



CareLink NewsBriefs

April-May 2009

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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SJH Vision

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

Stroke...act fast

Stroke is a medical emergency. Prompt treatment of a stroke could mean the difference between life and death – or between recovery and disability. Early treatment can minimize damage to your brain and potential disability.

A stroke occurs when blood supply to a part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within a few minutes, brain cells begin to die at a rapid rate. This is critical because your body cannot grow new brain cells.

In the United States, stroke is the leading cause of adult disability and the third leading cause of death. Major risk factors for stroke are: smoking, high blood pressure, diabetes, overweight, underactive, high cholesterol, family history of stroke, and over age 45 (for men) or over age 55 (for women).

Knowing the signs and symptoms of a stroke may make it possible for you or someone you know to get prompt treatment. Remember the signs and symptoms of stroke usually occur suddenly, and frequently there are more than one.

Signs and symptoms include:

- sudden numbness, weakness, or paralysis of your face, arm or leg – usually on one side of your body
- sudden difficulty speaking or understanding speech (aphasia)
- sudden blurred, double or decreased vision
- sudden dizziness, loss of balance or loss of coordination

- sudden, severe “bolt out of the blue” headache or an unusual headache, which may be accompanied by a stiff neck, facial pain, pain between your eyes, vomiting or altered consciousness
- confusion, or problems with memory, spatial orientation or perception.

Often the person having the stroke is not aware of it, because their brain is affected. So, it is important to remember to use your own judgment if you notice any of the following symptoms in someone else. Here’s what you can do to recognize a stroke:

Ask for a smile, stretch and a sentence:

- Can they smile without a droopy lip?
- Can they stretch out their arms without weakness?
- Can they say a simple sentence without slurring speech?

Even if symptoms last a short time, treat them very seriously. Remember, time lost is brain lost. Advances in stroke treatment are significant. Not only does survival increase with prompt treatment, but prompt treatment can significantly minimize permanent disability. Call 911 immediately if any warning signs occur. Remember, St. John Health hospitals are located across Southeast Michigan and our Emergency Centers are expert in treating stroke, utilizing the most current, evidence-based treatment.

For a listing of these Emergency Centers and a free bookmark with stroke signs and symptoms, call St. John SeniorLink at 1-888-751-5465.

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

Sue Davis

Eating well as we grow older

Throughout life, proper nutrition is key to good health. With age, we face challenges to eating well. Our taste buds and sense of smell diminish, digestive systems don't work like they used to, activity levels and metabolism slows. What's a body to do?

Some recommendations are:

- Reduce sodium to prevent water retention and high blood pressure. Try flavor enhancers, like vinegars, garlic, onions, herbs and spices.
- Monitor fat to maintain cholesterol levels. Choose "good" fats, like olive oils, nuts and seeds.
- Focus on good carbs, like brown rice, whole grains and oats.
- Choose lean proteins, like fish, poultry, eggs, beans and tofu.
- Increase calcium and vitamin D for bone health. Choose low or fat-free milk, cheeses and yogurt.
- Increase fiber and fluids to prevent constipation. Eat a serving of raw fruits/vegetables and drink eight glasses of water daily.

Medications and loneliness can affect your appetite too. Ask your doctor to check your medications and share meals with friends. Remember, good nutrition can improve your quality of life, mobility and independence.

Providence Hospital

Kathy Zaguroli

University cancer care in your community

Providence Cancer Institute, in a joint venture with the University of Michigan, delivers groundbreaking clinical care while maintaining the convenience and personal touch of a community hospital. Through this clinical partnership, patients and medical professionals have access to valuable research, education and second opinions.

In recent years, our program has earned local and national recognition based on clinical outcomes, staffing and services. While Providence's oncologists provide care for all forms of cancer, specialized care is available for lung, prostate, gastrointestinal, breast and gynecologic cancer. Additional care includes hematological (blood) disorders, like leukemia, sickle cell anemia and AIDS. Surgical specialization is available for breast, thoracic (lung and esophagus), colorectal, urological, pancreatic/hepatic (liver) and gynecologic cancers.

The Providence Cancer Institute provides much of its treatment on an outpatient basis. Radiation therapy, chemotherapy and pain management are available in free-standing centers located on the campus of Providence Hospital in Southfield and on the campus of Providence Park in Novi.

Join us April 8 for "Lunch with the Doctor: Breast Cancer - Prevention, Treatment and Recovery" at Providence Hospital with Laura Freedman, MD, Radiation Oncologist (see page 4).

Join us May 13 for "Lunch with the Doctor: Skin Cancer" at Providence Hospital with Jennifer Janiga, MD, Dermatologist (see page 5)

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

LeaAnne A. Ivory

We've pulled SJNSH into our SJH&MC family. As a result, LeaAnne Ivory will now serve as the CareLink contact for both sites.

Suffering from neck, back or spine pain?

We treat thousands of spine patients every year at SJH&MC and have the only Spine Center in Southeastern Michigan. Avoid waiting weeks or months to see a doctor. Whether you're suffering from a complicated fracture or general back pain, our team will address your situation with skill, urgency and coordinated, centralized care.

With one call, our nurse navigator will assess your needs, gather your detailed medical history and secure

a thorough review of your information by one of our physician specialists. After only 3 - 5 business days, we'll contact you to review these recommendations. The surgeon may ask to see you immediately, or he may prescribe diagnostic imaging or physical therapy prior to your visit. Our nurse navigator assists you to schedule quick, convenient appointments and supports you throughout treatment as needed.

Put your spine problems behind you. Call us at 313-343-4405 or visit stjohn.org/spinecenter

Join us on May 14 for "Neck, Back and Spine Problems" at SJH&MC with Daniel Elskens, MD, The Spine Center at St. John (see page 5).

Seeking volunteers to visit patients

Currently, we're seeking additional volunteers to visit SJH&MC patients, and we're hoping to start visiting SJNSH patients. So, if you enjoy people, like to move around and want to belong to our special team of volunteers supporting CareLink, please call LeaAnne at 313-343-7517 (see page 6).

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

Janet Silvestri

Why are my eyes tearing?

This is one of the most common complaints ophthalmologists hear from their senior patients. However this question has many answers. Let's begin by talking about normal tear flow.

Tears are made from water, mucous and oil. The water and mucous come from the surface of the eye and the lacrimal gland, while the oil comes from little glands in the eyelids. As new tears are produced, the old tears (through an eyelid blinking/pumping action) are pushed through little openings in each eyelid in the inner corner. From there they flow to the lacrimal sac situated on the side of the nose between the eyes. They then fall into the back of the nose and throat.

Anything that interferes with this normal flow, such as excessive production or blocked ducts, can

cause tearing. Excessive tearing due to irritation is most common with causes including dry eyes, allergies, infections, wind, lashes, foreign material in the eyes, smoke fumes, environmental irritants, glaucoma and medication. The ducts responsible for draining tears can be blocked due to eyelid problems or inflammations, infection, trauma to the nose and chronic sinus disease (including polyps). While not all tearing can be eliminated, usually your ophthalmologist can perform a few simple tests to determine the cause and generate an individualized treatment plan.

Join us on Thursday, April 23, at 10 a.m. for "Your Aging Eyes" with Chris Raphitis, MD, Ophthalmologist at SJMOH (see page 4).

St. John River District Hospital (SJRDH)

Diana Morrison

64-Slice CT offers improved imaging quality

St. John River District is now offering 64-slice CT scan, advanced imaging technology that provides crisp, clear images for improved diagnosis for patients. A computed tomography (CT) scan is a simple, quick, safe and non-invasive imaging procedure commonly used for diagnosis of a variety of potentially life-threatening diseases. Any SJRDH patient who needs a CT will have access to this new technology.

In addition to better image quality, images are produced more quickly, which reduces test time. "This technology is easier on patients," says Margaret Coucke, director, Imaging Services. "The full body can be scanned in seconds vs. 30 minutes. Quicker scanning means less time on the CT table, and reduced time the patient is required to hold their breath. In addition, the table has a higher weight rating to accommodate a larger-sized person."

The 64-slice CT scanner offers greater diagnosis capabilities producing precise 3-D pictures of the human body in minutes.

For more information, or to make an appointment for a 64-slice CT scan call, 810-329-5390. A physician's order is required.

Lunch with the Doctor

There is no charge to hear lecture. Call for information on lecture description or lunch menu.

Lunch Cost: \$5 (\$4 for CareLink members)

8 Wednesday 10:45 a.m. Lunch
11 - 12 Noon Lecture

Breast Cancer: Prevention, Treatment and Recovery

Providence Hospital, Fisher Auditorium

One in 8 women in the United States has breast cancer. Learn about the latest information on the prevention, treatment and recovery. Get answers to your questions.

Presenter: Laura Freedman, MD, Radiation Oncologist on staff at Providence Hospital and Providence Park Hospital

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

Acid Reflux

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

Presenter: Michele Dodman, DO, Gastroenterologist on staff at SJMOH

1 Wednesday 10 - 11 a.m. Basic Level
(8 consecutive Wednesdays, April 1 - May 20
- No class on May 27.)

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. This class provides activity at seated and standing positions. Wear loose fitting clothing and flat-soled shoes.

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

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

Volunteer Opportunities & Rewards

St. John Medical Center-Macomb Twp., Medical Office Building, Third Floor Conference Room

Do you have a bit of time to share? Simply volunteering can improve your life, health and well-being. Learn firsthand about the variety of rewarding volunteer roles available at several locations and the perks associated. Refreshments provided.

Presenters: Jeanne Soncrant, Supervisor, Volunteer Services, SJH&MC and SJNSH and Kimberly Wirgau, Volunteer Coordinator, St. John Home Care and Hospice

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

Sexuality & Aging: Everything You

Want to Know *Special IOG Collaboration*

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

We have intimacy needs at age 50, 60 and beyond. Learn how society's views affect sexual well-being, explore myths related to sexuality, intimacy and aging; and identify factors which may influence sexual desire. Q & A to follow presentation. Valet parking pass provided.

Presenters: Peter Lichtenberg, PhD, Director, Institute of Gerontology (IOG), Wayne State University and Sharon Rose, LMSW, ACSW, CAAC, Psychotherapist and Gerontologist, St. John Eastwood Clinics

23 Thursday 10 a.m-12 Noon

Your Aging Eyes

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

Eye problems are often overlooked without symptoms of pain or vision changes, and early diagnosis is critical. Learn about keeping your eyes healthy, early symptoms of problems and current treatment options.

Presenter: Chris Raphitis, MD, Ophthalmologist on staff at SJMOH

Lunch with the Doctor

There is no charge to hear lecture. Call for information on lecture description or lunch menu.

Lunch Cost: \$5 (\$4 for CareLink members)

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

Weight Loss in a Nut-Shell Lettuce Wrap

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

Learn about new reports on weight loss benefits, what works and why. Plus, our experts will provide information about medical weight loss services available through SJH&MC, including the surgical option. Free valet parking provided.

Presenters: Gerald Cohen, MD, Cardiologist and Director, St. John Medical Weight Loss, SJH&MC and Lynda Velanovich, RD, Program Dietitian, St. John Medical Weight Loss, SJH

13 Wednesday 10:45 a.m. Lunch
11 - 12 Noon Lecture

Skin Cancer

Providence Hospital, Fisher Auditorium

Learn about new screening techniques, diagnostic procedures and treatments.

Presenter: Jennifer Janiga, MD, Dermatologist on staff at Providence Hospital and Providence Park Hospital

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

Diabetes Update

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

Presenter: Shubhi Sehgal, MD, Endocrinologist on staff at SJMOH

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

Improve Your Flexibility & Mobility

St. John Medical Center-Macomb Twp., Medical Office Building, Third Floor Conference Room

Exercise is an essential tool for managing conditions such as arthritis, osteoporosis or other challenges restricting a normal activity level. Learn tips for gentle and safe exercise options that may reduce joint pain, reduce stiffness and strengthen your overall health and well-being.

Presenter: Robert Krasnick, MD, Psychiatrist on staff at SJMOH

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

Neck, Back and Spine Problems

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

Learn more about common problems associated with the spine, possible causes and a variety of treatment options available. Then, find out why you might benefit from the skilled, urgent and coordinated, centralized care provided by the only Spine Center in Southeastern Michigan. Valet parking pass provided.

Presenter: Daniel Elskens, MD, Neurosurgeon, The Spine Center at St. John

28 Thursday 10 a.m.-12 noon

Common Treatable Sleep Disorders

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

Do you have problems falling asleep or waking during the night? Learn about common sleeping disorders, what you might do to ensure a better night's rest and possible treatment options.

Presenter: Chakrapani Ranganathan, MD, Medical Director, The Sleep Center, SJMOH

Senior Supper Club

April

21

Tuesday

4:30 p.m. Dinner

St. John River District Hospital, Cafeteria

Followed by entertainment in Meeting Rooms 1 & 2.

Cost: \$6

May

19

Tuesday

4:30 p.m. Dinner

St. John River District Hospital, Cafeteria

Followed by entertainment in Meeting Rooms 1 & 2.

Cost: \$6

Mall walking groups

St. John Health partners with local shopping malls to promote walking as a great form of exercise. Also, blood pressure screenings are provided onsite.

- **Macomb Mall:** free monthly blood pressure screenings and education on the 3rd Wednesday of each month from 9 - 11 a.m. located in the Food Court
- **Eastland Mall:** free monthly blood pressure screenings on the 4th Wednesday of each month from 8 - 10 a.m. located at the Food Court
- **Northland Mall Pacers:** free blood pressure screening on the 3rd Monday of each month from 8 - 10 a.m. located at the Food Court

Ongoing Events

Free Knee and Hip Pain Seminars

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 dramatic relief from your knee and hip pain, including information on medications, nutrition and exercise.

Registration required: 1-888-751-5465

Call for dates and locations.

CareLink needs you!

All St. John Health hospitals are now accepting applications for CareLink volunteers.

CareLink patient visitors

Do you like to walk and talk? You can do both and fulfill a valuable role as a CareLink patient visitor. These volunteers visit patients who are "55 or better" to remind them of CareLink benefits, ensure a comfortable environment and simply provide some friendly company.

CareLink clerical support

Are you more of a sit-down and organized person? You may be interested in helping assemble our

To a Special Volunteer

—(Author Unknown)

Sometimes we seem so lucky,
Or maybe we're just blessed,
When there seems to be too much to do—
Along comes a volunteer like you!

You've made our days much brighter,
Our work a joy to share,
We know we'll always make it through—
As long as there's a volunteer like you!

mailing for new CareLink members, making reminder phone calls to lecture participants or preparing informational materials to distribute to patients.

CareLink program support

Do you have limited time, but enjoy meeting and greeting people? You can help greet and register attendees at lectures.

If you are interested in learning more about any of these opportunities at a St. John Health hospital near you, simply call St. John SeniorLink at 1-888-751-5465, or your hospital's CareLink contact.

Thanks to all volunteers throughout St. John Health

Make a Date and Rate Your Plate

April 21 • 10 a.m. - 12 noon
St. John Health
St. Vincent DePaul Center
Conference Room
3000 Gratiot, Detroit

FREE - Bring a support person

Join the diabetes conversation on nutrition and meal planning

- What's the scoop on carbs, proteins and fats?
- How to score: label reading and more?
- What does "sugar-free" mean for me?

Presented by Dorothy Ritter, RN, BSN, SJH

Class size limited. Call St. John SeniorLink to register.



CareLink Gold Passport

Remember, the coupons are valued at over \$850 and are available for purchase for only \$15 each (or \$25 for two passport books). Plus, many CareLink Gold Passport coupons can be combined with your regular CareLink discounts to increase the savings for services redeemed throughout St. John Health. Details are available through St. John SeniorLink, or by visiting us online at: www.stjohn.org/CareLink/GoldPassport

8th Annual

Hands Around the Table *TasteFest*



ST. JOHN MACOMB-OAKLAND HOSPITAL

Wednesday, May 20

4:30 - 8 p.m.

Bella Banquet, Warren, MI

(corner of 14 Mile and Ryan Roads)

\$20 Adults, \$15 Seniors(ages 55+)/Youth (5-12)

Price includes 15 food tickets

For more information, call Diana at 586-582-7500.

Pre-Diabetes Educational Program

May 19, 5:30 - 7:30 p.m.

St. John Macomb-Oakland Hospital,
Macomb Center

Medical Education Building, Auditorium

Learn the warning signs, risk factors and what changes you can make to lower your risk for developing Type 2 diabetes. Please call St. John SeniorLink to register.

Cost: \$20

CareLink Gold Passport Order Form

Send to: St. John Health, 28000 Dequindre, Warren, MI 48092

First Name _____ Last Name _____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Birthdate _____ Phone Number _____
(month, day, year) (area code, phone number)

<input type="checkbox"/> One Passport (\$15)	_____	_____	<input type="checkbox"/> Two Passports (\$25)	_____	_____	Total	_____	_____
	Quantity	Total		Quantity	Total		Quantity	Total

Payment Method

Personal Check # _____ Money Order Amount: _____

Credit Card (please check one): Visa MasterCard Discover American Express

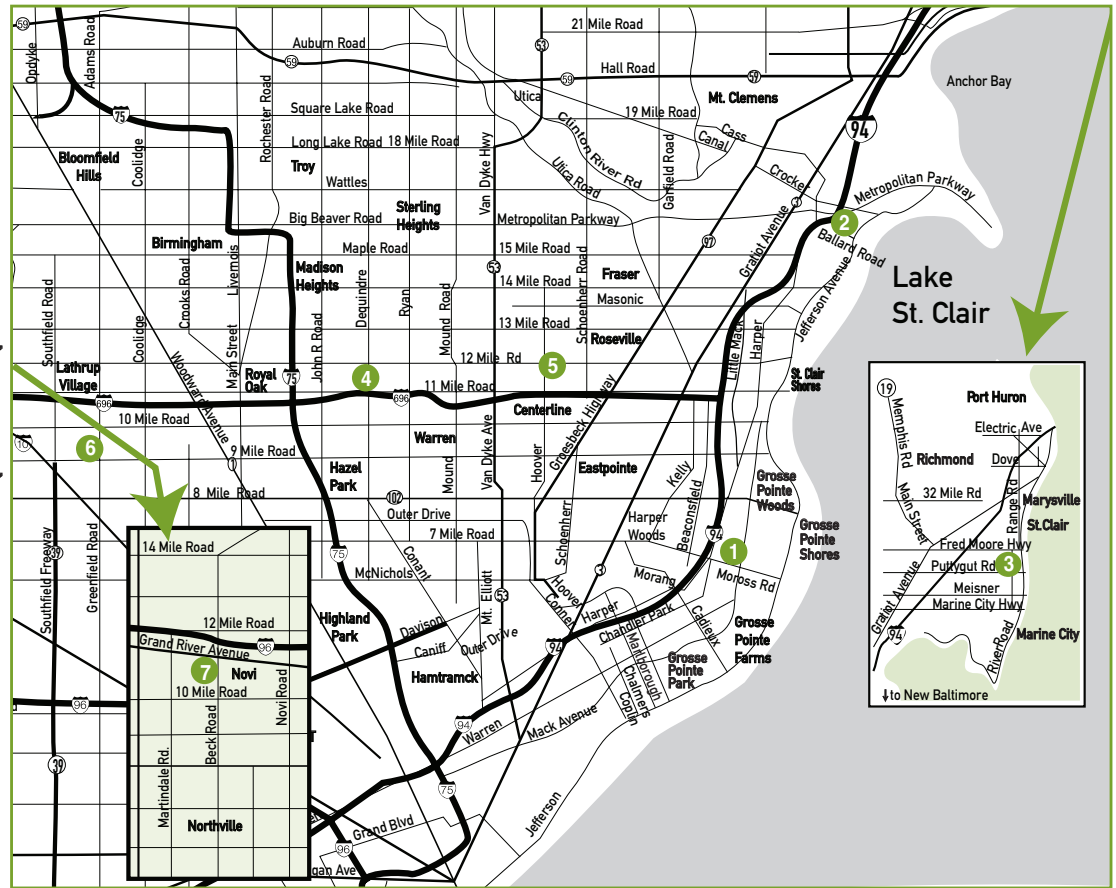
Account Number: _____ Expiration Date: _____

Name _____ Amount to be charged: _____

St. John Health 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 North Shores Hospital**
26755 Ballard Rd., Harrison Twp.
LeaAnne A. Ivory, 586-465-5501
3. **St. John River District Hospital**
4100 S. River Rd., East China Twp.
Diana Morrison, 810-329-7111
4. **St. John Macomb-Oakland Hospital, Oakland Center**
27351 Dequindre, Madison Heights
Sue Davis, 248-967-7000
5. **St. John Macomb-Oakland Hospital, Macomb Center**
11800 E. Twelve Mile Rd., Warren
Janet Silvestri, 586-573-5000
6. **Providence Hospital**
16001 W. Nine Mile Rd., Southfield
Kathy Zaguroli, 248-849-3000
7. **Providence Park Hospital**
47601 Grand River, Novi
Kathy Zaguroli, 248-465-4100

1-888-751-5465



1-888-751-5465

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



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