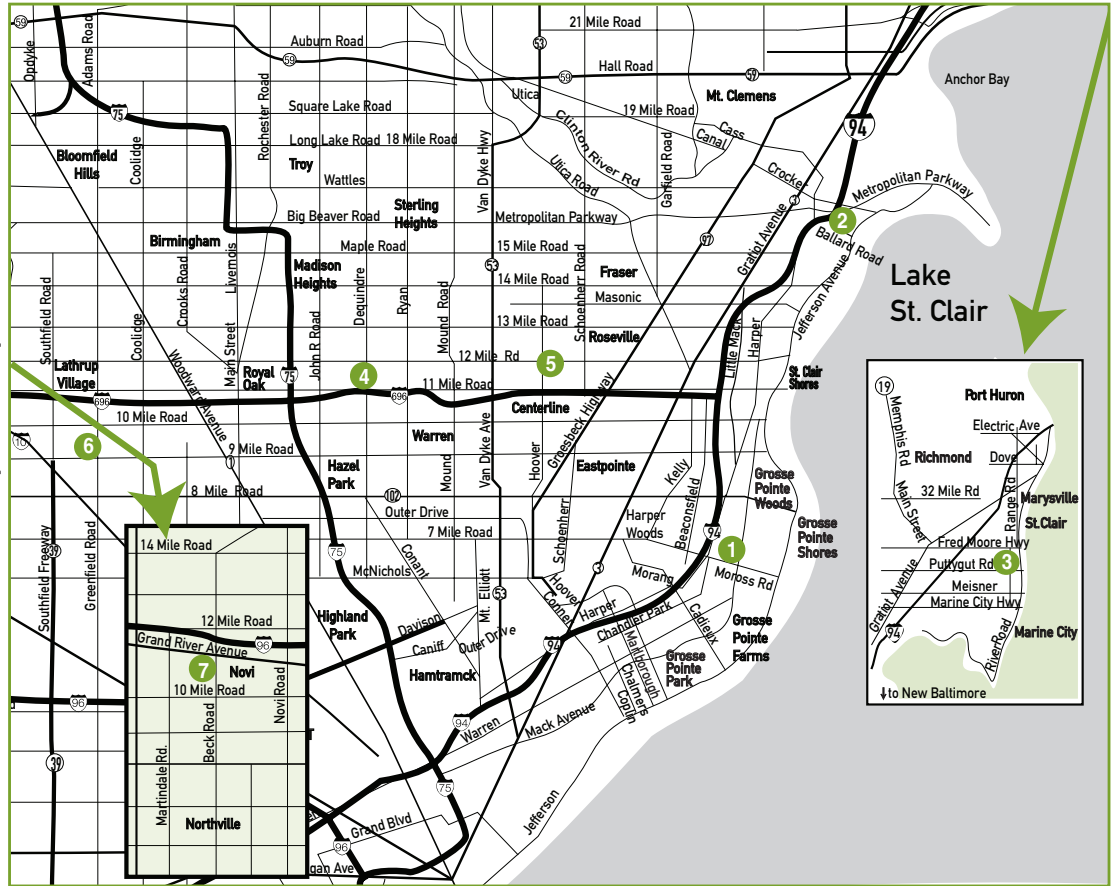
*Group and individual counseling by certified diabetes educators (excludes Medicare, Medicaid and other insurance co-payments and deductibles).

**Applies to most per service charges, including massage, reflexology, Reiki, Tai Chi, and yoga classes. Renew your mind, body and spirit! No discounts on healing arts classes at this time.

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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