

CARELINK

(special link for those 55 or better)

Healthcare professionals from St. John Hospital and Medical Center are available upon request to speak to community groups. Topic options for older adult audiences include:

- Alternative Medication Therapies
- Are You “55 or Better”?
(Overview of CareLink)
- Be Prepared! - Emergency Medical Information & Advance Directives
- Benefits of Tai Chi for Balance
- Breast Health: What to Watch for & New Treatment Options
- Caring for Aging Feet
- Colon Health
- Coping with Chronic Pain
- Coronary Heart Disease:
Dispelling the Myths
- Fall Prevention & Recovery
- Forget the Word Dieting —
Learn about Relating to Food
- Healing Power of Music:
Music Therapy in a Medical Environment
- Healthy Caregiving:
How to Take Care of Yourself Too!
- Heart Healthy Exercise Options
- HeartSmart
- Home Safety Tips
- Joint Pain
- Knee & Hip Pain
- Lower Back and Leg Pain
- Medicare Part D Prescription Benefit
- Medication Review & Record (Plus, Free
Wallet-Sized Record Distributed)
- Memory Changes:
What’s Normal, What’s Not
- Nutrition for Lowering Your
Risk of Cancer
- Oops, I Forgot:
Memory Tips & Techniques
- Osteoporosis & Bone Loss
- Overview of the Van Elslander Cancer
Center at St. John Hospital
- Pre-Diabetes: Understanding the
Risks and Opportunities
- Prostate Health
- Senior Living Options
- Strategies for Coping with Stress
- Stroke / “Brain Attack”
- The Blues vs. Depression:
Learn the Difference
- The Most Vital Gift: The Gift of Life
(Organ & Tissue Donation)
- Volunteer Opportunities & Perks Through
St. John Hospital
- Warning Signs of a Heart Attack or Stroke
- Women & Heart Disease

St. John Hospital and Medical Center provides such presentations as a free resource* to the communities we serve. Generally, presentations run approximately 45 minutes, with an additional 15 minutes for questions from the group. For more information, please call LeaAnne Ivory, CareLink Senior Services, at 313-343-7517.

* Requesters are asked to ensure at least 15 people will be in attendance.
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