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SJPHS Vision

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

Understanding movement disorders

There's been much progress to enhance quality of life for those with movement disorders. However, it's key that both the patient and their family understand the diagnosis and treatment options fully. The most common movement disorders are Essential Tremor, Parkinson's Disease and Dystonia.

Essential Tremor (ET) – ET is the most common movement disorder, causing a rhythmic, shaking movement. ET's involuntary muscle contraction and relaxation often occurs in the limbs, head or voice. When tremors become increasingly disabling, they interfere with daily activities. As ET progresses, the associated discomfort often leads to social withdraw. ET afflicts all ages and genders, with the average age of onset at 45.

Parkinson's Disease (PD) – PD is the most well known of all movement disorders, occurring when nerve cells (neurons) in part of the brain die or become impaired. When approximately 80% of neurons are damaged, symptoms of PD appear. The average age of onset is 60 and the risk of developing PD increases with age.

Dystonia (DY) – DY is characterized by involuntary muscle contractions, forcing parts of the body into abnormal, contorted, sometimes painful movements or postures. DY can impair the quality of life significantly, as severe muscle contractions may interfere with basic functions (walking, sitting, sleeping, eating and talking). DY is the third most common movement disorder, following Essential Tremor and Parkinson's Disease.

Innovative treatments for movement disorders

Specialists at the Parkinson's Disease and Movement Disorders Clinic at St. John Hospital and Medical Center provide diagnosis and treatment for those with movement disorders. Our clinic, staffed by a team of experts from a variety of medical fields, assists patients through a movement disorders diagnosis. Treatment plans for movement disorders may include rehabilitation therapy, a custom medication plan, or if appropriate, referral to a neurosurgeon. Our specialists can select candidates for leading-edge treatment options, such as Deep Brain Stimulation.

Deep Brain Stimulation (DBS)

DBS is an innovative therapy for certain neurological conditions. It's benefited over 55,000 patients throughout the past decade – many with inadequate responses to first-line therapies, such as medication. Similar to a cardiac pacemaker, DBS uses a surgically implanted medical device to deliver carefully controlled electrical stimulation to targeted areas of the brain. This stimulation interrupts brain signals causing motor symptoms associated with Essential Tremor, Parkinson's Disease, and Dystonia, resulting in improved physical function and quality of life.

For more information or referral to a physician specializing in movement disorders or DBS, please call SJP SeniorLink at 1-888-751-5465.

Free conferences on movement disorders

To learn more about movement disorders and leading-edge treatment options, join us for a free Movement Disorders conference presented by a SJPHS neurologist and neurosurgeon specializing in Deep Brain Stimulation. For a listing of dates and locations, call SJP SeniorLink at 1-888-751-5465.

St. John River District Hospital (SJRDH)

Diana Morrison

Age to perfection with good nutrition

We all make excuses when it comes to healthy eating. We're too busy, healthy eating costs too much, we don't want to cook for just one or we don't know what to eat. Actually, eating healthy can be easier than you think. It really is a matter of changing our thoughts and habits.

A simple way to make our diet healthier is with food preparation. Using healthy ingredients and low fat cooking methods can help. Prepare meals ahead of time and freeze them. When we're busy, simply heat up something nutritious rather than be tempted by fast food. If you live alone, make a point to invite a friend or neighbor over to enjoy an occasional meal, rather than always eating alone.

To learn more, join us for "Age to Perfection with Good Nutrition" on Wednesday, May 18 at 11 a.m. with Alicia Troyer, Registered Dietitian, SJRDH (see page 5).

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

Janet Silvestri

Living with arthritis

The word "arthritis" comes from the Greek word "arthro" for joint, and the suffix "itis," meaning inflammation. Statistics show that over 46 million Americans have been diagnosed with arthritis. Most individuals who have arthritis have pain in their joints. Pain may be localized in the affected joint and oftentimes is constant. The pain from arthritis comes from inflammation around the joint, daily wear and tear, muscle strain and fatigue. Some common symptoms of arthritis are: inability to use the joint that is affected, fatigue, poor sleep, muscle aches and pains, tenderness and difficulty moving the joint.

Some arthritis sufferers practice self-care at home such as rest, heat/cold applications and topical pain creams. Nutritional supplements and prescription

medications may alleviate or reduce pain and inflammation. Check with your physician for a recommendation on how you can manage your arthritis symptoms.

Join us on Thursday, April 28 at 10 a.m. for "Living with Arthritis" with Sam Awada, MD, Family Medicine Physician (see page 4).

Providence Hospital

Kathy Zaguroli

Snoring and sleep apnea

Snoring is divided into two major categories: with or without sleep apnea. Sleep apnea is a sleep-associated disorder characterized by episodes of not breathing for longer than 10 seconds. Partial blockages (hypopneas) also occur. Symptoms may include very loud snoring, chronic daytime sleepiness, poor concentration, morning headache and high blood pressure.

Patients with a history and physical exam consistent with sleep apnea are evaluated with a polysomnogram or sleep study. During this overnight test, measurements of breathing and other body functions during sleep are made to confirm sleep apnea and the severity (or number of episodes of apneas and hypopneas per hour of sleep).

If the diagnosis is sleep apnea and is left untreated, this is serious. Sleep apnea can lead to lung problems and even heart failure. Negative sleep studies indicate snoring is a social rather than medical problem and it should not affect the snorer's health.

For more information about a sleep study at Providence Park Hospital, call 248-465-4293

- Join us on the west side on Tuesday, April 19 at 10:30 a.m. at Providence Hospital in Southfield for "Snoring and Sleep Apnea" with Bradley Rowens, MD, Pulmonologist (see page 4).
- Or, join us in Detroit on the east side on April 14 at 10:30 a.m. at St. John Hospital & Medical Center for "Sleep Problems & Treatment Options" with Amer Aboukasm, MD, Neurologist (see page 4).

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

LeaAnne A. Ivory

Stroke is an emergency!

Prompt treatment of a stroke could mean the difference between life and death – or between recovery and disability. Early treatment may minimize damage to your brain.

SJH&MC uses state-of-the-art technology to diagnose and treat patients who have stroke symptoms. These treatments can significantly increase the odds patients will recover from stroke. However, treatment options are safe and effective only if they start within a few hours after symptoms begin.

For patients whose stroke requires rehabilitation, the new Cracchiolo Inpatient Rehabilitation Center at SJH&MC has therapists and physicians who specialize in neurologic rehabilitation and specialized neuro equipment. This equipment includes functional electrical stimulation devices, virtual reality training systems, treadmills and body-weight support technology – all designed to help therapists analyze gait patterns, restore functional movement and train patients with neurological disorders to walk again safely. This cutting-edge technology allows rehabilitation staff to conduct research and keep SJH&MC on the forefront of new trends in neurologic rehabilitation. For more information, call SJP SeniorLink.

Join us for “What is My Risk of Stroke or TIA?” and an optional tour of the new Cracchiolo Inpatient Rehabilitation Center on Thursday, May 12 starting at 10:30 a.m. (see page 5).

SJH&MC North Shores Campus update

North Shores transferred inpatient care last November to the new Cracchiolo Inpatient Rehabilitation Center located at St. John Hospital and Medical Center. Since this time, the lab drawing station (M-F, 7 a.m. - 7 p.m.) and outpatient rehabilitation services remained at North Shores. However, in April all outpatient services will relocate and reopen in a new site in Harrison Township at the corner of Metro Parkway and Crocker (in the former Sears building). This new

site will offer a lab drawing station, occupational therapy, physical therapy, speech-language therapy, a physician office practice, diagnostic imaging and urgent care. For more information, call St. John Providence SeniorLink.

St. John Macomb–Oakland Hospital, Oakland Center (SJM OH–OC)

Sue Davis

When should I go to the ER?

Knowing when an injury or illness is serious enough to visit the Emergency Room (ER) can be a difficult decision. The following are tips to help you decide when an ER visit is warranted:

- heart attack symptoms (pressure, fullness, squeezing or pain in center of chest; tightness, burning or aching under breastbone; chest pain with lightheadedness)
- stroke symptoms (sudden weakness or numbness of face, arm or leg on one side; sudden dimness or loss of vision, particularly in one eye, loss of speech, trouble talking or understanding speech; sudden severe headache; unexplained dizziness)
- shortness of breath
- sudden or severe pain
- uncontrolled bleeding
- coughing or vomiting blood
- severe or persistent vomiting or diarrhea
- poisoning or suspected drug overdose (if possible, call poison control for immediate treatment advice)
- suicidal/homicidal thoughts or actions
- serious burns or cuts
- broken bones
- neck or head injury
- seizure
- temperature of 103° or greater
- severe/worsening reaction to insect bite/sting or medication

For a listing of SJP HS Emergency Centers, call SJP SeniorLink.

For registration or information, call St. John Providence (SJP) SeniorLink at 1-888-751-5465

April 2011

Pre-registration recommended

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)

20 Wednesday 11:45 a.m. Lunch Noon - 1 p.m. Lecture **Automated External Defibrillator (AED)**

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

Would you know what to do if someone was having a heart attack? Learn when and how to use an AED. Lecture includes a demonstration.

Presenter: Bob Dickerson, EMS Coordinator, SJMOH

12 Tuesday 10:30-11:30 a.m. **Stroke: Detection & Treatment**

Providence Park Hospital, Conference Rooms A & B

Within just one minute of lack of blood flow to the brain, 2 million nerve cells will die. That means time is the most important factor in improving your chances of survival and minimizing life changing disabilities. Learn more about stroke risk factors, warning signs and prevention. Blood pressure screening will be available.

Presenter: Mark Silverman, DO, Neurologist on staff at Providence and Providence Park Hospitals

13 Wednesday 10 - 11 a.m. Session I 11 a.m. - 12 p.m. Session II (No class April 6 or 20)

Tai Chi

St. John Macomb-Oakland Hospital, Oakland Center, Education 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: \$24 payable at the first class (\$18 for CareLink members)

14 Thursday 10:30 - 11:30 a.m. **Sleep Problems & Treatment Options**

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

Learn about common sleeping disorders (including sleep apnea), strategies for coping, when to seek assistance and available treatment options. Valet pass provided.

Presenter: Amer Aboukasm, MD, Neurologist and Sleep Center Certified on staff at SJH&MC

19 Tuesday 10 - 11 a.m. **Alzheimer's Disease**

Marvin Blank Senior Center, 19925 23 Mile Road, Macomb Township

What are the early warning signs, diagnostic and treatment plans for Alzheimer's Disease? Learn the facts about this disease and how to understand some of the associated behaviors. Refreshments provided.

Presenter: Chakrapani Ranganathan, MD, Neurologist, Medical Director of Clinical Neurophysiology Department and Chief of Neurology, SJMOH

19 Tuesday 10:30 - 11:30 a.m. **Snoring & Sleep Apnea**

Providence Hospital, Fisher Auditorium

Learn about sleep apnea and why it increases your risk for heart disease, stroke and high blood pressure. Symptoms and current treatment options will be discussed.

Presenter: Bradley Rowens, MD, Pulmonologist on staff at Providence and Providence Park Hospitals

28 Thursday 10 - 11:30 a.m. **Living with Arthritis**

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

Learn more about this debilitating condition and current treatment options available.

Presenter: Sam Awada, MD, Family Medicine Physician on staff at SJMOH

May 2011

Pre-registration recommended

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)

2 Monday 11:30 a.m. Lunch
Noon - 1 p.m. Lecture

Common Back & Neck Pain

Van Elslander Cancer Center at St. John Hospital, 3rd Floor Conference Room, Suite 35

Learn the facts, healthy neck/back tips, exercise options and treatments available for reducing pain. Optional tour of the Cracchiolo Inpatient Rehabilitation Center following lecture. Free valet parking.

Presenter: Raymond T. Bauer, MD, Board Certified in Physical Medicine and Rehabilitation and Medical Director of the Cracchiolo Inpatient Rehabilitation Center, SJH&MC

18 Wednesday 11 a.m. - Noon
12:15 p.m. Lunch (in cafeteria)

Age to Perfection with Good Nutrition

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

Learn to identify which nutrients become most important as we age, and how to prepare healthy, low cost and easy meals for one or two.

Presenter: Alicia Troyer, RD, Dietitian, SJRDH

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

Providence Park Hospital, Conference Rooms A & B

Did you know that there are over 200 types of headaches and the causes range from harmless to life-threatening? Our neurologist will discuss the "red flag" symptoms you need to be aware of. Blood pressure screening will be available.

Presenter: Mark Kachadurian, DO, Neurologist on staff at Providence and Providence Park Hospitals

12 Thursday 10:30 - 11:30 a.m.
What is My Risk of Stroke or TIA?

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

Your family's medical history is important to consider, but it's not everything. Learn what to do to reduce your risk of stroke, how to recognize signs and about the many clinical and rehabilitation resources through SJH&MC for stroke. Optional tour of the Cracchiolo Inpatient Rehabilitation Center following lecture. Valet pass provided.

Presenter: Kathryn Smith, MSN, Nurse Practitioner, SJH&MC

17 Tuesday 10 - 11 a.m.
Leg Circulation, PAD & Blood Flow (& Free PAD Screening!)

Marvin Blank Senior Center, 19925 23 Mile Road, Macomb Township

Artery blockages in legs can indicate heart disease and increase the risk for a heart attack or stroke. Learn about peripheral artery disease (PAD), how early intervention is critical and about a non-invasive screening for leg circulation. Free PAD screenings offered following lecture. Refreshments provided.

Presenter: Thomas Davis, MD, Cardiologist and Medical Director, Cardiac Cath Lab and Director, Peripheral Vascular Services, SJH&MC

26 Thursday 10 - 11:30 a.m.
Vegetarian Cooking for 1 or 2

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

Vegetables are a great source of vitamins and fiber! Learn more about vegetarian cooking, nutrition and how to prepare delicious, healthy meals.

Presenter: Lindsay Mine, Registered Dietitian, SJMOH

For registration or information, call St. John Providence (SJP) SeniorLink at 1-888-751-5465

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

EnhanceFitness

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

Riverview Racers

Kick Off event: Tuesday, April 26 9 - 11 a.m.
Tuesdays & Wednesdays 9 - 9:30 a.m.

Come walk with us. We will be offering balance screening, stretching demonstrations and advice on walking shoes.

A Matter of Balance

Tuesdays & Thursdays April 5 - 28 1 - 3 p.m.
A four-week course designed to reduce the fear of falling and strategies to lower your risk of falls. Improve your strength, coordination and balance.

What You Need to Know about Advance Directives

Wednesday, April 13 1 - 2 p.m.
Medical Social Worker, Lynn Bidigare, will share information on what it is and the importance of having one.

Diabetic Foot Care

Wednesday, May 18 9 - 10 a.m.
Stanley Cohen, DPM, Podiatrist, will give tips on special care needed to prevent diabetic foot complications.

Take the PATH to Better Health Six Week Chronic Disease Self-Management Program

Thursdays, May 5 - June 9 1 - 3:30 p.m.
PATH provides skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. This course is also recommended for those taking care of someone with chronic disease. Registration is limited to the first 15 participants.

What's Vitamin D Got to Do with Me?

Wednesday, May 11 1 - 2 p.m.
Get the basics on the vitamin D.

Are You Living with Arthritis?

Wednesday, May 25 1 - 2 p.m.
Learn more on how to live and cope with arthritis.

Blood Pressure Screening

Tuesdays, 10 a.m. - 12 Noon
• April 5 • May 3

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

Avoid a fall

Falls are common and potentially serious. Do what you can to avoid a fall by scheduling a Balance and Fall Screening through St. John Providence Rehabilitation Services. Specially trained physical therapists assess your individual risks for falling and help you address any related balance issues. Recognizing that falls can be related to risks in your home environment too, you'll receive a Home Safety Checklist. This list will help you check each room for potential problems and learn how to correct them.

Recognize what you can do to decrease your risk of falling and increase your mobility through a personalized screening. The investment is minimal – it takes less than 20 minutes and costs only \$5. Call 1-800-711-8150 today for an appointment at one of our many sites.

Join us for our

Second Chance (SC) Heart Club Supper on Wednesday, April 20, 5 - 7 p.m.

Auditorium, St. John Hospital and Medical Center

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

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

Hip and Knee Pain Seminar

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.

April 21: 2 - 3 p.m. at the Van Elslander Cancer Center at St. John Hospital, Third Floor Conference Room

Registration recommended at 1-888-751-5465.

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

Thank You

With endless thanks to our volunteers

We'd be lost without the support of over 2,000 men and women sharing their gifts of time as volunteers at St. John Providence Health System (SJPHS) sites. Thank you for all you do! Even CareLink requires a team of volunteers throughout our system to keep it "alive and well." These volunteers deliver materials, track statistics, update the database, assemble Welcome Mailings for new members, assist at education programs and visit patients. To our CareLink volunteers, we extend an extra special thank you - thank you for your time, ideas and dedication all year long!

For more information about rewarding volunteer opportunities through SJPHS, call SJP SeniorLink.



Wanted: CareLink Volunteers

Immediate openings in CareLink

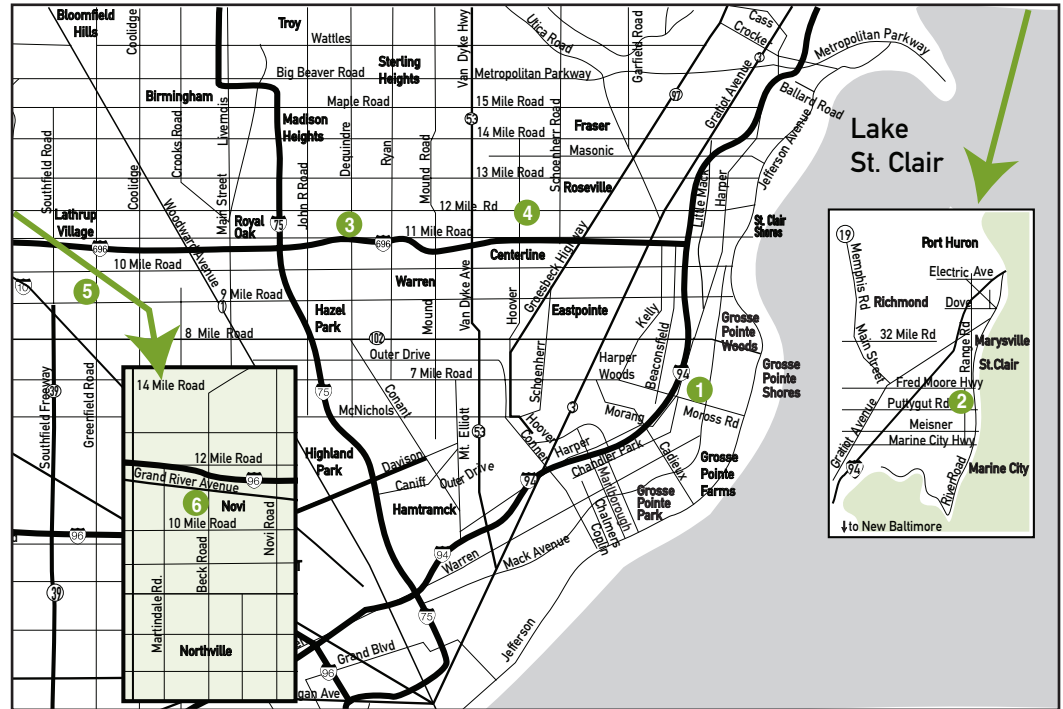
Do you enjoy visiting with others? Would you prefer moving around, rather than sitting around? Would you like the opportunity to brighten someone's day with a visit? Good news! We are expanding our CareLink team with volunteers just like you.

Consider volunteering as a CareLink Representative. CareLink Representatives visit patients age "55 or better," welcome them to the hospital and share information and gifts to make their stay more comfortable. Currently, we have openings for volunteer CareLink Representatives at several of our SJPHS hospitals. If this role sounds interesting to you, find out more by calling:

- Kathy Zaguroli (west side) at 248-849-8627
- Lea Anne Ivory (east side) at 313-343-7517

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 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

Father Murray Nursing Center
8444 Engleman
Center Line, MI 48015
586-755-2400

1-888-751-5465

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

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