Did you know that St. John Providence has 2 health insurance products available on the Health Insurance Marketplace?

St. John Providence is excited to announce the addition of 2 new health insurance products that will be offered on the Health Insurance Marketplace. The second round of open enrollment began November 15, 2014 and will be open until February 15, 2015. If you are currently uninsured and would like to continue to receive your healthcare services with St. John Providence call Health Connect 866-501-3627 to learn more about the new products available.

Blue Care Network: Metro Detroit HMO
http://www.bcbsm.com/index/find-a-doctor/metro-detroit-hmo.html

Blue Cross Blue Shield of Michigan: Metro Detroit EPO
http://www.bcbsm.com/index/find-a-doctor/metro-detroit-epo.html

Need help with enrollment?

Contact the Marketplace directly by phone 1-800-318-2596 or online www.healthcare.gov.

Or you can find a navigator organization in your area that can assist you with in person enrollment, www.enrollmichigan.org.

Great I have Healthcare, now what?

St. John Community Health recently hosted several one hour education sessions in late November and early December on the campuses of SJH&MC and Connor Creek. These sessions were developed to assist newly insured patients on 1. insurance terminology, like what is a co-pay or deductible, 2. introduction to the concept of “primary care is your medical home” and 3. where to go to get other services like prescriptions, medical equipment and radiology services. For example, some patients are not aware that the new Healthy Michigan Plan (Medicaid Expansion) will pay for transportation for a person going to their doctor’s appointment.

These education sessions have given the Community Health staff the opportunity to receive feedback directly from people living in the communities we serve. This feedback will be used to help patients eliminate other barriers to care and further develop our curriculum when educating our community on how to use healthcare.

World AIDS Day Events hosted by the Ryan White program

In observance of World AIDS Day on Monday, December 1, 2014, St. John Hospital and Medical Center and Providence Park Hospitals were sites selected to display panels from the national treasure the NAMES Project AIDS quilt.

Continued on page 4

Associates from SJH&MC view the AIDS quilt on display.
KidMILES

In the 12th year of the KidMILES program, started in 2003, over 100 students and staff from eight St. John Providence Community Health, school-based health centers participated in the Detroit Free Press Marathon 5K run. The KidMILES Program helps reduce obesity in youth by teaching students healthy eating habits, proper exercising and training for the Marathon.

There was a special dinner celebration at the Detroit Marriott Hotel, Renaissance GM Center, with special guest speaker, 1st Black Ms. USA - 1990, Carole Gist-Stramler. Everyone stayed overnight at the Marriott Hotel and participated in the 5K the following morning in downtown Detroit, along the Detroit River Walk. All participants received a medal for their successful completion of the 5K run.

The Little Free Library at Conner Creek is open for reading!

With the support of the Nancy JW Lewis, PharmD, MPH-Medication Education Program & the Voices of Detroit Initiative, the library started because our community loves to read and our seniors love to encourage their grandchildren to read.

Little Free Library is a national movement that promotes literacy and a sense of community. Their “take a book - leave a book” motto encourages residents to share books and the love of reading.

The 40 books for adults, teens and children that were displayed in October 2014 have all been looked over and carried away by library patrons - that’s a good thing! - and new books from our donation boxes are in their place. Folks have begun to leave books at the library. So... it’s working!

Many thanks to our U-M service learning students - Alex Duthler, Charisma Hoskins, Allison Golom and Lauren Dobiesz - for creating the library and gathering book donations from their fellow students. Special thanks to the Cottage Book Shop in Glen Arbor for becoming an on-going book donor!

Donated books are welcomed. They can be dropped off in Room 1384 at the St. John Conner Creek Village, 4777 E. Outer Drive, Detroit, MI 48234. We’ll mark them with a Little Free Library sticker and display them as library space becomes available. The Little Library is located outside of the St. John Neighborhood Health & Safety Office.

We encourage folks to browse, read and donate!
Halloween “Fear Factor” – clever twist on health education

On Halloween, St. John Community Health Registered Nurses, Suzanne Povinelli and Jane Cheyne partnered with Neiman’s Family Grocery Store in St. Clair to sponsor and plan “Halloween Fear Factor – Try it if you Dare” enticing over 100 families to try healthy food alternatives, snacks and experience fearless fun. As children and parents arrived at the store in full costume they were given a handout listing six food stations located throughout the store. After completing the “Try it if you Dare” learning challenge, children received a St. John Providence goodie bag containing Neiman’s Markets fruit and coloring books from the Health System.

Food Stations were:

- **Fearless Fruit & Veggie Fun** – dipping veggies in orange colored fat-free ranch dressing and green colored hummus
- **Hot Dog Challenge** – offering mini turkey dogs wrapped in whole-grain tortilla
- **Sugar Shockers** – looking at the sugar in favorite beverages and offering alternatives such as low-sugar drinks and water
- **Make My Own Monster Parfait** – offering vanilla yogurt and a variety of scary sprinkles
- **Challenge the Chips** – trying baked chip
- **Decorate the Cookie** – using low sugar spreads and toppings.

Suzanne and Jane joined the fun by wearing fruit & veggie motif!

Community Health Partnering with Novi/South Lyon Communities

SJPHS Community Health has begun teaching evidence-based classes such as PATH (Personal Action towards Health), PATH Diabetes and A Matter of Balance in Novi and South Lyon. This fall, they were held at the Novi Civic Center, Providence Medical Office in South Lyon and Providence Park Novi. Evaluations from the classes were very positive and classes will be held again in those areas, as well as Wixom, after the New Year.

SJPHS recently provided staff to the Capernaum Clinic and Active Faith Food Pantry in South Lyon to enroll community members in the Healthy Michigan Plan. Initial conversations have begun in South Lyon to discuss the possibility of beginning a “Circle of Care” there. Lisa Schmidt and Mary O’Brien met with pastors from the Capernaum Clinic Board of Directors and the Director of Active Faith along with Ron Beford, from the Interfaith Health and Hope Coalition. A Circle of Care is a health advocacy, education, promotion and wellness initiative of the Interfaith Health & Hope Coalition in collaboration with partnering health systems, local faith-based organizations and social and community service agencies. The goal of the Circle of Care is to work together to share best practices in health ministry while at the same time promote a more effective linkage with existing health services in faith centers, schools, clinics and primary care providers.

Further conversation and discernment will continue in the new year.

Celebrity Visit!

Marcus Garvey students had a visit from Governor Rick Snyder! His visit coincided with a visit from the Ladies Guild who provided coats, hats, gloves and clothing to students at Marcus Garvey and three other schools that were bused in that day.
Ebola Preparedness in the Faith Community Setting

Due to the recent outbreak of the ebola virus, several Parish / Faith Community Nurses decided to address the questions and concerns of their parish members. They educated in various ways noting that some viruses are airborne, spread much like the cold and flu; from person to person, while other viruses cannot be transmitted through the air. Ebola is spread through direct contact of a person who is sick with the virus.

Heather Herbst, RN – Parish Nurse at St. Isidore in Macomb reached over 10,000 families with her Sunday bulletin article about Ebola, the Enterovirus D68, and the cold and flu season. She emphasized that the best preventative measure to stay healthy and avoid any virus is quite simple: it is through HAND WASHING.

Pat Perrell, RN – Parish Nurse at St. Lawrence in Utica, reached over 200 families with a hand washing display using a blacklight and glo-potion to show kids and their parents how to perform effective hand washing to prevent the spread of germs. The table display was shown in conjunction with flu shots offered at their parish.

World AIDS Day Events hosted by the Ryan White program Continued from page 1

Accompanying the panels were handmade dolls from around the world as part of Stitches: A Doll Project. Both the Michigan Chapter of the AIDS quilt and Stitches are local non-profit organizations supported through charitable contributions. Stitches dolls are created by women living with HIV, dressed to reflect their personality and asked to write a short paragraph of what it is like living with HIV and how the doll may reflect their life living with HIV. Many associates and visitors were able to experience them.

Estimated numbers of persons living with HIV/AIDS in Michigan

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<td>(not including Detroit)</td>
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<td>Macomb</td>
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Upcoming CARE (of Southeastern Macomb) Parenting Conference

The 20th Annual CARE Parenting Conference will take place Saturday, March 7, 2015 at the MISD in Macomb County. This yearly conference hosts 18 educational workshops, support and resource vendors to empower parents to keep their families healthy and safe. SJP Community Health is the major sponsor again this year. We will be presenting a workshop titled: Healthy Fit. It will focus on nutrition and getting your child ready for sports/activities. Presenters will include our diabetic educator, Suzanne Povinelli and 3 athletic trainers from the physical therapy department. We also host a vendor table with healthy nutrition information.

This year’s keynote speaker, Deborah Gilboa, MD will speak on the “3 R’s of Parenting” – Respect, Responsibility & Resilience. The conference attracts about 400 parents and it is a great learning day for all!

Who’s Responsible?

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