



HEALTH FRONT

(leading the way with REAL MEDICINE)

Motor City Spotlight shines on local talent

On May 13, abstinence programs Project S.A.V.E (Supporting Abstinence Via Education) and Project R.O.C (Realizing Our Choices) hosted the Motor City Spotlight at the Millennium Center in Southfield. "Coco" from WJLB FM 98 emceed the event and "SPUD" from 105.9 FM served as the celebrity judge. Teens were introduced to the concept of abstinence, and encouraged to engage in positive behavior and refrain from sexual activity and drugs. For more information on the St. John Health abstinence programs, please call 248-849-8754.

The following teens were rewarded for the excellence in the performing arts:

Grand Prize Winner (\$500): Morgan Peterson - Monologue "Portrait of a Wise Woman"	2nd Place (\$300): Cydara White - Dance "Bittersweet"	Most Positive Message (\$50): Portia Buchanan - Poem "Lost Souls"
	3rd Place (\$200): The Tap Squad - Dance	



Morgan Peterson accepts her Grand Prize trophy

St. John Health associates honored at annual YMCA Awards luncheon

Hats off to the St. John Health (SJH) associates who were recently recognized for their commitment to the YMCA of Detroit's Adult Achievers - a mentoring program that brings together volunteers with executive, managerial, entrepreneurial, clerical and technical backgrounds to work with local youth. Adult Achievers mentor young Detroiters in career development, college preparation, character development and community service.

The following SJH associates were honored at the YMCA's 25th Annual Minority Achievers Awards Luncheon on May 20 for their past and present involvement in the program.



Rev. Lance Travis of St. John Macomb Hospital, pictured with his wife, is the latest St. John Health associate to be recognized for his volunteer involvement in YMCA Adult Achievers Program.

Calantha Asare
Conner Creek Village

Edita Barretto
St. John Hospital and Medical Center

Patricia Blount
SJH Outpatient Rehab Services

Beverly Cameron
Providence Hospital

Kenneth Coleman
SJH School-Based Health Centers

Marguerite Evans
St. John Detroit Riverview Hospital

James Flanegin
SJH Human Resources

Karlest Ford
SJH Corporate Communications

Charmagne Johnson
SJH Parish Nurse

Paulette Johnson
St. John North Shores Hospital

Gloria Polk
SJH Organizational Effectiveness

Linda Rhodes
St. John Hospital and Medical Center

Wanda Sanders
St. John Hospital and Medical Center

Cornelius Sims
St. John Hospital and Medical Center

Troy Tidwell
St. John Detroit Riverview Hospital

Rev. Lance Travis
St. John Macomb Hospital

Rhonda Welsh
St. John Hospital and Medical Center

Ricki White
Providence Hospital

St. John Home Care uses talking scale to monitor heart patients from home

An innovative talking scale is helping health care providers better monitor congestive heart failure (CHF) patients, resulting in improved management of the disease and significantly reduced hospitalizations.

St. John Home Care, one of the largest home care agencies in Michigan, is offering patients with CHF a talking computerized scale that asks patients key questions regarding symptoms and provides more accurate weight readings. Patients weigh themselves daily and answer a series of questions on the computerized scale. The data is then transferred through the patient's telephone line to the program coordinator, who tracks and analyzes the data. If necessary, the coordinator can contact the patient's doctor if he/she is showing increased symptoms. Many times an adjustment in the patient's medication is all that is needed to prevent re-hospitalization.

"Because CHF is the leading cause of hospitalization of people over 65 years of age in the U.S., anything that can help us better manage the condition and keep patients out of the hospital is a win-win situation for patients and hospitals," explains Lynn Bowden, RN, cardiac program coordinator for St. John Home Care.

"The average cost of readmission for CHF is approximately \$5,000 and hospitals may not be reimbursed for readmissions due to current insurance payment methods. This simple tool not only saves significant health care costs, but helps manage the disease in a convenient, effective matter," adds Lynn.

The talking scale used at St. John Home Care is the Cardiocom(s) System and offers several advantages over other systems including the ability to:

* monitor patients seven days a week

* weigh patients up to 500 pounds in tenth-of-a-pound increments.

The talking scale is provided to SJH Home Care patients with CHF at no cost to patients. For more information about the SJH Home Care Heart Failure Program and the Cardiocom(r) System, call St. John Home Care at 1-800-248-2298.



St. John Health Foundation awarded grant from Metro Health Foundation


St. John Health Foundation has received a \$30,000 grant from Metro Health Foundation in support of The Northeast Health Center, the new Federally Qualified Health Center at Conner Creek Village. The grant will be used to equip a dental suite in the new facility.

The Northeast Health Center, located at 4777 E. Outer Drive, Detroit, will deliver critically needed primary health care to underserved citizens who reside in northeast Detroit. The goal is to remove the barriers to access of health care and improve the health status of the community.

Services provided at the facility will include primary care, dental care, pediatrics, obstetrics and gynecology, behavioral health, radiology and pharmacy. Advantage Health will manage the day-to-day operations for the Center.

St. John Health leadership had a vision to transform the former NorthEast Hospital campus and the surrounding community, which is now known as, "Conner Creek Village, A Partnership for Healthy Lives." This vision was developed as the result of a comprehensive community study including interviews with neighborhood residents, business and corporate leaders and pastors. The Northeast Health Center is a part of that vision. The Center will network with and enhance the current outreach ministries offered by churches, agencies and St. John Health. The new facility is expected to be operational by January 2006.

In addition to the Metro Health Foundation grant, the Daughters of Charity East Central Province Mission and Ministry, Inc., Ascension Health Partners of Ministry, McGregor Fund and the Nonprofit Facilities, Inc. have awarded grants for the renovation of the Center. The \$1.3M capital campaign for the Northeast Health Center will be complete by June 2005.



St. John Health Chronic Headache and Migraine Institute treats the whole person, not just the headache.

They're strong. They're painful. And they can be disabling. But if you're one of the 26 million Americans who suffer from migraines there is hope. St. John Health Chronic Headache and Migraine Institute offers thorough testing, education, self-management techniques and an approach that takes your emotional, spiritual, as well as physical health in mind. If headaches are disrupting your life, go to stjohn.org/migraine for a quick migraine assessment that will help you decide if you need to seek treatment. Because when a migraine affects your whole body and life, the treatment should as well. At St. John Health, that's what we call REAL MEDICINE.

1-888-440-REAL

REAL MEDICINE™

Grab a hold of diabetes!



Beverly Cameron, R.D., Certified Diabetes Educator

Outpatient Education Services – Providence Hospital

Diabetes is one of the most serious health challenges facing the African American community. The National Diabetes Clearing House estimates that more than 2.8 million African Americans have the disease. In fact, death rates for African Americans with diabetes are 27 percent higher compared to other segments of the population. Here are a few tips that can help diabetes sufferers lead a healthier lifestyle.

- Know your numbers. A blood glucose level of 7 percent or less is best. The optimal blood pressure is 120/80, with a goal of keeping the bottom number under 85. As for cholesterol, aim for a level of 200 or less for the total cholesterol, 100 or less for the LDL or bad cholesterol, and an HDL (the good cholesterol) of over 45.
- Get moving! Any type of exercise will improve those numbers: Walking, riding a bike, cleaning out the garage, going up and down the stairs to do laundry. The goal: 30-40 minutes of physical activity 3 days a week for weight maintenance, 5 days a week for weight loss. Wear a pedometer to track your steps.
- Drink lots of water! This will not only promote better blood sugars, but it may help save your kidneys. We need a minimum of 64 ounces water/non-caffeinated beverages every day. It is important to add 8 ounces of water for every hour of exercise you add to your day.
- Limit your fats and get some fiber at every meal. Heart disease and diabetes are linked together for many people. Remember that high fiber foods slow down digestion, make you feel full and result in a slower rise of the blood sugar after meals. Where can you find it? Whole grain breads and cereals, dried peas, beans and lentils, fresh fruits/vegetables and if needed fiber supplements.

Also, remember to check your blood sugar at least once a day to get information about how your body is working with food, exercise and medications. It is recommended you check your blood sugar in the morning (a fasting blood sugar should be 80-120) and if possible 2 hours after a meal (the post-meal blood sugar should be less than 160).

Make sure to talk to your healthcare provider about your diabetes care plan to ensure that you are doing all you can to stay healthy.

St. John Hospital and Medical Center begins transformation into hospital of the future

When the Sisters of St. Joseph set the cornerstone for St. John Hospital and Medical Center (SJH&MC) in 1950, it opened two years later with 250 beds and 70 employees as a community-based hospital. At that time, its location at the crossroads of Moross Road and Mack Ave. was known as the old Beaupre farm in a section called "the widow's dower."

Today, with 604 beds, 4,900 employees, and an active medical staff of more than 700 doctors (and parking spaces for all, plus patients), SJH&MC is still at the crossroads of Detroit, Harper Woods and the Grosse Pointes – as well as its past and future.

This spring construction began on a \$156 transformation that will enhance SJH&MC's ability to provide leading edge technology and health care services to all the communities it serves. It is the largest and most comprehensive expansion and renovation project in the hospital's 53-year history.

"This project is a re-investment in our communities, and in our ability to be a world-class, regional destination hospital for primary and advanced medical treatment and research," said Mark Taylor, SJH&MC president.

"At the same time, we are very attuned to the fact that real medicine is about the minute-by-minute interaction between St. John Health care professionals, our patients and their families. That is the sacred trust we have with our patients and that will always be at the heart of St. John's health ministry, no matter how different our buildings may look," Taylor added. And SJH&MC will look different when its transformation is completed in 2008.

The most apparent changes will include:

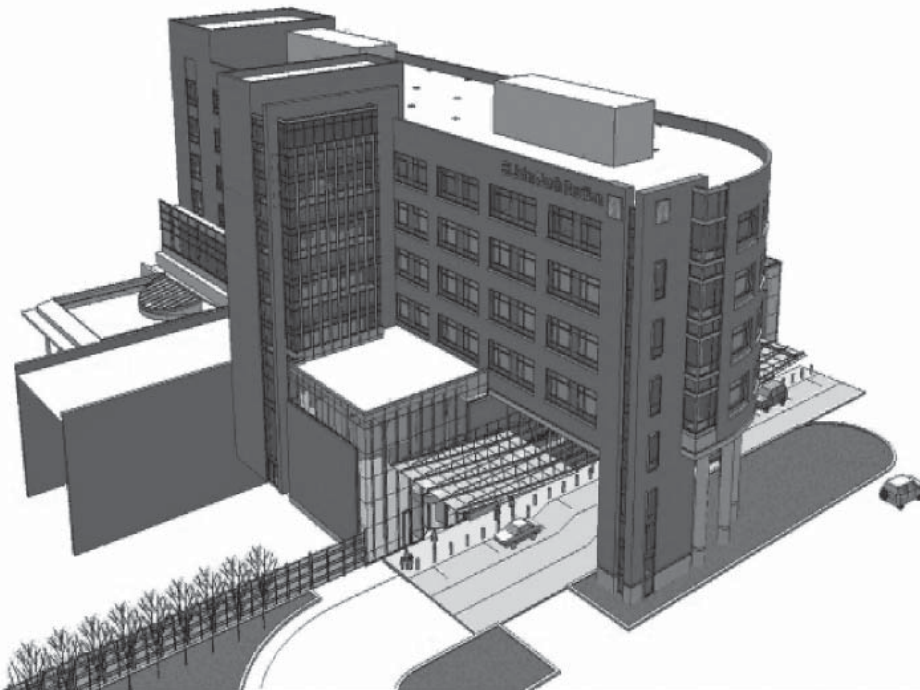
- A new main entrance connected to a three-story atrium lobby located adjacent to the main surface parking lot now located at the rear of the hospital. This new design will make parking, and entering/exiting the hospital, more convenient.
- The new entrance will lead to a six-floor north pavilion with 144 private patient rooms designed to be more spacious. The trend toward private rooms reflects nationwide preference by patients for a healing environment that maximizes comfort and amenities.
- As a national Top 100 Heart Hospital, St. John will consolidate all cardiovascular services in the new north pavilion creating a unique 'one-stop shopping' Center for Heart and Circulatory Services where our renowned cardiologists, cardiovascular surgeons and staff will be equipped with leading-edge technology.
- A new outpatient imaging center also located adjacent to the new lobby will make St. John more accessible for the most commonly prescribed X-rays and other diagnostic tests.
- A newly redesigned Emergency Center will double in size and focus on exceeding patients' expectations for fast and efficient care for major and minor medical trauma.

During the construction process, St. John will make the necessary day-to-day adjustments to continue serving patients.

Construction will reduce the overall supply of parking spaces so groups of employees will take turns parking off-site, allowing for adequate patient parking.

The food and nutrition department also was relocated as the first step in establishing an alternate kitchen to serve three daily meals to patients, visitors and employees during the four-year construction period.

"If you have ever remodeled your home, you know the kind of temporary changes that you have to live with. We're experiencing these kinds of temporary adjustments at St. John, but are making sure that the needs of our patients and visitors always come first," Taylor said.



Architect's rendering of SJH&MC's new north pavilion and main entrance scheduled for completion in 2008.

For example, patients will be located as far as possible from construction areas. The hospital also is prepared to temporarily stop construction if noise becomes an issue for patients.

Like when it opened in 1952, the newly transformed hospital will be the result of engaging the hospital's constituents in creating the hospital's future. Part of the \$156 million construction cost will come from a capital fundraising campaign. For more information about supporting the campaign, call the St. John Foundation at 313-343-7480.

"All our stakeholders—patients, doctors, associates, board members and supporters from the community—have given us their input. We've listened and responded with a transformational design that will make St. John the destination hospital of the future," Taylor said.



WHO'S GOING TO TAKE CARE OF MOM OR DAD?
(the way they took care of you)

At St. John Health senior facilities, we take care of our residents like they're our family too.

A higher standard of care... that's our primary goal. Our licensed and certified staff is on-site 24 hours a day, not just on call like many places. And both our accredited facilities offer a full social calendar to nurture the mind and spirit. Because your loved ones deserve more than just being cared for... they deserve to be cared about. That's what we call REAL MEDICINE.

Visit www.realmedicine.org, or call us directly to arrange a tour.

(313)343-8265 **(586)755-2400**
St. John Senior Community Father Murray Nursing Center

REAL MEDICINE™

100 Days to Health

(it's a good start)

Providence Hospital and the City of Southfield have come together in an exciting fitness partnership, 100 Days to Health. This comprehensive campaign began Saturday, June 11, with a community-wide health and fitness expo at the Southfield Pavilion, where Providence provided a variety of health screenings, including blood pressure, height and weight, bone density, body mass index, eye pressure, and foot health, as well as informational displays representing Behavioral Medicine, the Providence Heart Institute, Cancer Center, Diabetes Education and Nutrition, Family Medicine and Women's Health.

Approximately a dozen other activities are planned during the 100-day campaign. These will include a diabetes prevention, treatment and nutrition workshop, a senior appreciation day luncheon and speaker, HIV/AIDS workshop, youth activities (in conjunction with the Southfield Library and recreation Department), and a prostate cancer seminar. City of Southfield employees and Providence associates will jointly staff a 100 Days to Health booth at various city events, such as the annual Mayor's Walk and the Summer Cool Jazz Festival.

When they sign up, 100 Days to Health participants receive a "passport" where they can record their fitness progress throughout the campaign.

"This is a fun and exciting way to encourage community members to take charge of their own health and fitness," says Nadine Cook, Providence Director of Communications and Community Relations. "This event also demonstrates our vested interest in and commitment to the Providence-Southfield community."

For more information about 100 Days to Health events, call Nadine Cook at 248-849-3502.

Calendar of Events

June

- 23 **Black women and HIV/AIDS:** Out of the Shadow, Hope United Methodist Church, 26275 Northwestern Hwy. (just south of Lahser Rd.), 7-8:30 p.m. program, sponsored by the Oakland County Chapter of the Links, Inc., www.oaklandcountylinks.org
- 28 **Southfield Kid's Day,** Civic Center Front Lawn, 10 a.m. - 2 p.m.
Ongoing FREE Blood Pressure Screenings every Thursday starting June 16th, City Center Plaza (during Eat to the Beat concert), 11:30 a.m. - 1 p.m.

July

- 26 **Diabetes:** "Lifestyle Changes for Controlling Diabetes/Pre-Diabetes" presenter Beverly Cameron, RD, Providence Dietitian, Southfield Library, 6 p.m.-7:30 p.m.
- FREE **Blood Pressure Screenings** every Thursday (during Eat to the Beat concert), City Center Plaza, Central Park Boulevard, (between Civic Center Drive and 11 Mile, 1 block west of Evergreen), 11:30 a.m. - 1 p.m.

August

- 4 **Stress Management:** Mindfulness Meditation, Dr. Howard Schubiner.
The impact of stress on the body and the importance of stress management. Helpful stress management techniques, including daily meditation. Southfield Library, 7 p.m.-8:30 p.m.
- 24 **Senior Appreciation Day**
A variety of health-related activities focused on the senior population, guest speaker and lunch. Topics to include Heart Healthy Cooking, Cancer Awareness and others. The event will be held at the Senior Adult Recreation Center, 24350 Civic Center Dr. (between Lahser and Telegraph), 3 p.m.-5 p.m.
- FREE **Blood Pressure Screenings** every Thursday, City Center Plaza (during Eat to the Beat concert), Central Park Boulevard, (between Civic Center Drive and 11 Mile, 1 block west of Evergreen), 11:30 a.m. - 1 p.m.

September

- 10 **Autumn Fest**
Wrap up event for 100 Days to Health. Activities to include health screenings, fitness demonstrations.
- 13 **Prostate Cancer:** It's a Family Affair, Dr. Patrick McLaughlin, MD, will speak on prostate cancer, the importance of annual screening, prevention, causes and treatment options. Freddie Scott, former Detroit Lion and prostate cancer survivor, will also share his story. Oakland County Community College Southfield Campus, 22322 Rutland Drive, 6 p.m.-7:30 p.m.
- 17 **FREE Prostate Cancer Screening** 9 a.m.-noon, Providence Hospital Cancer Institute, 22301 Foster Winter Dr. (directly behind Art Van Furniture). Call 1-888-440-REAL.

HOW CAN WE HELP?

St. John Community Health Programs and Services Phone Directory

General Information
Regina Nelson
Administrative Assistant
313-343-7734

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Vice President
Community Health
586-753-0649

Community Education & Outreach
Parish Nursing/ Congregational Health
Karen Beger
Corporate Director
586-753-1484

School-based Health Centers
Access to Care
Nancy DeGroot
Corporate Director
313-343-7734

Open Arms (A Grieving Children's Program)
Karen Sheffield
Manager
313-921-7983

Ryan White HIV/AIDS Project
Deborah Sloss
Program Manager
313-343-4145