



# CareLink NewsBriefs

August - September 2009

SPECIAL LINK FOR THOSE AGE "55 OR BETTER"

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## SJHS Vision

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

## Care from head to toe

Your body is supported by a complex system that is remarkably resilient, but injuries, chronic conditions and the aging process itself can cause painful – sometimes serious problems. That's where the orthopedic specialists throughout St. John Health System (SJHS) can help. We're experts in the diagnosis, treatment, rehabilitation and prevention of injuries and diseases of the musculoskeletal system.

## Technology and people

We offer advanced diagnostic testing, state-of-the-art surgical facilities and innovative rehabilitation services. We are a leader in minimally invasive surgical techniques, making surgery and recovery easier on our patients. However, advanced technology is only as good as the dedicated experts who use it. That's why we've gathered some of Michigan's top physicians, offering you the level of expertise and quality care you need to assess your options and to feel better.

## Expert orthopedic surgical services

When the diagnosis calls for surgery, the experienced surgeons within SJHS can help you reclaim your active lifestyle with these specialized services:

- total hip, knee and shoulder joint replacement
- fracture care
- foot and ankle surgery
- hand and elbow surgery
- shoulder surgery

- sports medicine
- spine surgery

## Innovative rehabilitation services

Perhaps you need to get back on your feet after a hip or knee replacement, a fracture/injury or spine surgery. Or, maybe you require rehabilitation for arthritis, post-stroke care, a neurological condition or improving your balance. All of our SJHS rehabilitation services are provided by professionally trained staff in settings centered around the physical, emotional and spiritual needs of all patients.

For more information about SJHS orthopedic services, or for a referral to a physician, call St. John SeniorLink at 1-888-751-5465.

## SJHS outpatient physical therapy (PT) provided at 15 sites

PT services provide evaluation and treatment of muscle, nerve and joint problems, or any condition limiting daily living activities. Our PT team works with patients to regain function by strengthening/re-educating weak muscles, increasing joint motion and reducing/managing pain. Plus, we consult patients about managing ongoing conditions and injury prevention (see information about balance assessments on page 7). For a complete listing of SJHS outpatient PT sites, call St. John SeniorLink.

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

Janet Silvestri

### Plan for the unexpected

According to the Center for Disease Control and Prevention, in the United States, the average life expectancy is 80 years for females and 74.8 years for males. In past years, people were more likely to die as a result of an injury or infection than chronic or debilitating diseases. Now more than ever it's vital we plan for the unexpected with an advance directive.

An advance directive is written or verbal documentation in which a person indicates health care preferences while they are still able to make decisions. To learn more, go to [www.stjohn.org/services](http://www.stjohn.org/services) and select "Palliative Care" on the left-hand side. Then click "Have you had a 'Courageous Conversation?'"

Join Nancy Mason, RN, NP, as she presents "Courageous Conversations" on September 24, 10 a.m. - 12 noon at SJMOH-Macomb Center Medical Education Center (see page 5).

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

Sue Davis

### It's never too late to improve your fitness level

Does growing older mean an inevitable loss of strength, flexibility and fitness? No. Studies show inactivity, not aging, is the primary culprit. The Center for Disease Control reports that 28-34% of adults age 65-74 do not engage in leisure-time physical activity.

Few factors contribute more to successful aging as maintaining a physically active lifestyle. Just 30 minutes a day of moderate activity (walking, swimming, Tai Chi, Yoga, gardening and yes, even housework) can help combat many chronic diseases like heart disease, diabetes, high blood pressure,

arthritis and obesity. Physical activity can improve quality of life by reducing anxiety and depression, and aid in the ability to remain independent in spite of health problems.

To reap the benefits of exercise, it needs to be done consistently. Select an activity you enjoy and invite a friend to join you. If you haven't been active, begin slowly, perhaps 5-10 minutes at a time. Always check with your doctor before you begin an exercise program.

Join us at SJMOH, OC on August 18 for "Lunch with the Doctor: Exercise for Seniors" and September 9 for "Tai Chi" (see page 5).

## Providence Hospital

Kathy Zaguroli

### What is Congestive Heart Failure?

Congestive heart failure (CHF) is a condition where the heart can't pump enough blood to the body's other organs. If you have CHF, you're not alone. According to the American Heart Association, about 5 million Americans are living with it today. In fact, it's one of the most common reasons people 65 and older go into the hospital.

The following recommendations about diet, exercise and other habits can help to alleviate symptoms, slow your disease's progression and improve your everyday life. In fact, people with mild to moderate CHF often can lead nearly normal lives as a result. If your diagnosis is CHF, you may have to change your regular routine by...

- quitting smoking
- losing/maintaining your weight
- avoiding alcohol
- avoiding/limiting caffeine
- eating a heart-healthy diet low in saturated fat, trans fat, cholesterol and sodium
- being physically active – perhaps participating in a structured rehabilitation program
- managing stress
- keeping track of symptoms and reporting any changes to your health care professional

- working more closely with your health care team
- monitoring your blood pressure

Making these changes is easier said than done. Dealing with new restrictions and responsibilities is challenging, but working these changes into your daily routine can make a real difference.

Join us at Providence Hospital on Wednesday September 9 for “Lunch with the Doctor: Congestive Heart Failure” with Souheil Saba, MD (see page 5).

## St. John River District Hospital (SJRDH)

Diana Morrison

### 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 left untreated, this is serious and 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 SJRDH, call 810-329-5390. You must have a physician referral to make an appointment.**

Join us on Thursday, September 3 at St. John Medical Center - Macomb Twp. for “Snoring and Sleep Apnea” with Edward Jankowski, MD, Otolaryngologist (see page 5).

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

### St. John North Shores Hospital (SJNSH)

LeaAnne A. Ivory

### Orthopedic amenity updates at SJH&MC

Our new Orthopedic / Neurosurgery Unit (7 North) offers 36 private rooms in the Van Elslander Pavilion (VEP) dedicated to patients recovering from orthopedic surgery and neurosurgery. In addition to receiving the highest level of care by certified physicians and nurses, you can heal in surroundings that look and feel more like an upscale hotel than a hospital. Our care team provides post-surgical therapy right on the unit with other patients working to regain their health. Patients can even reward themselves in our Body Spa with a massage, hair styling or a manicure.

Plus, outpatient therapy services are now located at our front door, just inside the VEP. All of our orthopedic services are accessible through the VEP/ Main Entrance (tucked behind our hospital) with ample, free self-parking directly in front. CareLink members valet park for only \$2.

**For more information about Orthopedic Services, or an upcoming Hip and Knee Pain Seminar at SJH&MC, call 1-888-751-5465.**

### Services available through SJNSH

SJNSH, our hospital located on Ballard Road near Lake St. Clair, offers the following services:

- Emergency Department
- Laboratory and Diagnostic Services
- Hospice and Medical Surgical Services
- Inpatient and Outpatient Rehabilitation Services

SJNSH continues to be a leader in both inpatient and outpatient rehabilitation, including advanced neurological rehabilitation.

**For more information, call 1-888-751-5465.**

## 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)

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

## What You Need to Know About Cosmetic Surgery

Providence Hospital, Fisher Auditorium

Presenter: Al Alevelis, MD, Cosmetic and Reconstructive Surgeon on staff at Providence Hospital

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

## Exercise for Seniors

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

Presenter: Sandy Schwarze, PT, SJMOH

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

## Oops, I Forgot: Memory Tips & Techniques

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

Learn more about predictable, age-related memory changes and challenges. Then, learn some practical tips and techniques to help you cope. Valet parking pass provided.

Presenter: Cheryl Pietrazewski, MA, CCC-SLP, Speech-Language Pathologist, SJNSH

**27** Thursday 10 a.m-12 noon

## This Joint is Jumpin!

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

As we age, there are often changes in our joints, specifically hips and knees. Join us for an in-depth discussion on osteoarthritis, rheumatoid arthritis and surgical treatments for hips and knees.

Presenter: Cecilia Otten, FNP-BC, SJMOH and Steven Plomaritis, DO, Orthopedic Surgeon on staff at SJMOH

## 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 on the 3rd Wednesday of each month from 8 - 10 a.m. located at 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

## 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)

**9** Wednesday 10:45 a.m. Lunch  
11 a.m. - Noon Lecture

## Congestive Heart Failure

Providence Hospital, Fisher Auditorium

Presenter: Souheil Saba, MD, Invasive Cardiologist on staff at Providence Hospital

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

## Stroke: Signs and Symptoms

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

Presenter: Malaz Almsaddi, MD, Neurologist on staff at SJMOH

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

## Snoring & Sleep Apnea

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

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: Edward Jankowski, MD, Otolaryngologist on staff at SJH&MC and SJMOH



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

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

*Hours of service are:  
Mon-Fri, 8 a.m. - 5 p.m.*

**9** Wednesday 10 - 11 a.m. Basic Level  
4 consecutive Wednesdays

## 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: \$16** (\$12 for CareLink members)

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

## Emergency Center (EC) Insider Tips

St. John Hospital & Medical Center, Classrooms D & E

Learn critical medication safety and fall prevention tips to help prevent an EC visit. Plus, guidelines for when to call "911" or seek treatment through an EC, Urgent Care or doctor's office will be covered. Optional tours of our renovated and expanded EC and ACE (specialized care for those 65+) Unit following lecture. Valet parking pass provided.

Presenters: Karrie Brown, RN, Nurse Educator, Emergency Center, SJH&MC and Brenda Belbot, RN, MSN, MHA, Co-Manager, ACE Unit, SJH&MC

**24** Thursday 10 a.m - 12 noon

## Courageous Conversations

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

The purpose of advance care planning is to allow the patient to have a voice, exercise their control and to relieve burdens placed on others. This practice is not only between the physician and patient, but also within the relationships with close loved ones. Find out how you can be prepared.

Presenter: Nancy Mason, RN, NP, SJMOH

## Are your blood sugars on the rise? Let us teach you how to gain control.

Join us for Pre-Diabetes Classes at St. John River District Hospital, East China Township

- **September 17:** 10 a.m. - 12 Noon (Meeting Room 1)
- **October 7:** 7 - 9 p.m. (Meeting Room 1)

Cost = \$20 (\$15 for CareLink members)

Pre-registration (recommended) at 1-888-751-5465.

## "55 or Better" Health & Wellness Lectures

CareLink is sponsoring new lectures in partnership with Macomb Township Parks & Recreation (MTPR). These free lectures will be held the third Tuesday monthly from 10 - 11 a.m. at the Marvin Blank Senior Center (23 Mile Road, just east of Romeo Plank behind the fire station).

- **Rumor vs. Truth: Addressing Common Pharmacy Concerns** – August 18

Call St. John SeniorLink for a flyer with fall dates. To register, call MTPR at 586-992-2900.

## 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.

## Make a Date and Rate Your Plate

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

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

**September 15**

10 a.m. - 12 noon

St. John Health System

St. Vincent DePaul Center

Conference Room

3000 Gratiot, Detroit

FREE – Bring a support person

Join us for our

## Second Chance (SC) Heart Club Supper

**On Wednesday, August 19, 5 - 7 p.m.**

Auditorium, St. John Hospital and Medical Center

### Atrial FibrilWHAT?

**Atrial Fibrillation: Common, Confusing, Controllable**

**Presenter:** Michael Romanelli, MD, Medical Director, Cardiac Intensive Care Unit and Cardiac Rehabilitation

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

This event includes the lecture, information about our SC Heart Club, low-cost dinner option in the Moross Market Café and an optional support/networking group meeting following dinner.

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.

## Avoid a fall

With one in four reporting a history of falling in their home, it's an unfortunate fact that falls are common and potentially serious for those age 65+. Many factors increase the risk of falling, including poor posture, arthritis, inner ear conditions (dizziness), neurological conditions, inadequate strength, poor flexibility and fatigue. The good news is our St. John physical therapists perform balance assessments to help address any balance issues and reduce the risk of falling.

Our physical therapists are specially trained in assessing all balance/fall risk areas. Loss of balance and falls in the home are not only due to physical limitations, but can be related to the home environment (e.g. lighting, stairs, throw rugs, etc.). During your balance and fall screening our physical therapists will thoroughly assess your balance and give you a Home Safety Checklist too. This

checklist allows you to check each room in the home for fall risks and provides suggestions to correct these potential problems. Following your assessment, our physical therapists will discuss your results. They may recommend simple home exercises, or formal physical therapy for those who are at high risk for a fall.

Balance assessments are offered at many of our outpatient rehabilitation facilities throughout St. John Health System. In just 20 minutes, learn what you can do to decrease your risk of falling, improve balance and increase your mobility. The cost of \$5 includes a 20 minute comprehensive screening, review of results, individual recommendations, follow up with your physician (optional) and a home safety checklist. Pre-registration is required.

If you feel you or someone you love is at risk for a fall, call 1-800-711-8150 today.

## CareLink Gold Passports – Only \$5 (effective 7/13/09)!

There's still 5 months of value, so purchase your 2009 CareLink Gold Passport now for only \$5 (formerly \$15). Coupons are valid through 12/31/09 and many coupons can be combined with regular CareLink discounts to maximize savings.

### *Gold Passport cash in tips:*

- If your birthday falls within August - December, cash in coupons for a free "Value Meal" at any of our St. John Health System hospital cafeterias anytime during your birthday month (total value = \$30).
- Consider some holiday shopping in our hospital gift

shops by cashing in coupons for "\$2 off \$20 purchase" or "\$5 off \$50 purchase" and using your 10% gift shop discount too!

- Take advantage of discounted health screenings by cashing in coupons for a 64-Slice CT Heart Scan, Carotid IMT and Ankle Brachial Index (ABI) (total value = \$275).

Call today to order your 2009 CareLink Gold Passport at 1-888-751-5465, or visit our secure ordering site online at:

[www.stjohn.org/CareLink/GoldPassport](http://www.stjohn.org/CareLink/GoldPassport)

## Only \$5 each – effective 7/13/09

### CareLink Gold Passport Order Form

Send to: St. John Health System, CareLink, 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)

Passport <sup>\$5</sup>~~(\$15)~~      \_\_\_\_\_  
Quantity      Total

### Payment Method (make check payable to St. John Health System)

Personal Check #       Money Order      Amount: \_\_\_\_\_

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

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

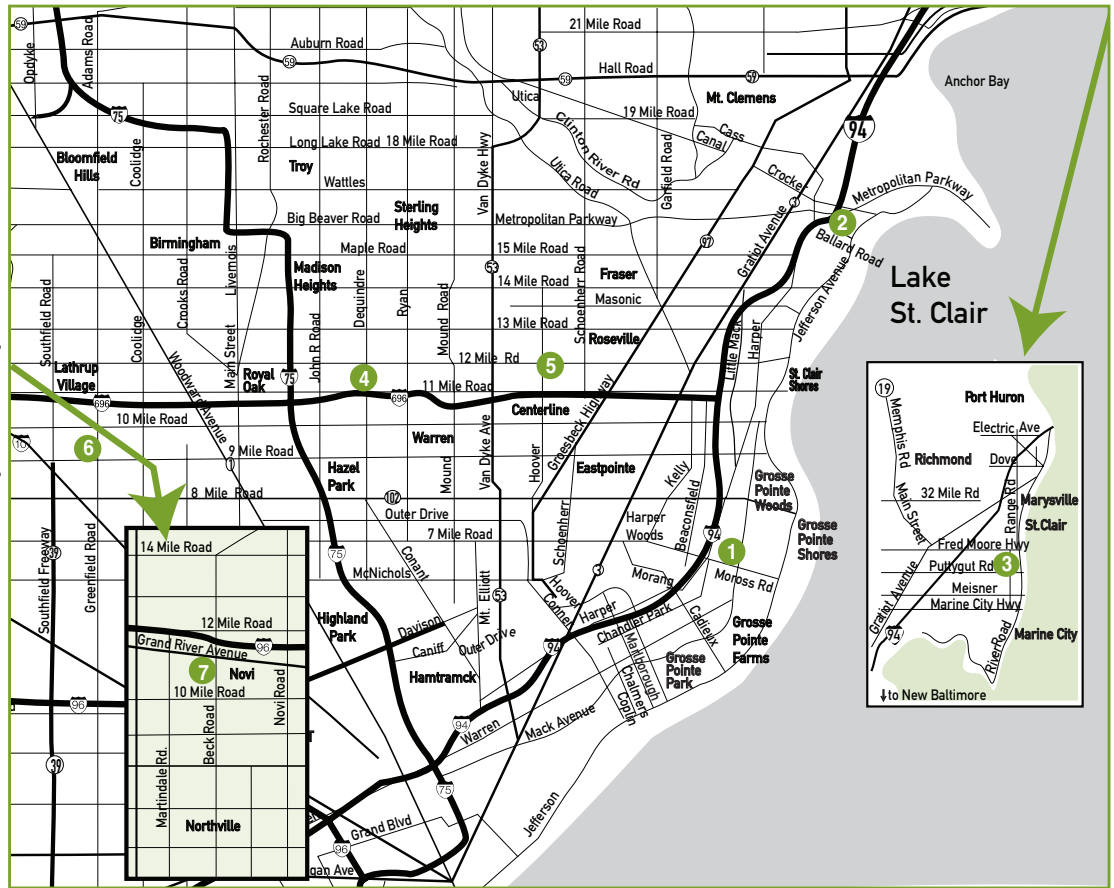
Name \_\_\_\_\_ Amount to be charged: \_\_\_\_\_

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

# St. John 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 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

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 St. John Hospice  
 St. John Home Care  
 Father Murray Nursing Center  
 St. John Senior Community  
 Senior Care Facilities  
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 Oakland Center  
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 St. John River District Hospital  
 St. John North Shores Hospital  
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