

## inside

- Hospital updates  
Page 2-3
- Education programs  
Page 4
- Bulletin Board  
Page 5
- Healthy Holiday  
Cooking Tips  
Page 6
- Riverview Senior  
Wellness Center  
Page 6
- CareLink Benefits  
Page 7

## SJPHS Vision

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

## Grief and the Holidays

Holidays are times when people remember important and usually happy occasions, and at the same time, look forward to the future. If there has been a death in the family, emotional wounds are left that can ache during these times of warmth and cheer. Feelings of isolation and loneliness can magnify. With planning, it is possible to get through these times. The following suggestions may be helpful to you.

- Realize that this is a new holiday, unlike the holidays of the past.
- Take time to figure out what you need.
- Plan your holiday.
- Do things because you want to do them, not because your loved one "would have wanted it that way."
- Initiate activity yourself; do not wait for others; follow through on the activities.
- Make phone calls to your friends or relatives. Calling people in similar situations can be worthwhile
- Have a dinner toast in honor of your loved one.
- Visit the cemetery or memorial site.
- Engage in spiritual activities that are comfortable to you.
- Remember that one is a whole number. You need not be a part of a couple to enjoy yourself.
- Spending time by yourself may be helpful.
- Get adequate rest and exercise.
- Be watchful of overuse of sugar, caffeine, and alcohol.
- Be gentle with yourself. All wounds take time to heal.
- Don't be afraid to cry or to smile!
- Look at the holiday season as the beginning of a new journey, the start of a new year.
- Enjoy the gifts of the season found in special memories of your loved one.

If you are struggling with your grief, or wonder if you have depression, there are resources available to help. St. John Hospice will be able to help with community support groups. If you feel you need to talk with someone one on one, Eastwood Clinics have therapists in many local communities. Call SJPHS Senior Link for more information.

Join us for "Grief During the Holidays" on December 2 (see page 6).

## Providence Hospital Providence Park Hospital

Kathy Zaguroli

### Healthy Eating at Any Age

We all know that healthy eating and a lifestyle of regular exercise are needed to lower our risk for obesity, coronary heart disease, cancer, type 2 diabetes and other chronic illnesses. But did you know that according to the US Department of Health and Human Services, they may even help ward off depression and keep your mind sharp as you age?

A healthy eating plan includes:

- choosing lean meats, fish or chicken. Your body needs fewer calories as you age.
- selecting high-fiber foods including whole grains, fruits and vegetables.
- never skipping meals. This may cause confusion with your metabolism and actually slow it down even more or you may select unhealthy choices at your next meal.
- keeping high value nutritious snacks in the home to prevent grabbing high fat/high sugar snacking.
- having enough calcium and vitamin D in your diet to help keep your bones strong as you age.
- choosing foods fortified with vitamin B12 since many people have difficulty absorbing this nutrient as they get older.
- drinking plenty of water, even if you do not feel thirsty.

Developing a healthy lifestyle also includes regular physical activity. To make it easier to get started, pick an activity that you enjoy or that you have always wanted to learn. Join a class or walking group to meet new friends or bring a close friend who would help you stay motivated. Remember, always check with your physician before starting any exercise program.

To help you get started, join us at 10:30 a.m. on January 9 at Providence Park Hospital for “Healthy Eating for the Young at Heart” with our own dietician, Jennifer Quinn, Registered Dietician. See p. 4

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

Janet Silvestri

### Depression and the Holidays

The holiday season is supposed to be a time of joy shared with family and friends, but for many, it is far from joyful. For many, feelings of sadness, loneliness and isolation are their holiday companions.

There are many factors that contribute to feelings of sadness that seniors may feel. Many are widowed, have lost close friends, are separated from family, or may be suffering from ill health.

To help avoid holiday depression:

- **Don't isolate yourself.** If you can't be with family, invite some close friends or neighbors over to share the holidays.
- **Volunteer your time.** Helping others is a great way to forget your own troubles.
- **Watch your finances.** Set a budget for gift giving and stick to it. Don't feel guilty if you can't afford to buy the grandchildren an expensive gift. It's you they will remember, not the gifts.
- **Don't deny your feelings of sadness.** Very often just being able to share your feelings with someone can help.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or alcohol. Continue to get plenty of sleep and physical activity.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Join us for the “Tree of Lights” celebration on December 6 at 4 p.m. at SJMOH-Macomb Center. Associates, volunteers and members of our community will join with senior leadership to light our tree to begin the holiday season. Each light on the tree is in memory or in honor of someone special to those present.

## St. John Hospital and Medical Center (SJHMC) St. John North Shores Campus

LeaAnne A. Ivory

### Full spectrum of care for hips, knees and spine

Don't let pain continue to limit your possibilities for 2011. At SJH&MC, we have you covered through:

- experienced, caring orthopedic and neuroscience physicians dedicated to the care of hip, knee and spine
- education to help you understand options for managing pain
- advanced diagnostics to pinpoint the issue and develop a customized treatment plan for your unique lifestyle
- a full range of treatment options on-site at SJH&MC from physical rehabilitation to advanced surgeries, including minimally invasive options and advanced pain management

SJH&MC\* is proud to have the prestigious achievement of Blue Distinction Center for spine surgery, and hip and knee replacement through Blue Cross Blue Shield of Michigan and Blue Care Network. This program recognizes hospitals that demonstrate high levels of performance in providing better care for patients.

Don't let pain get in your way, call SJP SeniorLink for information about the comprehensive resources available to you through SJH&MC.

\*St. John Macomb-Oakland Hospital and Providence Hospital are also Blue Distinction Centers for hip and knee replacement.

### SJH&MC-North Shores (NS) Campus Retires

NS Campus is undergoing a major transition. Effective November 1, inpatient care moved to a new 23,000 sq. ft. Cracchiolo Inpatient Rehabilitation Center at SJH&MC. Then, in January 2011, outpatient rehabilitation, extended hours urgent care, lab drawstation and X-ray services will reopen in a new location in Harrison Township. In new locations, the team will continue to offer a care experience so heartfelt and personalized that patients will remember their caregivers long after they leave.

## St. John River District Hospital (SJRDH)

Diana Morrison

### Simple ways to beat stress during the holidays

Stress often gets the better of you during the holiday season. Be sure to take care of yourself during this holiday season. Get plenty of exercise, including stretching, to help remove stress from your body. Even a short 15 minute walk in the crisp air can make you feel better. Get a massage to release tension and give your immune system a boost.

Set aside quiet time to practice meditation and deep breathing... several slow, deep breaths can calm your nerves and relieve stress.

The Healing Arts Center at SJRDH can help you relax and get some shopping finished as well. We have a buy two, get one free massage special from November 29 through December 23. CareLink members can get three 50-minute massages for just \$100. Keep one for yourself and give the other two as gifts. Shopping can't get any easier! **For more information call 810-326-4700.**

## 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 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 or better", who would otherwise be alone on Christmas to share the joy of the holiday season with the 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 SJP SeniorLink at 1-888-751-5465. We will begin accepting reservations on Wednesday, December 1.

## Winter break at St. John Providence Health System hospitals

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

**5** Wednesday 10 - 11 a.m. Session I  
11 - 12 Noon Session II  
(No classes in December)

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

**11** Tuesday 10:30 - 11:30 a.m.  
**Healthy Eating for the Young at Heart**  
Providence Park Hospital, Outpatient Building, Conference Rooms A & B

It is never too late to make healthy changes in your life. If one of your New Year resolutions was to start eating healthy or adopting a healthier lifestyle, we are here to help. Learn about dietary guidelines, what healthy choices can be made without sacrificing taste and how to read those confusing labels. Our dietician will help you get started! Blood Pressure Screening available.

Presenter: Jennifer Quinn, Registered Dietician, Providence Park Hospital

## 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](http://stjohn.org) for a virtual tour of our nursing care centers.



STJOHN  
PROVIDENCE  
HEALTH SYSTEM®

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

**St. John Senior Community  
313-343-8265**

A PASSION for HEALING

## 2010 Hunt for Health Ends

Each month many of you took advantage of our free health and wellness programs. The *Hunt for Health* program was developed to encourage CareLink members to attend six classes before November 30. All completed cards should be turned in by December 3 and gifts will be mailed. All completed cards are entered into a random drawing to take place in January for a grand prize. In addition, a second random drawing will take place for those who had the "Bonus 2" section completed. Both grand prize winners will be notified in January. The CareLink program appreciates all of you for your interest and your continued support of the CareLink program.

## How healthy is your heart? Find out at the SJPHS Heart and Vascular Screening Clinic

The Heart and Vascular Screening Clinic offers a series of simple, non-invasive tests that can identify cardiovascular risk factors, even in people who have no symptoms.

The diagnostic studies include:

- blood work for cholesterol and diabetes
- blood pressure check
- electrocardiogram (EKG)
- body mass index (BMI)
- ankle brachial index (ABI), which shows how well blood is flowing to the limbs
- carotid ultrasound to show blood flow to the brain
- abdominal aorta ultrasound to check for aneurysm.

The entire series of tests takes approximately one hour. The results, combined with information from the patient's medical history and lifestyle questionnaire, are used to develop an individual coronary risk profile. Shortly after the clinic visit, patients will receive a follow-up mailing with their risk profile and the test results to review with his or her primary care physician.

Insurance generally does not cover the cost of screenings such as these, but the entire battery of tests is available at the *Heart and Vascular Screening Clinic* for only \$75. **CareLink members receive a 20% discount and only pay \$60!** Since cardiovascular disease can actually be prevented or lessened by reducing an individual's risk factors, consider it an investment in your peace of mind.

The Clinic is offered at St. John Hospital, St. John Macomb-Oakland Hospital, Macomb Center, Providence Hospital and St. John River District Hospital. For an appointment or for more information, call 1-866-501-3627.

## 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

## 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](http://stjohn.org/homecare)  
or call 800-248-2298  
for more information.



A PASSION for HEALING

## Healthy Holiday Cooking Tips

Any holiday food can fit into a healthy eating plan. The key is moderation, balance and a little preparation.

### Dairy Products

- Use skim milk and other “low fat” dairy products in recipes.
- Use low fat or light cheese rather than cheeses made from whole milk.
- Use low fat or light products, mayonnaise or sour cream.

### Meat

- Choose lean meats wherever possible, such as turkey or chicken (skin removed). Remember- white meat is better than dark meat!
- Try using fish as the main course. Tuna and salmon contain omega fatty acids that are heart-healthy!
- When choosing beef, choose the leanest beef (sirloin, flank steak) with the least amount of marbling. Always trim excess fat from the edges of meat.
- Bake, broil or stew meat to reduce the fat content. Always drain excess fats off of meat after cooking.
- Cook meat on a rack so fat can drip away.
- Cool soups, stews and gravies before serving and remove the hardened fat collected at the top.
- When preparing a roast, use low fat broth to baste instead of drippings from the pan.

### Vegetables

- Vegetables contain little fat and little calories. What we add to the vegetables increases the fat / caloric content!
- Avoid smothering vegetables in butter or cream sauces. Try steamed veggies with a small amount of margarine instead.
- Try substituting low fat milk or low fat sour cream with mashed potatoes.
- Salads are a great addition to any holiday meal, Make sure to use light or low fat dressings.

### Dessert

- Try angel food cake served with fresh fruit
- Use evaporated skim milk with low fat ice cream or Cool Whip for pumpkin pie.

### Other tips

- Never go to a party hungry! Eat a low fat snack before the party.
- If the party is potluck, bring a healthy dish of your own.
- Enjoy small samples. Do not splurge.
- Eat off smaller plates, eat slowly and enjoy each mouthful.
- Avoid standing near the buffet table. This will only tempt you to consume more!

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

### EnhanceFitness

**Mondays** 10-11 a.m./1 - 2 p.m.  
**Tuesdays & Wednesdays** 10 - 11 a.m./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.

### Grief During the Holidays

**Thursday, December 2** 10 - 11:30 a.m.

How to handle the extra stresses that holidays bring. Registration required!

### Eat This Not That

**Tuesday, January 18** 1 - 2p.m.

This class offers tips for making healthy informed choices for dining in or out. Registration required!

### Step Into Health

**Thursdays, January 13 - February 10** 10 a.m. - 12 Noon

This five week fun and fitness course combines pre-diabetes health classes taught by a registered nurse and a hustle dance class for exercise. The goal is to support people in making a personal action plan to form healthy habits for life. Registration required!

### Blood Pressure Screening

**Wednesday, 10 - 12 noon**

- **December 1**
- **January 5**

# 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
- Advance Directive Information and Forms
- 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 Rehabilitation: 1-800-711-8150
- \$50 off St. John Providence 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 SJPHS Partnership): 1-888-647-9682
- 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.)
- ♦ 20% off Private Room Upgrade (Subject to availability)
- ♦ \$15 off SJPHS Heart and Vascular Screenings: 800-801-8882
- ♦ 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 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

### 4 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

### 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

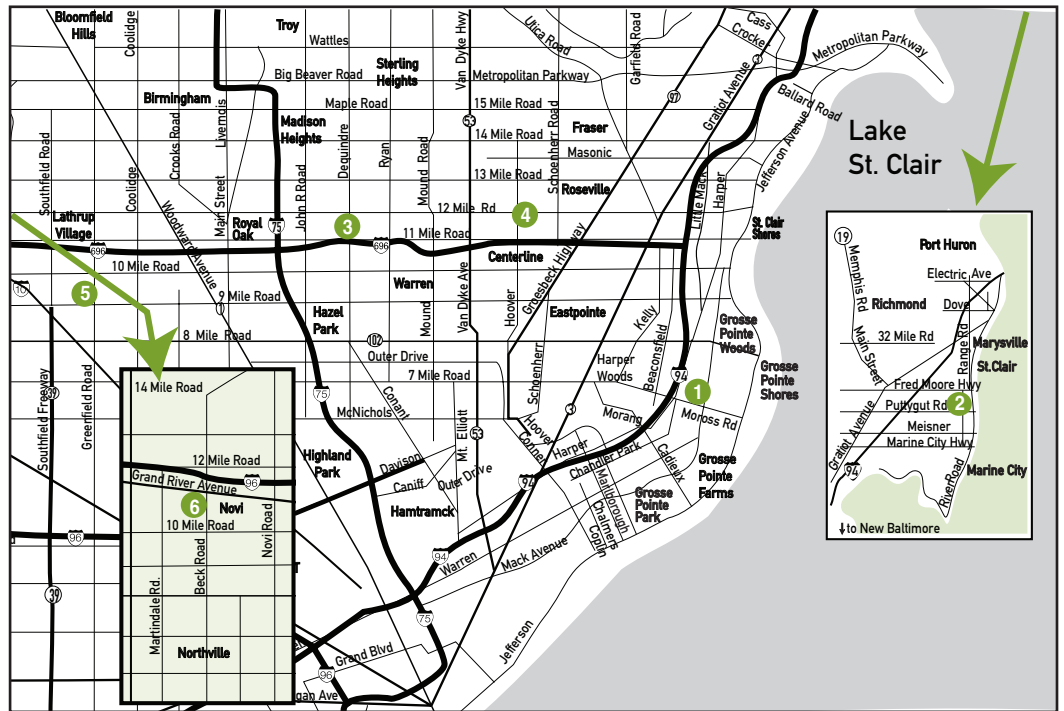
- ♦ 20% off Cardiac Rehabilitation Phase 3 Program: 248-849-5855
- ♦ \$5 off first class, Assarian Cancer Center Healing Arts - Novi: 248-465-4300

\*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 (SJH&MC)**  
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 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


**St. John Senior Community**  
18300 E Warren Avenue  
Detroit, MI 48224  
313-343-8000

**Senior Care Facilities**  
Father Murray Nursing Center  
8444 Engleman  
Center Line, MI 48015  
586-755-2400

1-888-751-5465

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

ST JOHN  
 PROVIDENCE  
 HEALTH SYSTEM



**CareLink**  
 St. John Providence Health System  
 28000 Dequindre  
 Warren, MI 48092  
 1-888-751-5465

Non-Profit Org.  
 U.S. Postage  
 PAID  
 St John Health