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SJPHS Vision

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

SJPHS offers innovative treatments for pancreas and liver cancer

Pancreatic cancer is the fourth leading cause of cancer death in the United States. Due to the fact it's not often diagnosed until an advanced stage, survival rates are not as encouraging as with other cancers. However, the expert physicians and staff of The Pancreas, Liver and Surgical Oncology Programs at St. John Providence Health System (SJPHS) are working to change these statistics.

Led by board-certified, fellowship-trained surgeons, we focus on mastering and developing the latest surgical techniques to manage diseases of the gastrointestinal tract, including the pancreas, liver, biliary system, stomach, bowel and peritoneum (lining). Our goal is to provide the most comprehensive, state-of-the-art surgical treatment centered *around the patient*. Multidisciplinary care is provided through weekly tumor boards, or formal group discussions including other physicians, nurses and health care specialists with expertise in gastrointestinal cancers. As a result, patients have the benefit of many experts combining their knowledge and experience to develop the best possible, individualized treatment plan. Our certified, expert nurse practitioner helps patients and families navigate through the course of surgical preparations and therapy.

Surgical treatment offered includes complex, advanced pancreatic and liver surgery. Our surgeons determine whether patients are candidates for open

(traditional) resection or minimally invasive surgery (laparoscopic surgery). Additional surgical therapy may include robotic-assisted resection. Using systemic or intrahepatic chemotherapy (with or without radiation), helps facilitate the best possible curative outcomes for our patients. We offer leading-edge technology for safe and oncologically accurate liver resection for patients who may have been told they have inoperable tumors. For those who are inoperable or incurable, we provide a wide range of palliative and cancer-wellness programs.

For patients with peritoneal surface malignancies, we offer surgical therapy combined with other approaches. For example, when colon or rectal cancer has spread throughout the abdominal cavity, patients may be candidates for cytoreductive surgery and hyper-thermic intraperitoneal chemotherapy (involves removing the tumor and infusing heated chemotherapy into the abdomen).

For more information about The Pancreas, Liver, and Surgical Oncology Programs, please call our Cancer Care Coordinator at 1-866-246-4673.



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

Sue Davis

Sinusitis - the #1 reason for doctor visits

Sinuses are small air-filled cavities that produce mucus, which keeps nasal passages clear of allergens and pollutants. Sinusitis occurs when infections, allergies, irritants or defects in the structure of nasal passages cause sinus tissues to become inflamed and swollen, preventing them from draining normally. Symptoms often include congestion, pain/pressure around the face or teeth, fatigue, decreased sense of smell and/or taste, cough, sore throat, bad breath, headache, fever and thick discolored mucus. Chronic inflammation can cause grape-like masses, polyps, which can partially or completely block nasal airways.

While medications can help, many cases resolve on their own. The following can help relieve your discomfort:

- Use a humidifier, but be sure to clean it regularly.
- Breathe in steam vapors.
- Apply warm heat to relieve pressure.
- Use nasal saline to moisten nasal passages.
- Flush sinuses with saline solution to clear out mucus and debris.
- Drink plenty of non-alcoholic fluids to thin mucus.
- Get plenty of rest.
- Avoid over-the-counter medications. Decongestants and painkiller can help, but overuse can make symptoms worse.

To learn more, please join us on Wednesday, October 19 at 11:45 a.m. for “CareLink Lunch & Learn: Treatment of Sinus Conditions” with Warren Brandes, DO (see page 4).

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

LeaAnne A. Ivory

Medical acupuncture

The Valade Healing Arts Center (VHAC) now offers medical acupuncture (MA). Acupuncture is a method of promoting the body’s natural healing that’s been practiced successfully for over 2,000 years. MA differs from ordinary acupuncture, because it is performed by a licensed physician trained in acupuncture as a specialty. It’s used to complement more traditional medical treatments, helping to promote wellness, prevent illness and treat a variety of medical conditions.

MA uses needles and heat application, or electrical stimulation, to unblock energy obstructions in the body. This “needling” is done at precise locations to help correct such blockages. A more scientific explanation describes needling as stimulation to the nervous system. This stimulation releases body chemicals and hormones to change one’s experience of pain or promote the body’s natural physical/emotional healing and well-being.

To learn more about MA or to schedule an appointment, call the VHAC at 313-647-3320. Remember, CareLink members receive a \$5 discount on treatments.

Join us for “CareLink Lunch & Learn: Medical Acupuncture to Promote Healing” on Monday, November 7 at 11:30 a.m. with Sunita Bonde, DO, Emergency Medicine Physician on staff at SJH&MC (see page 5).

St. John River District Hospital (SJRDH)

Diana Morrison

Creating a personal health record

Do you and your family have a personal health record? If not, what is it and why do you need one? A personal health record is up-to-date health history, including a listing of your medical conditions, surgeries, medication allergies, current medications and your physicians. Yet, what is the best way to keep track of this information?

Many carry a small list of medications and some even carry a current list of their health issues too (see special offer below). However, did you know there's an option to keep track of your health record details on the computer through internet-based programs? These programs provide a thorough framework for your information, and they can be accessed anytime for updates or to share with your health care team.

To learn more about personal health records, bring your laptop (or just yourself) to our next "CareLink Lunch & Learn: Creating a Personal Health Record" on Wednesday, November 9 at 11:45 a.m. with Christine Tomaszewski, SJRDH (see page 5).

File of Life personal health record

CareLink's File of Life is a tool to organize your emergency contacts, doctors, health conditions, allergies, medications and health insurance details. Upon request, we will provide you with both a magnetic version (for your home refrigerator for EMS) and a wallet-size version to carry with you. To request your File of Life, call SJP SeniorLink at 1-888-751-5465.

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

Janet Silvestri

Hospice - when cure isn't possible, care is.

Hospice provides a compassionate approach to health care that specifically addresses the physical, emotional, educational, social and spiritual needs of terminally ill patients, their caregivers and families. This care is still available when curative measures may no longer be an option. Individualized care is provided by an interdisciplinary team whose focus is to provide pain management, symptom control, support, quality care and a sense of worth and dignity. Specifically, hospice strives to enable

patients to live their lives fully and provide opportunities for patients, caregivers and families to improve communication and resolve any unfinished issues they may be experiencing. The hospice team members work together to provide comfort and care to the patient, caregiver and family.

This month marked a ten-year milestone for St. John Hospice. In their decade of service, St. John Hospice has served 10,500 patients and tens of thousands more when including all the patients' family members who were impacted by their assistance.

Join us on Thursday, October 27 at 10 a.m. for "Hospice" with Anna Ray, RN, BA, Hospice Nurse Educator and Palliative Care Coordinator, St. John Providence Home Care (see page 4).

Providence Hospital

Kathy Zaguroli

Breast cancer

Ask women what disease they dread most and the answer is overwhelmingly breast cancer. Although skin cancer and heart disease affect more women than breast cancer, women know more about breast cancer and seek to avoid it.

The chance of getting breast cancer increases with age. Over eighty percent of women with breast cancer are over age 50, but it can be found in younger women and even men as well. This makes it important for everyone to be aware of the symptoms of breast cancer, so it can be found in the early stages when treatment is more successful.

Please call SJP SeniorLink for mammography site locations and information.

Join us for "Breast Cancer: One Size Does Not Fit All" at Providence Park Hospital on Tuesday, October 11 at 10:30 a.m. (see page 4).

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)

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

Treatment of Sinus Conditions

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

Presenter: Warren Brandes, DO, on staff at SJMOH

5 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 is requested to ensure space is available.

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

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

Breast Cancer: One Size Does Not Fit All

Providence Park, Novi, Conference Rooms A & B

Cancer is becoming more individualized. As the result of new technologies and advances in the field of oncology, we can now target and tailor treatments to the individual and their breast cancer. Learn about these newer treatments and technologies. Blood pressure screening will be available.

Presenter: Janice LaRouere, MD, Radiation Oncologist on staff at Providence and Providence Park Hospitals

13 Thursday 8:30 a.m. - 1 p.m.

Senior Expo 2011

Assumption Cultural Center, 21800 Marter Road, St. Clair Shores

Join us "off site" with Senior Expo. SJPHS is a sponsor of this free event including exhibits, giveaways, entertainment and health & wellness screenings. Lunch is provided. Pre-registration is not required. Call 586-779-6111 for more information.

18 Tuesday 10 - 11 a.m.

Winter Fitness Strategies

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

Learn how to keep active and energized this winter through exercise. Simple exercise strategies will be explained and demonstrated. Learn about Individual Personal Training and a variety of indoor exercise options and classes offering CareLink discounts.

Presenter: Shannon Stermer, Physical Therapist Assistant, Certified Personal Trainer and Pilates Instructor, St. John Providence Health System Rehabilitation

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

Laugh More, Leak Less

Providence Hospital, Southfield, Fisher Auditorium

Women can experience urinary incontinence as a normal part of aging. Join us to learn more about types of incontinence, treatment options and coping strategies.

Presenter: Robert Dodds, MD, Gynecologist on staff at Providence and Providence Park Hospitals

27 Thursday 10 - 11:30 a.m.

When Cure Isn't Possible, Care Is

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

Learn more about how hospice services provide terminally ill patients, their caregivers and families with comfort and support in their time of need.

Presenter: Anna Ray, RN, BA, Hospice Nurse Educator, Palliative Care Coordinator, St. John Providence Home Care

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)

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

Medical Acupuncture to Promote Healing

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

Learn about medical acupuncture (see page 2), a specialty practiced by licensed physicians to complement traditional medical treatment for common digestive, respiratory, neurological and muscular disorders; and for urinary, menstrual and reproductive problems. Free valet parking.

Presenter: Sunita Bonde, DO, Emergency Medicine Physician
Specializing in Medical Acupuncture on staff at SJH&MC

9 Wednesday 11:30 a.m. Lunch
Noon - 1 p.m. Lecture

Creating a Personal Health Record

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

Bring your laptop (or just yourself) for an interactive session on setting up your own personal health record. If you don't have a laptop, still join us to learn how and what internet sites to visit later. File of Life, printed health information tool, will be distributed (see page 3).

Presenter: Christine Tomaszewski, MSN, ACNP-BC, ACNPC,
SJRDH

10 Thursday 10:30 - 11:30 a.m.
Tinnitus & Other Hearing Challenges

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

Do you have ringing in your ears (tinnitus), miss pieces of conversation or laugh at jokes without

hearing the punch line? This lecture will discuss the causes, possible cures and misleading marketing for tinnitus cures and hearing aids. Valet pass provided.

Presenter: Jill Wells, AuD, CCC-A, Lead Audiologist,
Department of Audiology, SJH&MC

15 Tuesday 10 - 11 a.m.

Bone Health & Vitamin D

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

Learn more about the amazing vitamin D and its many benefits. Simply living in Michigan puts you at risk for too little of this important vitamin, so learn how to supplement your intake for bone health, muscle strength and preventing serious disease. Refreshments provided.

Presenter: Cynthia Browne, MD, Radiation Oncologist with a
Specialty in Breast Cancer and Nutrition on staff at
SJH&MC

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

Oops! I Forgot. Exercise your Brain

Providence Park, Novi, Conference Rooms A & B

Learn more about predictable, age-related memory changes and challenges. Then, learn some practical tips and techniques to help you cope. Blood pressure screening will be available.

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

17 Thursday 10 - 11:30 a.m.

Avoid Quick Fixes When Battling Diabetes

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

Recent statistics show the incidence of diabetes has increased dramatically. Learn how to manage your diabetes by improving the quality of your food, consumption habits and reducing stress.

**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. Join us to increase your strength, boost your activity level and elevate your mood.

Riverview Racers

Tuesdays & Thursdays: 9 - 9:30 a.m.
Come walk with us for fun and companionship. A walking video is used during inclement weather.

Step Into Health

Wednesdays: 10:30 a.m. - 12:30 p.m.
October 12 - November 2

This four-week course combines healthy living classes taught by a registered nurse and a Hustle class for exercise. The goal is to support people in making a personal action plan to form healthy habits for life.

A Matter of Balance

Tuesdays & Thursdays: 1 - 3 p.m.
October 25 - November 17

A four-week course designed to reduce the fear of falling and strategies to lower your risk of falls. Improve strength, coordination and balance.

Take the PATH to Better Health

Six-Week Chronic Disease Self-Management Program
Wednesdays: 1 - 3:30 p.m.
November 9 - December 14


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.

The ABC's of Diabetes

Thursday, November 16 10 a.m. - Noon
Join us to learn how you can decrease your risk for diabetic complications.

Blood Pressure Screening

Tuesdays: 10 a.m. - 12 Noon
• **October 4** • **November 1**

 STJOHN PROVIDENCE HEALTH SYSTEM* SeniorLink 1-888-751-5465	<p>St. John Providence SeniorLink is your toll-free number to register for all CareLink events or to obtain further information.</p> <p>Hours of service are: Mon-Fri, 7:30 a.m. - 6 p.m. Sat. 8 a.m. - 1 p.m.</p>
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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

Join us for our

Second Chance (SC) Heart Club Supper on Wednesday, November 16, 5 - 7 p.m.
Auditorium, St. John Hospital and Medical Center

Presenter: Mark Zainea, MD, Cardiologist on staff at 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 Seminars

Haven't got time for the pain? Do you think arthritis pain is a part of getting older? No way! Attend a 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.

October 6: 3 - 4 p.m. Macomb Township Medical Center, Medical Office Building, Third Floor Conference Room

October 19: 1 - 2 p.m. Providence Hospital, Southfield, Fisher Auditorium

November 1: 10:30 - 11:30 a.m. Providence Park Hospital, Novi, Conference Rooms A & B

November 10: 3 - 4 p.m. Macomb Township Medical Center, Medical Office Building, Third Floor Conference Room

Registration recommended at 1-888-751-5465.

Tai Chi

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

Wednesdays: October 5 - November 30
(no class November 23)

10 - 11 a.m.

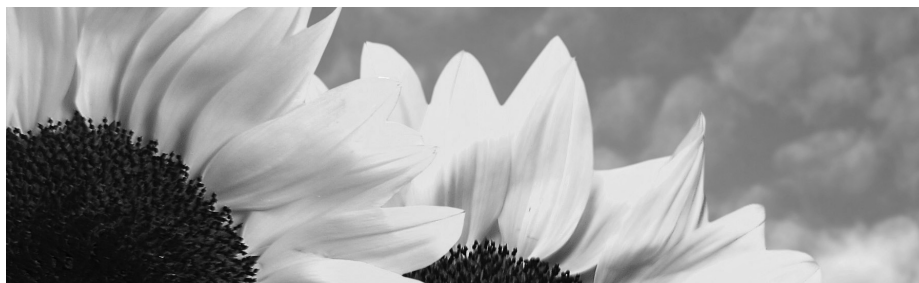
Basic Level

11 a.m. - 12 p.m.

Intermediate Level

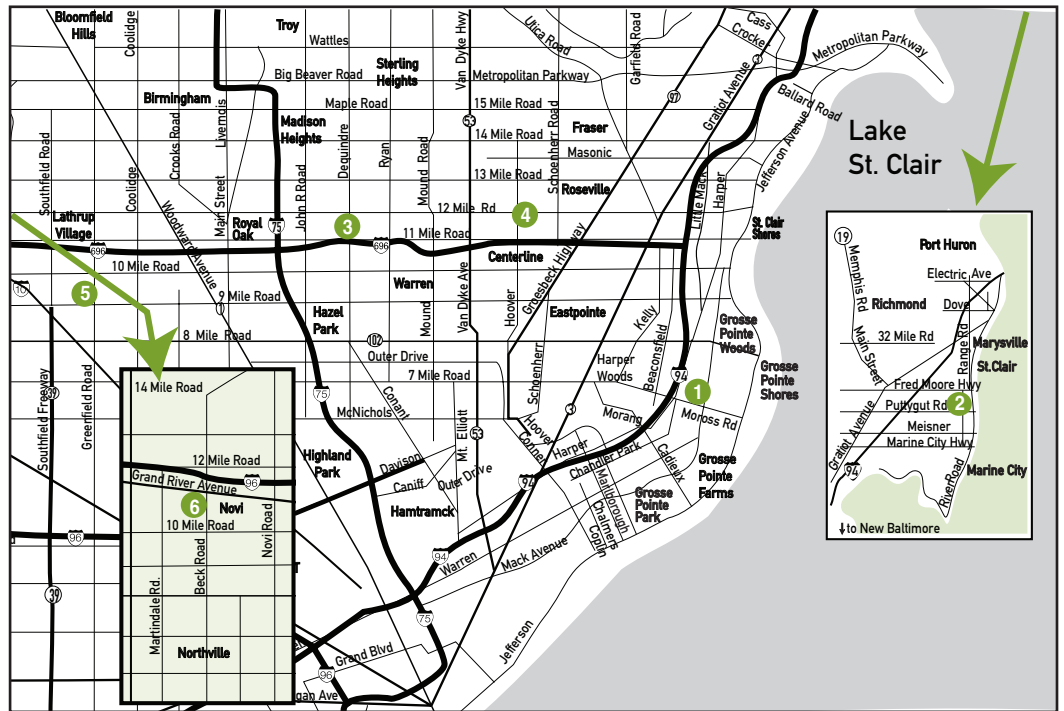
Tai Chi is a low impact exercise designed to enhance balance, circulation and flexibility. Basic Level provides activity at seated and standing positions. Intermediate Level will incorporate the basics and Tai Chi forms progressing at a faster pace than Basic Level. All activity will be done from a standing position. (Basic Level not a pre-requisite.) Wear loose fitting clothing and flat-soled shoes.

Cost: \$32 payable at the first class (\$24 for CareLink members)



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

1-888-751-5465

St. John Riverview Senior Wellness Center
Eastwood Clinics
St. John Providence Hospice
St. John Providence Home Care
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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