

CareLink NewsBriefs

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

inside

- Hospital updates
Pages 2-3
- Education programs
Pages 4-5
- Bulletin Board
Page 6
- Ongoing events
Page 6
- Riverview Wellness
Programs
Page 7

SJHS Vision

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

CareLink Open House at Providence Park Hospital

On June 17, those age "55 or better" can enroll in and learn more about CareLink services at Providence Park Hospital. Similar to the other established CareLink programs throughout St. John Providence Health System, Providence Park now provides a variety of discounted services and programs for seniors. "Providence Park Hospital serves a huge and vibrant senior community, and we believe CareLink will be a wonderful compliment to the wide array of programs and services currently offered," says Kathy Zaguroli, Manager, Volunteer Services and CareLink.


The CareLink Open House features lectures on *Dizziness, Balance and Falls* and *Peripheral Artery Disease (PAD)* (see page 4) along with Automated External Defibrillator (AED) demonstrations given throughout the event. Additionally, representatives from a variety of healthcare services will be on hand to share information and answer questions. Plus, there will be refreshments and door prizes for those in attendance.

Providence Park has 1500 physicians, over 1400 staff members and 500 active volunteers dedicated to healing bodies and touching souls of thousands each year. The 200-bed hospital facility opened September 2008, and has relationships with various senior living and community centers within the communities it serves. Currently, Providence Park offers a variety of

seminars and workshops attracting senior audiences. Through its newsletter and the special St. John Providence SeniorLink phone number, CareLink will provide a formal opportunity for seniors to stay informed about and engaged with Providence Park and the wide array of senior offerings throughout St. John Providence Health System. Providence Park CareLink discounts include \$2 Valet parking, 10% off in the Gift Shop and 20% off in the cafeteria. Discounts for the Healing Arts programs and the Heart and Vascular Screening clinic are also in effect. Watch your *CareLink NewsBriefs* for more discount announcements.

For more information about Providence Park's CareLink Open House, or to enroll in one of the lectures on June 17, contact St. John Providence SeniorLink at 888-751-5465.



See page 4 for special lectures planned during the CareLink Open House. Watch for this  symbol.

St. John Maccomb–Oakland Hospital, Oakland Center

Sue Davis

Bone up on osteoporosis

Bones continually grow and change throughout our lifetime – a process called remodeling. When bone loss outpaces new bone growth, osteoporosis occurs, causing porous and brittle bones.

What causes osteoporosis?

- calcium and vitamin D deficiency – many organs require calcium. If calcium is too low, organs leach it from bone
- estrogen deficiency – bone loss accelerates after menopause
- testosterone/estrogen deficiency in men
- parathyroid hormone and growth hormone deficiencies – they help bones use calcium and regulate remodeling
- sedentary lifestyle – bones weaken if they aren't worked
- medications – most commonly corticosteroids and antiseizure drugs
- smoking – nicotine has toxic effects on bone cells, blocks the body's ability to use estrogen, calcium and vitamin D
- alcohol arrests remodeling and increases calcium loss.
- medical conditions – bone loss can come from genetic and digestive diseases to the tumors called multiple myeloma, (these infiltrate bones with abnormal cells)

A healthy diet and lifestyle, vitamin supplements and exercise can help offset the progression of osteoporosis.

To learn more, join us on July 21 for CareLink Lunch & Learn: "Osteoporosis" with Howard L. Dubin, DO, Internist on staff at St. John Maccomb-Oakland Hospital (see page 5).

St. John Hospital and Medical Center St. John North Shores Hospital

LeaAnne A. Ivory

St. John Guild Dinner on June 2

Established in 1948, The Guild of SJH&MC is a volunteer organization that played a critical role in fundraising to open St. John Hospital in 1952. The Guild continues to support SJH&MC programs today. Since it's founding over 60 years ago, The Guild has raised over \$15 million for the hospital, assisting a countless number of patients by providing needed medical equipment, state-of-the-art technology and valued services.

The Guild continues fundraising efforts with the 50th Annual Guild Dinner on June 2. This spectacular event, held at Penna's of Sterling, will spotlight the unique entertainment of comedian, television and movie personality Sinbad. Proceeds will assist in the fight against cancer by helping to purchase a vital piece of equipment, the C-arm unit, for SJH&MC's Department of Oncology.

Doors open at 6 p.m. for cocktails and hors d'oeuvres, followed by a multi-course dinner at 7:30 p.m. For more information or tickets, call 313-343-3674.

Act fast!

As part of this special 50th celebration, the Guild is providing two free tickets for the June 2nd event to a CareLink member – a \$500 value. Members should call 1-888-751-5465 on/before May 25 with their name, address and telephone number to be eligible for the random drawing the following day.

St. John Maccomb–Oakland Hospital, Maccomb Center

Janet Silvestri

Senior living options

As we or our loved ones age, there may come a time when it is no longer safe to live alone. Many conclude that they must then go to a nursing home – this is not always the case. Although nursing

homes can provide great care, most people would prefer to stay in their own homes as long as possible. There are other options to consider, such as private duty nursing, in-home monitoring, and a wide variety of independent or assisted living options.

Knowing what to look for when hiring in-home assistance and understanding how Medicare works can help to ease this process. Remember, through CareLink there are discounts for helpful in-home services, such as private duty nursing and an emergency response system (see page 6). ***If you'd like a listing of area independent/assisted living centers and nursing homes compiled by our Care Management Department, call St. John Providence SeniorLink at 1-888-751-5465.***

Join us on July 22 at 10 am for "Senior Living Options" presented by Lynn McDonald, LMSW, Social Worker, SJMOH-Macomb Center (see page 5).

St. John River District Hospital

Diana Morrison

Cataracts — a natural part of aging

Cataracts are the leading cause of visual loss in adults "55 or better." Cataracts cloud the lens inside your eye. Located behind the iris, this lens works to focus light images on the retina and send images to the brain. A cloudy lens blocks this process, blurs objects, dulls bright colors and makes seeing at night difficult. Cataracts can be why reading glasses or bifocals no longer seem effective.

Cataract removal is one of the safest and most effective surgical procedures. A tiny incision is made in the eye and an instrument about the size of a pen tip is inserted to break up and remove the cloudy lens. Once removed, a cataract replacement lens or "IOL" is inserted through this tiny incision and set into its permanent position.

For a referral to an ophthalmologist on staff at SJRDH, call 1-888-751-5465.

Providence Hospital Providence Park Hospital

Kathy Zaguroli

Dizziness

People use the word dizzy to describe a variety of sensations. Some people use the word dizzy to refer to feeling lightheaded or faint. Others use it when they feel imbalance or a spinning sensation (vertigo). Dizziness is a symptom.

Some self-care tips for dizziness are:

- Take your time getting up if you have dizzy spells when you rise quickly from sitting or lying positions.
- When an episode of dizziness or vertigo strikes, slowly move to a sitting or reclining position. You'll be less likely to fall and injure yourself. If you feel faint or if your vision begins to go dark, sit with your head between your knees.
- Drink more fluids to avoid dehydration and help maintain your blood pressure.
- Avoid caffeine, alcohol and smoking.
- Avoid driving.
- Use relaxation techniques to combat anxiety. Breathe deeply and slowly.
- If you feel an episode of vertigo coming on, keeping your eyes open and focused on a stationary object may lessen the symptoms.
- If others in your household also have dizziness, headache, or nausea and vomiting, it may be carbon monoxide poisoning. Get out of the house, call your gas company and go to the hospital.

If you have dizziness with a head injury or severe headache, chest pain or weakness in your arms and legs, call 911.

Join us on June 17 from 10:30-11:30 a.m. at Providence Park for "Dizziness, Balance and Falls" with Eleanor Chan, MD, Otolaryngologist on staff at Providence and Providence Park Hospitals (see page 4).



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)

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

Parkinson's Disease

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

Presenter: Malaz Almsaddi, MD, Neurologist on staff at SJMOH

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

A Show of Hands

Providence Park Hospital, Outpatient Bldg.,
Conference Rooms A & B

Join us for a discussion of common hand problems including tendonitis, arthritis, carpal tunnel and more. If you've stopped doing something because of hand pain or numbness, learn about surgical and non-surgical treatment for your hand problems.

Presenter: Germaine Fritz, DO, Orthopedic Surgeon on staff at Providence and Providence Park Hospitals

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

Humor & Health

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

Does laughing improve your health or add years to your life? Learn about the relationship between humor and health, both statistically and biologically. Join us – we guarantee you'll leave with a smile! Parking pass provided.

Presenter: Sharon Rose, LMSW, CAAC, Gerontologist and Psychotherapist, St. John Eastwood Clinics

16 Wednesday 10 - 11 a.m.

Sleep Problems & Disturbances

Marvin Blank Senior Center, Macomb Township

Problems going to sleep or do you wake throughout the night/early morning? Learn about common sleeping problems, practical strategies for coping, when to be concerned and where to seek assistance. Refreshments provided.

Presenter: Kathleen Rheaume, MD, Family Medicine Physician on staff at SJH&MC

17 Thursday



Providence Park Hospital, Outpatient Bldg.,
Conference Rooms A, B & C

Dizziness, Balance and Falls

10:30 - 11:30 a.m.

Millions of Americans experience dizziness or vertigo. Symptoms may include feeling unsteady, woozy, light headed, being unable to walk without staggering or having the sensation of movement or spinning. Learn more about the causes and treatments for these issues.

Presenter: Eleanor V. Chan, MD, FRCSC, Otolaryngologist, on staff at Providence and Providence Park Hospitals

Peripheral Artery Disease

12:30 - 1:30 p.m.

Do you have pain in your legs when you walk? Does it go away when you rest? This is a symptom of Peripheral Artery Disease (PAD). Learn how PAD is related to your risk of stroke and heart disease, and how it is diagnosed and treated. If you have high blood pressure, diabetes or high cholesterol, you should not miss this informative discussion.

Presenter: Marcel Zughaib, MD, Cardiologist, on staff at Providence and Providence Park Hospitals

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

Thyroid Disease

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

Many people develop thyroid disease later in life. Find out more about symptoms, risk factors and treatment options.

Presenter: Regina T. Kurian, MD, Endocrinologist, St. John Endocrinology Clinic, SJH&MC

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

Osteoporosis

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

Presenter: Howard L. Dubin, D.O, Internist on staff at SJMOH

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

Managing Heart Failure

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

Living a healthy, active life with heart failure requires you to learn more about your condition, how to manage it and how to identify warning signs. Join us to explore ways of controlling heart failure including medications, illness prevention, wellness and the latest treatment options. Valet parking pass provided.

Presenters: Sam Dubaja, RN, Project Coordinator, Cardiology Services and Margarita Pena, MD, FACEP, Medical Director, Clinical Decision Unit, SJH&MC

8 Thursday 6 p.m.

Dinner with the Doctor: Healthy Heart Living

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

Learn how to better take care of yourself as you age.

Presenter: Lingareddy Devireddy, MD, Medical Director of Cardiovascular Services and Chief of Cardiology, SJMOH

Free to the first 100 pre-registered guests

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

Stress Reduction

Providence Hospital, Fisher Auditorium

During difficult times, we need to be sure we're taking care of ourselves. Learn about relaxation techniques that can reduce your stress and make every day more enjoyable.

Presenter: Howard Schubiner, MD, Internist on staff at Providence Hospital

21 Wednesday 10 - 11 a.m.

Improve Health & Vigor through Exercise

Special Location at Macomb Township's Recreation Center (20699 Macomb Street, off Broughton Road, east of Romeo Plank, south of 25 Mile Road)

Regular exercise is a powerful tool for improving health and wellness. Join us at this special location for lunch, exercise tips, site tours and information about the variety of exercise options available through Macomb Township Parks & Recreation. Free boxed lunch limited to first 20 pre-registered guests.

Presenter: Fitness Professional on staff at Macomb Township Parks & Recreation

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

Senior Living Options

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

As we or our loved ones age, there may come a time when it is no longer safe to live alone. Many conclude that they must then go to a nursing home, which is not always the case. Learn more about what options are available for seniors to live safer.

Presenter: Lynn McDonald, LMSW, CSW, Clinical Social Worker, Care Management Department, SJMOH

Join us for our
**Second Chance (SC) Heart Club Supper
on Wednesday, June 16, 5 - 7 p.m.**

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

Diet, Nutrition & Exercise

Presenters: Alan Cholewiak, BS and Laura Marchwinski, MS, Exercise Physiologists, Cardiac Rehabilitation Department, SJH&MC

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

This event includes the lecture, a low-cost dinner option in the Moross Market Café (following the lecture) 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.

New hours for St. John Providence SeniorLink

St. John Providence SeniorLink has expanded hours of operation. Representatives are available Monday through Friday, 7 a.m. - 7 p.m., and Saturday from 8 a.m. - 1 p.m. For CareLink event registration, physician referral or St. John Providence Health System information, call 1-888-751-5465.

Guardian Medical Monitoring (GMM) discount & time-limited offer

As one of our special partnership discounts, GMM offers the following discount to CareLink members:

Free installation and \$27 monthly discounted fee for Personal Emergency Response System's monitoring

The Personal Emergency Response System has come a long way since the days it merely allowed the wearer an opportunity to notify someone that they'd "fallen and can't get up." Guardian Medical Monitoring currently offers many add on options, such as programming their units to answer your phone, remind you to take your medicine or even alert you to a fire or exposure to carbon monoxide. It's like life insurance.

As a bonus to CareLink members trying a new GMM product or option for the first time:

GMM will provide a free remote Call Station (\$75 value) to any CareLink member requesting a new GMM product through 8/31/10. About the size of a light switch, this waterproof Call Station can be mounted to the bathroom wall or hallway.

For more details or to place an order, call 1-888-349-2400 and mention you are a CareLink member.

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 relief from your knee and hip pain, including information on medications, nutrition and exercise.

June 17: 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.

Tai Chi - Basic Level

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

Wednesdays 10 - 11 a.m. Session I
11 - 12 noon Session II
(No class June 9 and 30)

Low impact exercise designed to enhance balance, circulation and flexibility at seated and standing positions.

Cost: \$12 payable at the first class
(\$9 for CareLink members)

St. John Riverview Senior Wellness Center

We are proud to announce the opening of our new Senior Wellness Center located at Detroit Riverview Medical Pavilion II, 7633 East Jefferson, Suite 170. Our focus is whole person wellness with an emphasis on health promotion, disease prevention and improving quality of life. Educational and exercise programs will be offered. Come check us out and learn about the kick off of our walking program.

Grand Opening

June 30

Wednesday, 10 a.m. - 3 p.m.

Caring for the Caregiver

June 3 -17

Thursdays 1 - 2:30 p.m.

A three week course designed to help persons cope in their care-giving role by taking time out to examine the emotional, physical and spiritual dimensions of the joy and stress of care-giving.

A Matter of Balance

July 8- August 26

Thursdays 11 a.m. - 1 p.m.

An eight week 2 hour class designed to reduce the fear of falling and strategies to lower your risk for falls. Learn exercises to improve strength, coordination and balance.

Enhance Fitness

July 12 - August 31

Mondays 1 - 2 p.m. &

Tuesdays 11 a.m. - 12 p.m.

This eight week 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.

Blood Pressure Screenings

• June 2 • July 7

10 a.m. - Noon

Please call St. John Providence SeniorLink to register for all Senior Wellness Center programs.

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

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.

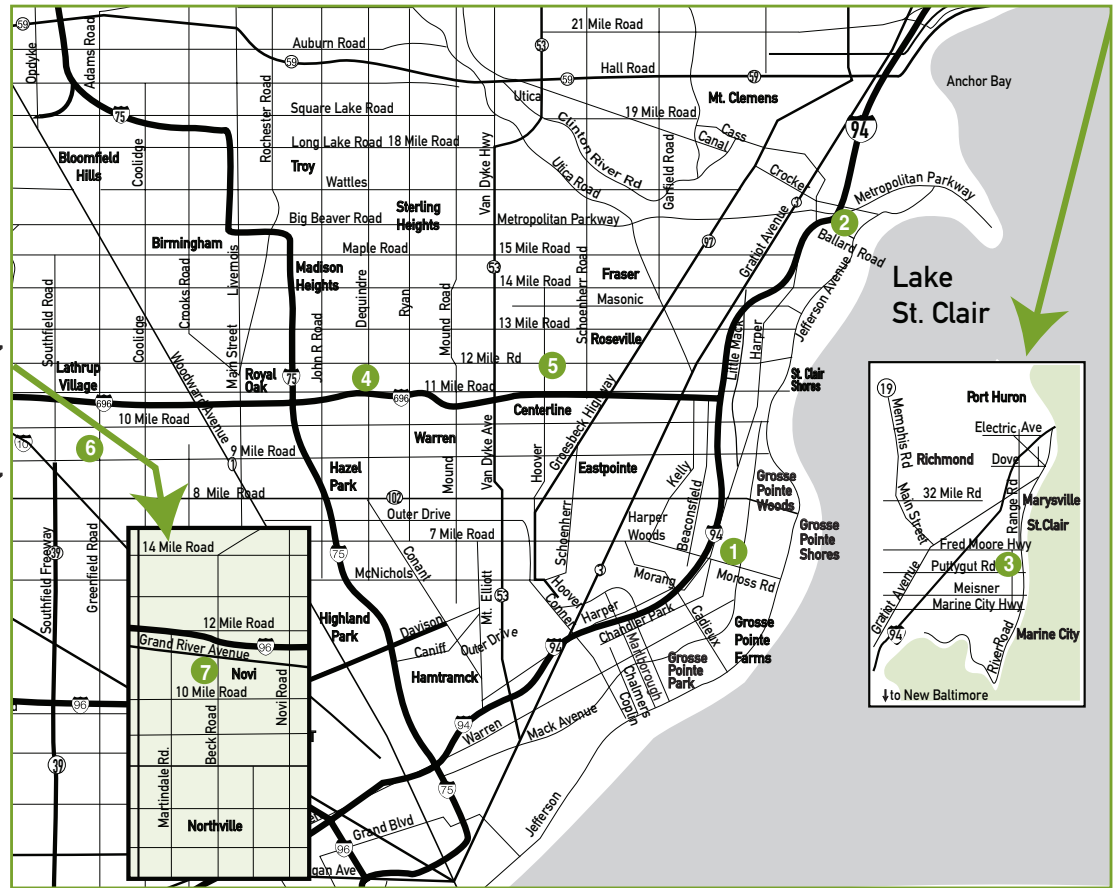


A PASSION for HEALING

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

ST JOHN
 PROVIDENCE
 HEALTH SYSTEM



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

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