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## SJPHS Vision

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

## St. John Providence Health System pharmacy services provides prescriptions to go

St. John Providence Health System knows that leaving the hospital can feel over-whelming at times for both you and your loved ones. Our commitment is to make this time easier for you. As a value-added service, we can fill your prescriptions for the medications that you'll need to take soon after you are discharged from the hospital.

When you are preparing to leave the hospital, upon request we can send your prescriptions to our hospital's pharmacy

for processing. The service is convenient, fast and efficient. And, since our pharmacy is right at the hospital, physicians are readily accessible and can immediately answer any questions that you might have.

To take advantage of this convenient service, you can inform your nurse that you would like your prescriptions filled at our pharmacy. Your prescriptions will be ready for you before you are ready to go home.

### Convenient Locations

Our pharmacists and pharmacy technicians are trained to provide outstanding prescription drug services. Our pharmacies keep an adequate supply of common medications prescribed when patients leave the hospital. Also, they carry an assortment of over-the-counter medications and participate with most insurance plans. We have 17 pharmacies conveniently located throughout southeast Michigan.

- St. John Pharmacy – Macomb Township: 586-226-6060
- St. John Pharmacy – 23 Mile Road: 586-868-9050
- St. John Pharmacy – Madison Heights\*: 248-967-7041
- St. John Pharmacy – Novi\*: 248-465-4679
- St. John Pharmacy – Novi, Medical Office Bldg: 248-465-4679
- St. John Pharmacy – Livonia: 734-432-7720
- St. John Pharmacy – Southfield\*: 248-849-3939
- St. John Pharmacy – Farmington Hills: 248-865-4222
- St. John Pharmacy – St. Clair Shores: 586-447-5030
- St. John Pharmacy – Warren, Schoenherr: 586-582-7800
- St. John Pharmacy – Warren – Hoover\*: 586-573-5850
- St. John Pharmacy – Detroit Riverview: 313-499-4031
- St. John Pharmacy – Moross, Professional Bldg. One: 313-343-3776
- St. John Pharmacy – Moross, Emergency Center\*: 313-343-4720
- St. John Pharmacy – Warren, Windemere: 586-276-8030
- St. John Pharmacy – Washington: 586-336-0772
- St. John Pharmacy – River District\*: 810-329-5355

\* hospital-based pharmacy locations

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

Sue Davis

### New Zumba Gold class in Madison Heights

CareLink at SJMOH-OC will launch all new Zumba Gold class on Wednesday, August 3. This class will run six weeks and will be held in the Educational Center on Wednesday nights from 6 - 7 p.m.

Zumba Gold is an easy to follow, Latin-inspired dance fitness party. It's easier than regular Zumba, but just as much fun. Each class alternates between fast and slow choreographed dance movements with high energy music. It requires supportive shoes and the ability to move along with the instructor's movements. Zumba Gold is a great exercise option with a focus on burning calories and a cardiovascular workout.

The six-week class costs only \$43 for CareLink members (\$48 regularly) and is payable at the first class. Drop-ins are welcome for \$10. There are no refunds, but consider trying it out. Just register as a drop-in, pay \$10 and join the fun. If you decide to join Zumba Gold let us know, and we will apply your \$10 to the cost of the six-week class. That way, you have nothing to lose but some calories! **Call 1-888-751-5465 to register or for more information.**

In addition to the new class at SJMOH-OC in Madison Heights, Zumba Gold is offered through St. John Providence Rehabilitation Services in Clinton Township and Macomb Township. For more information on these additional class locations, call 586-263-5220 and remember to mention you are a CareLink member to obtain the discount.

## Providence Hospital

Kathy Zaguroli

### Eating healthy

We all make excuses when it comes to healthy eating. We are too busy, 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's more a matter of changing our habits and thought patterns.

One simple way to make our food healthier is in the preparation. It could be as simple as baking, broiling, or grilling our food as opposed to frying. Preparing meals ahead of time and freezing them, allows us the option of heating up something nutritious rather than going out for fast food when we are busy. If you live alone, make a point to invite a friend or neighbor over occasionally to enjoy a meal rather than eating alone.

If you have special dietary restrictions or just don't know what foods are best for you, don't be afraid to consult with a registered dietitian about what foods are healthy.

Join us for "Aging and Nutrition with Diabetes" on August 9 from 10:30 – 11:30 a.m. with Suchitra Zambare, MD on staff at Providence Park Hospital (see page 4).

## St. John River District Hospital (SJRDH)

Diana Morrison

### Explore the benefits of massage therapy

Recent research reveals 70% of older adults use some form of complementary medicine. Massage therapy is the most popular treatment and research shows it is particularly helpful for seniors. It improves conditions ranging from chronic pain to depression, and for healthy individuals, massage makes it easier to start or continue regular exercise.

Massage has many benefits. Our circulatory system begins to lose efficiency with aging. Massage promotes blood and lymph circulation, helping

nutrients get to muscle tissue. Mental and physical improvements from regular massages include increased flexibility, a sense of well-being, relief from aches and pains and better sleep. Adding massage to an exercise regimen makes staying active more comfortable by keeping muscle and connective tissue limber. People turn to massage for relief from arthritis, back pain and high blood pressure.

**To learn more about massage therapy options available through the Healing Arts Center at SJRDH or to schedule a massage, call 810-326-4700.**

Join us for “CareLink Lunch & Learn: Discover Massage Therapy” on September 14 at 11:45 a.m. with Lisa Unger and Nathan Renner, Massage Therapists, SJRDH (see page 5).

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

LeaAnne A. Ivory

### Let's get moving to manage diabetes!

Physical activity decreases your risk of heart disease and other chronic diseases, but it's especially important if you have diabetes. Exercise helps to lower blood sugar, blood pressure, cholesterol, weight and stress. Plus, it improves the body's ability to use insulin and glucose.

To improve your blood sugar control, consider exercising about 30 minutes daily five times a week. If your goal is losing or keeping weight off, try seven hours a week or one hour each day. Start with small amounts of exercise, maybe five or 10 minutes at a time, and gradually increase the time. Walking with a friend is a fun and inexpensive way to get started. Consider using a pedometer, working up to 10,000 steps (about five miles) daily.

Check with your doctor before starting an exercise plan, and exercise safely. Test your blood sugar before and after exercise, carry something to treat a low-blood sugar reaction and carry identification. Most importantly, have fun and enjoy better health!

SJH&MC's Diabetes Education Department is ADA accredited and provides classes to help you manage diabetes taught by nurses and dietitians certified in diabetes education. **If you have diabetes, learn more about exercise and leading a healthy lifestyle by calling 313-343-6830.**

Join us for “Exercise to Manage Diabetes” on August 11 from 10:30 - 11:30 a.m. with Alan Cholewiak, Clinical Exercise Specialist and Beth Theisen, Diabetes Nutrition Educator, SJH&MC (see page 4).

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

Janet Silvestri

### Urinary incontinence

Urinary incontinence is defined as loss of bladder control and symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it is more common with age. Males and females have different risks for developing urinary incontinence. Women are more likely to experience incontinence due to changes induced by pregnancy and childbirth. However, many men do suffer from incontinence due to aging, prostate problems or nerve damage.

Stress incontinence occurs when muscles keeping the bladder closed weaken. This can result in leaking when sneezing, laughing or lifting. Urge incontinence, or an overactive bladder, occurs when bladder muscles are too active. This causes a strong urge to go to the bathroom, even when the bladder isn't full.

Treatment options are based on the type of incontinence and the best fit for one's lifestyle. **Don't suffer any longer – call SJP SeniorLink for a referral to an urologist at 1-888-751-5465.**

Join us on August 25 at 10 a.m. for “Laugh More, Leak Less” with Noreen Diedo and Susha Panicker, Nurse Practitioners, SJMOH-MC (see page 4).

**3** Wednesdays 6 - 7 p.m.

## Zumba Gold

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

Zumba Gold is an easy to follow, Latin-inspired dance fitness party. It is easier than basic Zumba fitness, but just as much fun! Wear comfortable clothing and aerobic/tennis shoes. Drop-ins are welcome, pre-registration requested to ensure space is available.

**Cost:** \$48 for 6-week class payable at the first class (\$43 for CareLink members) or \$10 drop-in fee

**9** Tuesday 10:30 - 11:30 a.m.

## Aging and Nutrition with Diabetes

Providence Park, Novi, Conference Rooms A & B

You were told by your doctor that you have diabetes and were given the advice to get active, keep your weight in check and to eat a healthy diet. But what does that mean for someone with diabetes? Join us for an educational presentation about the latest nutrition tips for managing your diabetes.

**Presenter:** Suchitra Zambare, MD, Endocrinologist on staff at Providence and Providence Park Hospitals

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

## Exercise to Manage Diabetes

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

Regular exercise can lower blood sugar, blood pressure, cholesterol, weight and stress. Join us to learn exercise tips, techniques and options to help manage diabetes and get you started. A diabetes educator will share important considerations and answer questions for those with diabetes. Valet pass provided.

**Presenters:** Alan Cholewiak, BS, CES, ACSM, Clinical Exercise Specialist, Cardiac Rehabilitation Program and Beth Theisen, RD, CDE, Diabetes Nutrition Educator, Diabetes Education Program, SJH&MC

**16** Tuesday 10 - 11 a.m.

## Coping with Arthritis

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

Arthritis is common and painful. What can you do to manage your arthritis? Learn how to manage the pain, reduce associated risks, protect your joints and possibly slow the progression of arthritis.

Refreshments provided.

**Presenter:** Mary Audia-Vallier, OTR/L, Occupational Therapist and Certified Arthritis Instructor, St. John Hospital and Medical Center

**16** Tuesday 10 - 11 a.m.

## Osteoporosis - Healthy Bones

Providence Hospital, Southfield, Fisher Auditorium

Our bones are the structure that allows us to keep going. Keeping them healthy or knowing what to do when they "get sick" is key to an active lifestyle. Join us to learn more.

**Presenter:** Joseph Salama, MD, Orthopedic Surgeon on staff at Providence and Providence Park Hospitals

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

## Laugh More, Leak Less

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

Both men and women can experience urinary incontinence due to physical changes or aging. Learn about the symptoms, causes and treatments available for this condition.

**Presenter:** Noreen Diedo and Susha Panicker, Nurse Practitioners, SJMOH

## 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)

August

**17** Wednesday 11:45 a.m. Lunch  
Noon - 1 p.m. Lecture

### Shingles

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

An introduction to shingles, who is at risk, signs/symptoms and treatment options.

Presenter: Michelle Brogdon, Nurse Practitioner, SJMOH

September

**14** Wednesday 11:45 a.m. Lunch  
Noon - 1 p.m. Lecture

### Discover Massage Therapy

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

Find out how massage therapy can support your desire to be active and get the most out of your life and how it can benefit your body, mind and spirit.

Presenters: Lisa Unger, NCTM, Massage Therapist and Oncology Massage Therapist and Nathan Renner, Massage Therapist, Healing Arts Center, SJRDH

## September 2011

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

### Coping with Stress and Loss

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

Life presents plenty of stressful situations and times of loss. Grief and stress can impact our whole being in many predictable ways, so learn strategies for coping and suggestions for caring for your mind, body and spirit. Valet pass provided.

Presenters: Rebecca Lee Palen, LMSW, Oncology Social Worker and Certified Grief Counselor, Van Elslander Cancer Center, SJH&MC

Pre-registration recommended

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

### Cardiovascular Health

Providence Park, Novi, Conference Rooms A & B

The #1 cause of death in America is coronary heart disease, so don't be a statistic. Take charge of your heart health by learning about risk factors within your control, including high blood pressure, cholesterol and other preventative measures to maintain a healthy cardiovascular system. Blood pressure screening will be available.

Presenter: Patrick Alexander, MD, Cardiologist on staff at Providence and Providence Park Hospitals

**20** Tuesday 10 - 11 a.m.

### Food Choices to Increase Your Energy

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

Food we select, plus how and when we eat it can affect our energy level, stress, mood and immune system. Learn strategies for healthy eating and burning fat. Then, learn about specific foods that help increase our alertness and energy – and about those that make us tired and increase our waistline.

Presenter: Kelly K. Machesky, MD, Family Medicine Physician and Bariatrician, St. John Providence Weight Loss

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

### Medication Safety

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

Do you know what each of your prescriptions is and why you are taking them? This knowledge is critical to keep you safe and to manage your health. Learn more about medication safety and how to keep an accurate record of your prescriptions.

Presenter: Maria Letwak, Nurse Practitioner, SJMOH

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

**EnhanceFitness**

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

**Tuesdays & Thursdays** 9 - 9:30 a.m.  
Come walk with us for fun and companionship.

**Conversation on Diabetes**

**Wednesday, August 10** 10 a.m. - 12 p.m.  
Learn about carbohydrate counting, label reading and nutrition.

**Portion Distortion**

**Wednesday, September 21** 10 - 11 a.m.  
Supersizing our meals may seem like a good buy, but is it a bargain for our health? You will be surprised at what has become a “normal” portion size. Light refreshments.

**Blood Pressure Screening**

**Tuesdays, 10 a.m. - 12 Noon**  
• August 2 • September 6

Call 1-888-751-5465 to register.

**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



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



A P A S S I O N *f o r* H E A L I N G

Join us for our

## **Second Chance (SC) Heart Club Supper on Wednesday, August 17, 5 – 7 p.m.**

Auditorium, St. John Hospital and Medical Center

### **New Advances in Cardiovascular Surgery**

**Presenter:** Sanjay Batra, MD, Thoracic Surgeon and Section Chief, Cardiovascular Services, 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.

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## **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.

**August 18: 2 - 3 p.m.** at the Van Elslander Cancer Center at St. John Hospital and Medical Center, Third Floor Conference Room

**Registration recommended at 1-888-751-5465.**

## **Tai Chi**

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

### **Wednesdays**

**August 3 10 – 11 a.m. Basic Level**  
**11 a.m. – 12 p.m. Intermediate Level**

Tai Chi is a low impact exercise designed to enhance balance, circulation and flexibility. Basic Level will provide activity at chair and standing positions to learn the movements and stretches that are the foundation for Tai Chi. Intermediate Level provides activity from a standing level that incorporates Tai Chi basic, but progress at a faster pace. (Basic Level class not a pre-requisite).

**Cost: \$36** payable at the first class (\$27 for CareLink members)

Plus, SJMOH, Oakland Center is launching an all new Zumba Gold class on August 3 (see page 2 & 4).

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## **Free PAD Screening Day**

St. John Hospital and Medical Center

**Saturday, September 10**

**8 a.m. – 12 Noon**

Call SJP SeniorLink for more information  
at 888-751-5465



STJOHN  
PROVIDENCE  
HEALTH SYSTEM®

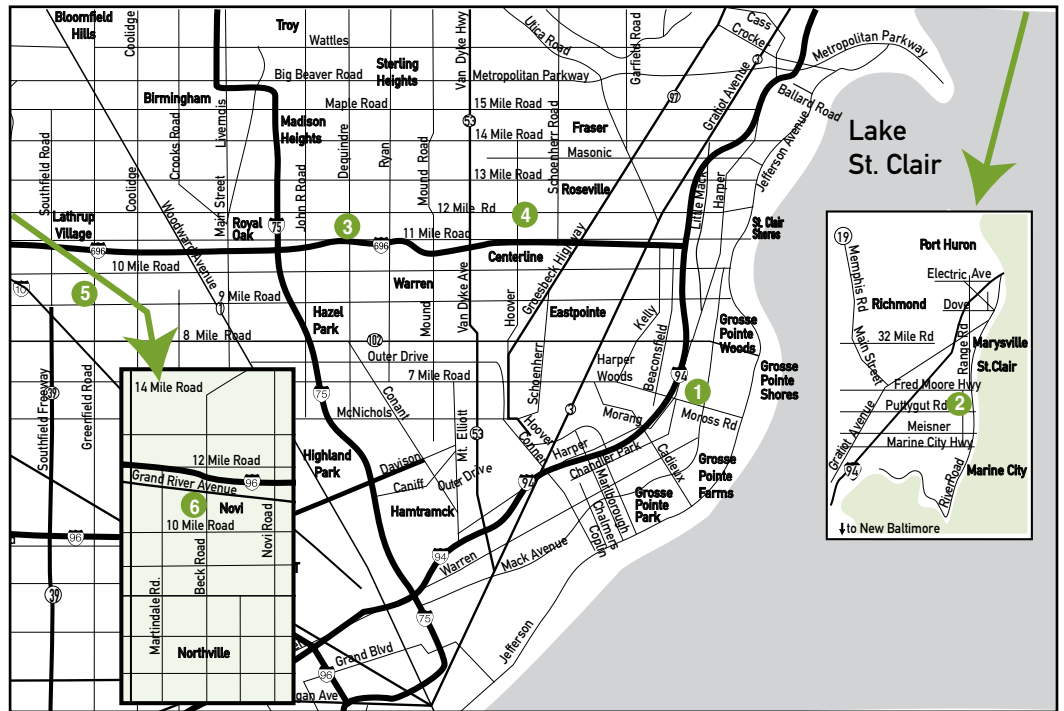
**SeniorLink**  
1-888-751-5465

St. John Providence SeniorLink is your toll-free number to register for all CareLink events or to obtain further information.

**Hours of service are:**  
**Mon-Fri, 7:30 a.m. - 6 p.m.**  
**Sat. 8 a.m. - 1 p.m.**

# 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 Riverview Senior Wellness Center**  
7733 East Jefferson  
Detroit, MI 48214  
Louise Rydzewski  
313-499-4035

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