

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.

Your weight and the holidays

With the holidays right around the corner, there's bound to be tempting food everywhere. Often, it can be a challenge to eat healthy at family gatherings and celebrations. Below are a few tips to help you remain on the right track during the next few months.

- Eat breakfast daily, and don't skip meals. Sticking to your routine and eating often, can prevent you from overeating when more tempting foods are around.
- Don't go to parties hungry. Consider eating a healthy snack before going to a party to help prevent you from overeating. A few examples are: low fat string cheese and whole grain crackers, low fat cottage cheese with fruit, or apple slices or celery sticks with peanut butter.
- Watch your portion sizes of side dishes. You can try several different dishes, but keep the portion sizes small to help control calorie intake.
- Include vegetables when you select your food. Try serving raw vegetables plain or with low fat dip. Vegetables are high in fiber and this can help fill you up.
- Remove the skin or extra fat from turkey and other meats, limit high fat gravies and avoid sauces to help eliminate extra calories, fat and cholesterol.

- Eat slowly and chew your food well. You will be less likely to overeat when you slow down. Remember, it takes some time for your stomach to tell your brain you're full.
- Drink plenty of caffeine-free, alcohol-free drinks. Aim for those beverages with low or zero calories. It can be very easy for people to consume excessive calories through beverages. Be sure to check labels on flavored waters and other drinks. Choose those under 10 calories per serving.

After the holidays, many set New Year's resolutions, and these resolutions often involve losing weight. If you are interested in learning more about weight loss programs, St. John Providence Weight Loss has both a medical and surgical weight loss program in several locations around Oakland, Macomb and Wayne counties.

For more information, please call:
1-866-996-3066 for Medical Weight Loss – helping to adopt healthy habits for a lifetime, including lifestyle/behavior modification, nutrition counseling and personal exercise training.

1-866-823-4458 for Surgical Weight Loss – providing surgical / minimally invasive surgical options, such as LAP-BAND Adjustable Gastric Band, Roux-en-Y Gastric Bypass, Vertical Sleeve Gastrectomy and Biliopancreatic Diversion.

St. John Maccomb–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 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, SJMOH, 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 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 1-888-751-5465. We will begin accepting reservations starting Monday, November 21.

St. John Hospital and Medical Center

LeaAnne A. Ivory

Challenges of chronic disease

Chronic disease is defined as a disease or other human health condition that is persistent or long-lasting – usually the course of the disease lasts more than three months. If you suffer from chronic disease, you are not alone. Palliative care is a medical specialty focusing on care of patients and families with chronic or advanced disease, providing equal attention to emotional and spiritual well-being. The goal is to ease pain and suffering; and to help patients and their families achieve the highest quality of life.

SJPHS recognizes the importance of resources to help patients and families maneuver through the difficulties of a chronic disease. Our Palliative Care team consists of board certified physicians, nurse practitioners, social workers and spiritual care

providers who work closely with your physician to provide the appropriate care at any time during your illness. Palliative Care might be right for you if you suffer from pain or symptoms of a chronic, serious illness, such as cancer, heart disease, respiratory disease, kidney failure, liver failure, sickle cell disease, dementia, Alzheimer’s, HIV/AIDS, ALS, or multiple sclerosis. If so, ask your doctor for a palliative care consult.

Join us for “Chronic Health Challenges” on February 9 at 10:30 a.m. with Kathy Blazoff, Nurse Practitioner, Palliative Medicine, SJH&MC. For more information or to register, call 888-751-5465.

St. John River District Hospital (SJRDH)

Diana Morrison

Suffer from spinal stenosis?

Your spine is complex, functional and protective. Twenty-six bones allow you to bend and stand straight. Plus, these bones protect your spinal cord from injury. Over age 50, the spine can narrow, and place pressure on your spinal cord and nerves. This narrowing is called spinal stenosis.

Neck, back or leg pain, and even foot problems, can be symptoms of spinal stenosis. Even without pain, leaning or hunching forward can be symptoms that appear slowly and worsen with time. The most common causes are arthritis and changes that occur as we age. Spinal stenosis is treatable with both surgical and non-surgical options. Your doctor may diagnose you through medical questions, a physical exam and one or more tests.

To learn more, ask your doctor, or call 1-888-751-5465 for a referral to a SJPHS doctor specializing in treating back problems.

Join us for “CareLink Lunch & Learn: Spinal Stenosis” on January 18 at 11:45 a.m. with Richard Venya, MD, Neurosurgeon on staff at SJRDH (see page 4).

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

Janet Silvestri

Volunteering is a “matter of the heart”

The Bureau of Labor Statistics reported that 63.4 million (roughly 26%) of Americans volunteered in 2009. Hospitals have been a major benefactor of volunteerism for years.

Often, the first person to interact with a patient is a volunteer. For this reason, hospitals seek out kind, caring and compassionate individuals that will provide the relationship-based care that is at the core of excellent customer service. Relationship-based care is built on the foundation of connecting with our patients and guests to meet their needs, taking care of ourselves, and helping one another. This allows us to fulfill our mission of spiritually-centered patient care each and every day.

SJPHS is blessed to have over 2,000 wonderful volunteers who choose to share their time and talents with our patients and staff. Their love and compassion for people is endless. We are all touched by those that we encounter each day, and sometimes we are not even aware that we have made someone's journey easier just by being there.

Consider volunteering through SJPHS. For a listing of volunteer opportunities, call SJP SeniorLink.

Providence Hospital Providence Park Hospital

Kathy Zaguroli

Medicine cabinet safety

When was the last time you pulled all the items out of your medicine cabinet for an inventory? Taking a little time now may help save you time and inconvenience in the future. Here are a few quick tips from our St. John Providence Retail Pharmacies:

Review – all your medications for expiration date.

Remove – discard all outdated medicine. If

medications are not in original containers and labeled clearly, dispose of them properly.

Remember – medicines are best kept in a cool, dry place away from sunlight. The bathroom or kitchen is the worst place because the temperature is constantly changing and the humidity can break down or alter tablets.

Restock – the last thing you want to do when you are sick is go to the store. Plan ahead to have these supplies ready:

- ibuprofen/acetaminophen for inflammation, pain and fever
- antihistamine for allergy symptoms
- decongestant for cold symptoms
- assorted bandages, elastic wrap, antibiotic ointment
- antacid and “stomach soothers”
- anti-diarrheal
- cough syrup, throat lozenges/spray
- a non-mercury thermometer, tweezers for splinters
- sunscreen, chapstick and moisturizer

Join us for “Managing Your Medication” at Providence Hospital on December 13 at 10:30 with Heidi Schmid, Pharmacist (see page 4).

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



A PASSION for HEALING

December 2011

7 Wednesdays 6 - 7 p.m.
(8 consecutive weeks)

Zumba Gold

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

Zumba Gold is an easy to follow, Latin-inspired dance fitness party. It is easier than basic Zumba fitness, but just as much fun! Wear comfortable clothing and aerobic/tennis shoes. Drop ins are welcome at the first class, pre-registration requested to ensure space is available.

Cost: \$64 payable at the first class (\$59 for CareLink members) or \$10 drop in fee

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

Manage Your Medications!

Providence Hospital, Southfield, Fisher Auditorium

Take an active role in the selection, cost and organization of your medications. Learn the benefits and drawbacks of over-the-counter medications, generics and name brands, as well as possible interactions. Find out about coupons, cost savings and organizational tips.

Presenter: Heidi Schmid, Pharm.D. SJPHS Retail Pharmacies

CareLink Lunch & Learn

There is no charge to hear the lecture only. Call for information on lunch menu.

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

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

Spinal Stenosis

St. John River District Hospital, Meeting Rooms 1 & 2

Do you hunch or lean forward? Even without back pain, you could be suffering from spinal stenosis. Learn more about this common problem, the causes, how it's diagnosed and available treatment options.

Presenter: Richard Venya, MD, Neurosurgeon on staff at SJRDH

4 Wednesdays
10 - 11 a.m. Basic Level
11 a.m. - 12 p.m. Intermediate Level
(No classes in December)

Tai Chi

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. Intermediate Level will incorporate the basics and Tai Chi forms progressing at a faster pace than Basic Level. All activity will be done from a standing position. (Basic Level is not a pre-requisite.) Wear loose fitting clothing and flat-soled shoes.

Cost: \$16 payable at the first class (\$12 for CareLink members)

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

Easy, Fun and Healthy Cooking for 1 or 2

Providence Park, Novi, Conference Rooms A & B

Join us for tips and tricks for making your mealtimes simpler. Be prepared to go home with recipes, ideas and knowledge you can start using immediately. Blood pressure screening will be available.

Presenter: Emily Schwartz, Registered Dietitian, Providence Park Hospital

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 blood pressure screenings on the 3rd Wednesday of each month from 8 - 10 a.m. located in the Food Court
- **Eastland Mall:** free 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

Healthy Holiday Recipes:

Roasted Cauliflower with Fresh Herbs and Parmesan

Ingredients:

- 12 cups cauliflower florets (about 2 heads)
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh tarragon
- 3 garlic cloves, minced
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

- Preheat oven to 450°.
- Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes.

Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

Nutritional Information:

Serving size: 1 cup

Makes 8 servings.

Amount per serving:

- Calories: 89
- Calories from fat: 35%
- Fat: 3.5g
- Saturated fat: 0.8g
- Monounsaturated fat: 2.1g
- Polyunsaturated fat: 0.4g
- Protein: 5.2g
- Carbohydrate: 12.1g
- Fiber: 5.4g

Winter Jeweled Fruit Salad

Ingredients:

- 1/2 cup pomegranate seeds (about 1 pomegranate)
- 1/2 cup julienne-cut peeled jicama
- 1/3 cup sliced seeded kumquats (about 6 medium)
- 2 medium ripe mangoes, peeled and cut into thin slices
- 2 tangerines or clementines, peeled and sectioned
- 2 blood oranges, peeled and sectioned
- 1 pear, thinly sliced
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon coarse sea salt

Preparation:

Combine first 7 ingredients in a large bowl; toss gently. Combine lime juice, honey, pepper, and salt in a small bowl, stirring well with a whisk. Pour over fruit; toss gently to coat. Serve at room temperature.

Nutritional Information:

Serving Size: 1 cup

Makes 8 servings.

Amount per serving:

- Calories: 118
- Fat: 0.4g
- Saturated fat: 0.1g
- Monounsaturated fat: 0.1g
- Polyunsaturated fat: 0.1g
- Protein: 1.3g
- Carbohydrate: 30g
- Fiber: 4.2g

Above info provided by www.myrecipes.com

Join us for our

Annual Second Chance (SC) Heart Holiday Dinner Moross Market Cafe, St. John Hospital and Medical Center

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

Come join us to celebrate the holiday season. Details will be mailed to Second Chance Heart Club members in November, or to those requesting at 1-888-751-5465. Please pre-register.

Hip and Knee Pain Seminars

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

December 8: 3 - 4 p.m. Macomb Township Medical Center, Medical Office Building, Third Floor Conference Room

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

January 19: 3 - 4 p.m. Macomb Township Medical Center, Medical Office Building, Third Floor Conference Room

Registration recommended at 1-888-751-5465.

All new Senior Yoga starts in January

Join us for this new beginner class designed for those "55 or better." Senior Yoga begins where you are, no matter what condition your body is in. It's designed to increase your own ability level and mobility, to become more flexible and to promote your overall sense of well-being. The class utilizes floor, standing and chair poses, with breathing and relaxation techniques. Plus, a discount is provided to CareLink members!

For more information, call SJP SeniorLink or 586-263-5220 for a flyer with details.

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

EnhanceFitness

Mondays: 9 - 10 a.m., 10 - 11 a.m. or 1 - 2 p.m.
Wednesdays: 9 - 10 a.m.
Tuesdays & Thursdays: 10 - 11 a.m. or
11:30 a.m. - 12:30 p.m.

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

Riverview Racers

Tuesdays & Thursdays: 9 - 9:30 a.m.
Come walk with us for fun and companionship. We will be walking with "Leslie Sansone" (tape).

Basic Computer

Mondays: 10 a.m. - 12:30 p.m.

If you don't know what to do with your computer after you turn it on, this four-week class is for you. Learn how to send and respond to email, how to access the Internet and find information. Space is limited to 6 participants.

Basic Computer II

Thursdays: 1 - 2 p.m.

This class gives more information on "surfing the net," as well as how to save information in an organized fashion.

T'ai Chi for Seniors

Wednesdays: 1:30 - 2:30 p.m.

This class concentrates on using T'ai Chi movements to increase balance and strength for the mature exerciser.

Blood Pressure Screening

Tuesdays: 10 a.m. - 12 Noon
• December 6 • January 3

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 Providence SeniorLink at 1-888-751-5465 or the number provided.

BENEFITS AND DISCOUNTS

- St. John Providence SeniorLink: 1-888-751-5465
- CareLink NewsBriefs
- Speakers' Bureau
- Blood Pressure Screening Sites
- St. John Providence 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 Providence Health Physical Rehabilitation: 1-800-711-8150
- \$50 off St. John Providence Weight Loss – “Physician Supervised” (Rapid) or “Steady” program and 20% off products: 1-866-996-3066
- St. John Providence Health System Physical Rehabilitation Exercise Discounts: 800-711-8150
 - \$6 off Pilates (6 week class)
 - \$5 off Zumba Gold (6 week class)
 - \$6 off Yoga (6 week class)
 - \$5 off Individual Personal Training (1 hour session)
- Medical Monitoring Discount-Guardian Medical Monitoring (Special SJH Partnership): 1-888-349-2400
- 10% off Home Instead Senior Care (Special SJPHS Partnership): 1-888-647-9682
- \$15 off SJPHS Heart and Vascular Screenings: 800-801-8882
Eight diagnostic tests and cardiac vascular profile
- Windemere Park Senior Community (Special SJPHS 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).
- ♦ 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, CDs and cards), 19229 Mack Avenue, Ste. 30, Grosse Pointe Woods: 313-647-3320

1 St. John Hospital and Medical Center continued

- ♦ Free Annual Hearing Screening through Department of Audiology: 313-343-4436
- ♦ 20% off Guild Coffee Shop (beverages and snacks): 313-343-3835

2 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

3 St. John Macomb-Oakland Hospital, Oakland Center

- ♦ 25% off Tai Chi Low Impact Exercise Class: 888-751-5465
- ♦ \$5 off Zumba Gold (6 week class) 888-751-5465

4 St. John Macomb-Oakland Hospital, Macomb Center

- ♦ 20% off Diabetes Discovery Self-Management Program*: 586-573-5731
- ♦ \$5 off St. John Webber Healing Arts Center & Boutique**: 586-573-5785
- ♦ 20% off Macomb Mocha Café (except 16 oz refillable cold cup): 586-573-5000 ext 4535

5 Providence Hospital

- ♦ \$5 off first class, Providence Cancer Center for the Healing Arts - Southfield: 248-849-3321
- ♦ Free Hearing Screening through Department of Audiology: 248-849-3392

6 Providence Park Hospital

- ♦ \$5 off first class, Assarian Cancer Center Healing Arts - Novi: 248-465-4300

St. John Riverview Senior Wellness Center: 888-751-5465

The following classes are free for members:

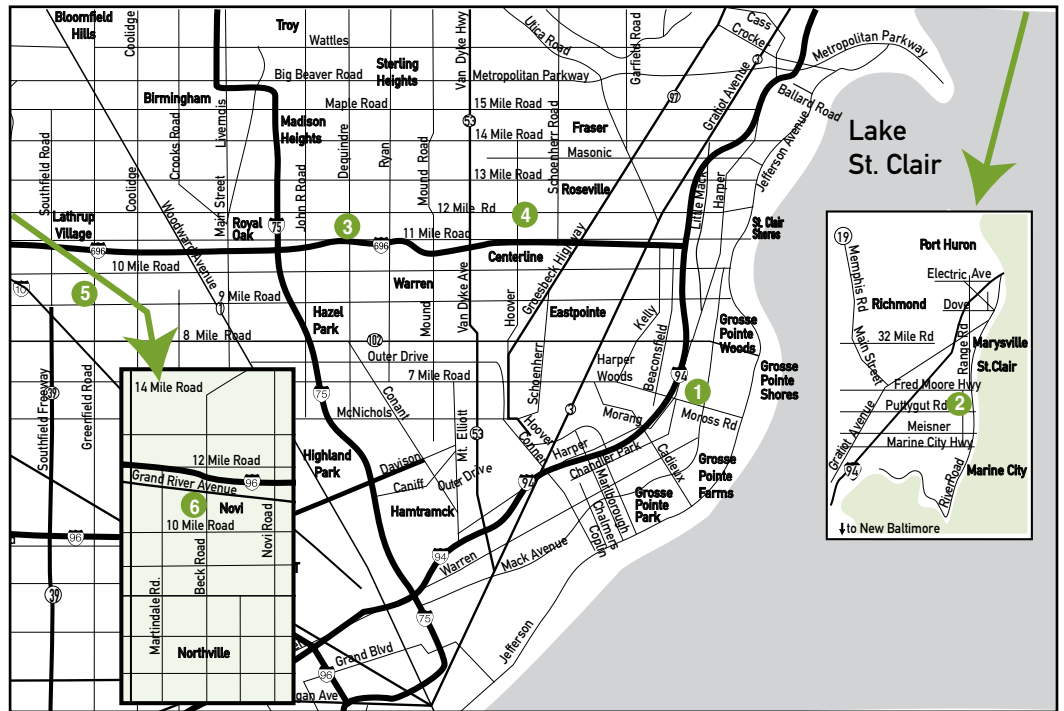
- ♦ Matter of Balance
- ♦ Take the Path to Better Health
- ♦ Exercise Options
- ♦ Nutrition Classes

*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 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 River District Hospital**
4100 S. River Rd., East China Twp.
Diana Morrison, 810-329-7111
3. **St. John Macomb-Oakland Hospital, Oakland Center**
27351 Dequindre, Madison Heights
Sue Davis, 248-967-7000
4. **St. John Macomb-Oakland Hospital, Macomb Center**
11800 E. Twelve Mile Rd., Warren
Janet Silvestri, 586-573-5000
5. **Providence Hospital**
16001 W. Nine Mile Rd., Southfield
Kathy Zaguroli, 248-849-3000
6. **Providence Park Hospital**
47601 Grand River, Novi
Kathy Zaguroli, 248-465-4100



St. John Riverview Senior Wellness Center
7733 East Jefferson
Detroit, MI 48214
Louise Rydzewski
313-499-4035


St. John Providence Home Care Services Hospice Care
37650 Garfield
Clinton Township, MI 48036
1-800-248-2298

St. John Providence Health System Behavioral Health Services Eastwood Clinics
1-800-626-3896

1-888-751-5465

St. John Riverview Senior Wellness Center
Eastwood Clinics
St. John Providence Hospice
St. John Providence Home Care
Providence Park Hospital
Providence Hospital
Oakland Center
Macomb Center
St. John Macomb-Oakland Hospital
St. John River District Hospital
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