



CareLink NewsBriefs

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.

Living and thriving with cancer

Living with cancer doesn't have to be a downhill struggle. A positive attitude and changes in behavior aimed at reducing anxiety and depression can improve the quality of life for some people with cancer.

Your frame of mind

The first step is to stop blaming yourself for your cancer. The negative energy you use in harboring negative emotions draws your focus away from your No. 1 concern: being strong and living life.

The sooner you return to normal daily activities (with your healthcare provider's approval), the sooner you'll gain a sense of control. "Going to work, fulfilling social commitments and exercising may help reduce the feelings of hopelessness and helplessness many cancer patients experience," says Michael Kraut, MD, chief of oncology services at Providence and Providence Park Hospitals.

Listen to your body

Managing the physical aspects of cancer is vital to maintaining optimal well-being.

- **Fatigue:** Exhaustion is the most common complaint among people undergoing cancer treatment. How can you fight fatigue? First, recognize your limits. Then, make time for things that matter to you by cutting back on social obligations and avoiding unnecessary stress. Conserve energy by delegating tasks to those who offer help.
- **Pain:** At least half of all cancer patients experience severe pain. "When surgery, radiation therapy or chemotherapy can't alleviate cancer pain, pain-relieving drugs are used," says Amer Aref, MD, section chief of radiation oncology at St. John Hospital and the Van Elslander Cancer Center.

- **Nutrition:** Studies show that patients who eat well during cancer treatment have fewer infections and can remain more active. Unfortunately, both cancer and its treatment may reduce your appetite. If you're unable to eat three large meals, keep a supply of nutritious snacks nearby so you can eat small amounts throughout the day.
- **Exercise:** Talk to your healthcare provider about involving some physical activity into your daily routine.

Managing cancer's emotional effects

Trying to cope with a cancer diagnosis on top of the physical demands of therapy and recovery can overwhelm even the most durable patient. Several proven ways can handle the mental and emotional challenges of cancer:

- **Journal keeping:** Many therapists recommend journal keeping as an effective way for patients to handle their innermost feelings during their cancer journey.
- **Daily treats:** Doing just one enjoyable thing every day – calling a friend, taking a car ride, watching a favorite TV show – bolsters a patient's spirit and eases the mind.
- **Smiles:** Laughter and a sense of humor help people tackle stress and bridge moments of doubt. It is also a proven stress reducer.
- **Relaxation:** Many techniques help patients unwind, including deep breathing, muscle stretches, visualizing a quiet, happy time, meditation, yoga, massage therapy and biofeedback.

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St. John Hospital and Medical Center (SJHMC) St. John North Shores Hospital (SJNSH)

LeaAnne A. Ivory

Innovative treatment for heart disease & chest pain

Heart care experts at SJH&MC are using a leading edge and non-invasive therapy for patients living with heart disease and angina (chest pain or discomfort). Enhanced External Counter Pulsation (EECP) therapy works by increasing blood and oxygen supply to the heart muscle and decreasing the work required by the heart muscle to pump blood to the rest of the body.

EECP therapy is a treatment option provided on an outpatient basis, one hour per day, five days a week for a total of 35 hours. Three sets of blood pressure-like cuffs are wrapped around the legs and buttocks. These cuffs inflate and deflate with the heartbeat, increasing blood flow to the heart muscle. The increased blood flow reduces symptoms and increases cardiac output. With these changes, patients may lead more active lives and enjoy social activities formally hampered by symptoms.

Clinical studies show 75% to 80% of patients completing the treatment course continue to experience benefits up to two years post treatment. For more information, call 313-343-3568.

Join us on June 11 at SJH&MC for “Living with Heart Disease & Angina” with Nancy Mesiha, MD, Cardiologist on staff at SJH&MC (see page 4).

Are you enjoying summer sunshine and fun near the water?

If so, please remember to protect yourself, keep your skin healthy and avoid skin cancer. Join us at St. John Medical Center-Macomb Township on June 4 for “Skin Precautions & Treatments” with Michael Fozo, MD, Otolaryngologist on staff at SJH&MC (see page 4).

Providence Hospital

Kathy Zaguroli

Providence’s orthopedic team

Orthopedics is a highly specialized area of medicine involving the diagnosis, treatment, rehabilitation and prevention of injuries or diseases of the musculoskeletal system. This includes all bones, joints, ligaments, tendons, muscles and nerves. The orthopedic specialists at Providence Hospital will open your world to all sorts of exciting opportunities through the surgeries and procedures we perform and the personalized care we deliver at Providence. Your Providence orthopedic team includes your orthopedic surgeon, registered nurses and nurse practitioners, certified therapists, social workers, nutritionists and pharmacists – all dedicated to orthopedic patients.

Providence’s orthopedic team has been in the business of improving lives for more than 30 years. During that time, they have returned thousands of people to independent lives filled with activity and enjoyment.

For more information about the Orthopedic Program at Providence Hospital, please contact your physician or our program coordinator at 248-849-8245, or toll-free at 877-830-BONE (2663).

Join us for our upcoming Lunch with the Doctor programs at Providence Hospital featuring “Degenerative Arthritis” on June 10 and “Oh, My Aching Back” on July 8 (see pages 4 & 5).

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

Janet Silvestri

Act F.A.S.T.

Stroke is the third leading cause of death and adult disability in America. Fortunately, 80% of strokes are preventable. The National Stroke Association suggests discussions with your doctor

about how to best follow these guidelines:

- Know your blood pressure.
- Get checked for atrial fibrillation, cholesterol and diabetes.
- Stop smoking.
- If you drink alcohol, do so in moderation.
- Eat a lower sodium diet.
- Exercise.

Know the warning signs for stroke and act F.A.S.T. (FACE-ARMS-SPEECH-TIME). If you think someone might be having a stroke, ask the person to smile: Does one side droop? Ask the person to raise both arms: Can they lift both? Does one arm drift down? Ask the person to repeat a simple sentence: Are the words slurred? Can they repeat the sentence correctly?

If you suspect a stroke, call 911 immediately. At St. John Macomb-Oakland Hospital, our stroke team follows each patient admitted with a suspected stroke through their hospital stay. Remember, *time lost is brain lost*.

Join us on July 23 for “Act F.A.S.T. - Stroke Awareness” with Sheila Morissette, Stroke Coordinator, SJMOH (see page 5).

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

Sue Davis

Now don't forget!

Use these tips to improve your memory:

- **Pay close attention:** It takes about eight seconds of intense focus to process information into the brain's memory center. So stay focused, don't multi-task.
- **Write it down:** Writing information down can help to engrave it into your memory. Also, it is helpful to recite what you've written.
- **Organize data into categories:** Like a filing system, meaningful categories will help you to retrieve information. For example, people might be categorized by how you know them or their interests.

- **Make connections:** Link new information to things you already know. Involve as many senses as possible – color, smell, taste, texture. The more connections you make, the stronger the memory.

Healthful habits also improve memory. So eat well, exercise, manage stress and don't smoke. If memory problems persist or make everyday life difficult, you may want to be evaluated. **For a physician referral, call St. John SeniorLink.**

Upcoming memory-related lectures:

- **Alzheimer's Disease:** Join us at SJMOH,OC (Madison Heights) on June 17 at 11:45 A.M. for “Lunch with the Doctor: Alzheimer's Disease” (see page 4).
Or
- **Memory Tips:** Join us at SJRDH (E. China Twp.) on June 17 at 1 p.m. for “Memory Tips” (see page 4).

St. John River District Hospital (SJRDH)

Diana Morrison

Memory and aging

As we age, the brain needs more time to recall from memory and to learn new information. This shouldn't affect daily functioning and doesn't generally progress. So, the old saying, “You can't teach an old dog a new trick” is not accurate. The “old dog” may just need more time.

Memory is divided into three categories:

- short term (temporary recall) – like remembering a phone number just long enough to dial it
- long term (recent) – like remembering what you had for breakfast
- long term (remote) – like distant memories such as from childhood

Usually, aging does not affect short or long term (remote) memory. What does decline with age is long term (recent) memory, but there are ways to help keep your memory sharp. High-level language tasks such as reading and doing crossword puzzles are beneficial. Strategies to aid recall, such as writing information down or placing certain items in the same place, are helpful.

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)

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

Degenerative Arthritis: Treatment Options

Providence Hospital, Fisher Auditorium

Presenter: William Higginbotham, III, MD, Orthopedic Surgeon on staff at Providence Hospital

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

Alzheimer's Disease

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

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

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

Skin Precautions & Treatments

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

Learn important tips for keeping your skin healthy, including risk factors for developing skin cancer, precautions, warning signs and treatment options. Plus, Dr. Fozo will provide participants the opportunity to view their own skin's sun damage under a special lamp.

Presenter: Michael Fozo, MD, Otolaryngologist and Facial Plastic Surgeon on staff at SJH&MC

10 Wednesday 10 - 11 a.m.
(June 3 - July 29; No class on July 1)

Tai Chi Basic Level

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

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

Living with Heart Disease & Angina

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

Learn more about heart disease and how to cope with conditions such as unstable angina, chest pain and heart failure. Information will be shared about innovative technology and treatment options to help heart patients lead more active lives. Valet parking pass provided.

Presenter: Nancy Mesiha, MD, Cardiologist on staff at SJH&MC

17 Wednesday 1 - 2 p.m.

Memory Tips

St. John River District Hospital, Meeting Room 2

Learn more about memory loss and how the aging process affects your memory. Then, learn strategies and tips to help aid recall and to keep your memory sharp.

Presenter: Kim Vono, Speech-Language Pathologist, SJRDH

25 Thursday 10 a.m. - 12 Noon

Can You Hear Me Now?

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

Do you have difficulty hearing? Learn more about common problems and possible treatment options.

Presenters: Anne Maynard, AuD and Susan Schwark, AuD Audiologists, SJMOH, MC



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.

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

Oh, My Aching Back!

Providence Hospital, Fisher Auditorium

Presenter: Roderick Claybrooks, MD, Orthopedic Surgeon on staff at Providence Hospital

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

Arthritis

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

Presenter: Evan Stashefsky, MD, Internist on staff at SJMOH

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

Weaving Integrative Medicine into Health Care

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

What is integrative medicine, and how does it complement more traditional medical care? Learn how healing arts therapies, such as massage therapy, provide options to reduce the stress impacting our mind, body and spirit. Valet parking pass provided.

Presenter: Claudis Methner, Certified Massage Therapist, Valade Healing Arts Center, Van Elslander Cancer Center at SJH&MC

23 Thursday 10 a.m. - 12 Noon

Act F.A.S.T. – Stroke Awareness

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

In the event of a stroke, it is imperative that the patient receives immediate treatment to save brain function. Join us for an in-depth discussion of the warning signs of stroke and how to “Act F.A.S.T!”

Presenter: Sheila Morisette, MSN, NP-C, Stroke Coordinator, SJMOH, MC

Senior Supper Club

June

16 Tuesday 4:30 p.m. Dinner

St. John River District Hospital, Cafeteria

Followed by entertainment in Meeting Rooms 1 & 2.

Cost: \$6

July

21 Tuesday 4:30 p.m. Dinner

St. John River District Hospital, Cafeteria

Followed by entertainment in Meeting Rooms 1 & 2.

Cost: \$6

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.

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 8 - 10 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

Managing cancer (continued from front page)

For more information about the many resources available to help you with a diagnosis of cancer, call 1-888-751-5465.

St. John Health Healing Arts Centers:

Whether you are coping with a health challenge or not, explore ways to nurture your body, mind and spirit with the many resources available through:

- **Assarian Cancer Center Healing Arts, Novi:** 248-849-3321
- **Healing Arts Center at River District Hospital, E. China Twp.:** 810-326-4700
- **Providence Cancer Center for the Healing Arts Center, Southfield:** 248-849-3321
- **Valade Healing Arts Center at St. John Hospital and Medical Center, Detroit:** 313-647-3320
- **Webber Healing Arts Center at St. John Macomb Oakland Hospital - Macomb Center, Warren:** 586-573-5785

Remember, CareLink members receive a \$5 discount on Healing Arts Center services. **Attention CareLink Gold Passport travelers!** You can combine your regular discount with the passport's Healing Arts Center coupons for additional savings at St. John River District Hospital (\$10 off coupon) and St. John Hospital and Medical Center (\$5 off coupon) through 12/31/09!

Join us on July 9 at SJM&MC for "Weaving Integrative Medicine into Health Care" (see page 5).

Feels Like Home.

At St. John Father Murray Nursing Center and St. John Senior Community, we take care of your loved ones like they're our family too. We offer families the security of knowing their loved ones have access to St. John services such as physical, occupational and speech therapies, lab and pharmacy. Both nursing centers have also earned "Gold Seal" national accreditation from The Joint Commission for achieving quality standards in long-term care. Because we believe your loved one deserves a place that feels like home.



Call for more information, or visit stjohn.org for a virtual tour of our nursing care centers.

St. John Father Murray Nursing Center – 586-755-2400

St. John Senior Community – 313-343-8265

A PASSION *for* HEALING

Balance screenings for only \$5

One in four over the age of 65 are at risk for a fall – sometimes with serious consequences. St. John Physical Rehabilitation is offering balance assessments at seven locations in Metro Detroit. In just 20 minutes, learn what you can do to decrease your risk of falling, improve your balance and increase your mobility. Pre-registration is required. For more information about locations, dates and times of balance screenings, call 1-800-711-8150.



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). These coupons can be redeemed through December 31, 2009. 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

Join us for our

Second Chance (SC) Heart Club Supper

On Wednesday, June 17, 5 – 7 p.m.

Auditorium, St. John Hospital and Medical Center

Topic: The Latest & Greatest on Heart Health

Presenter: Sanjay Batra, Thoracic Surgeon and Chief of Cardiac Surgery, SJH&MC

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.

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)

One Passport (\$15) _____ Two Passports (\$25) _____ Total _____
Quantity Total Quantity Total Quantity Total

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

Personal Check # _____ Money Order Amount: _____

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

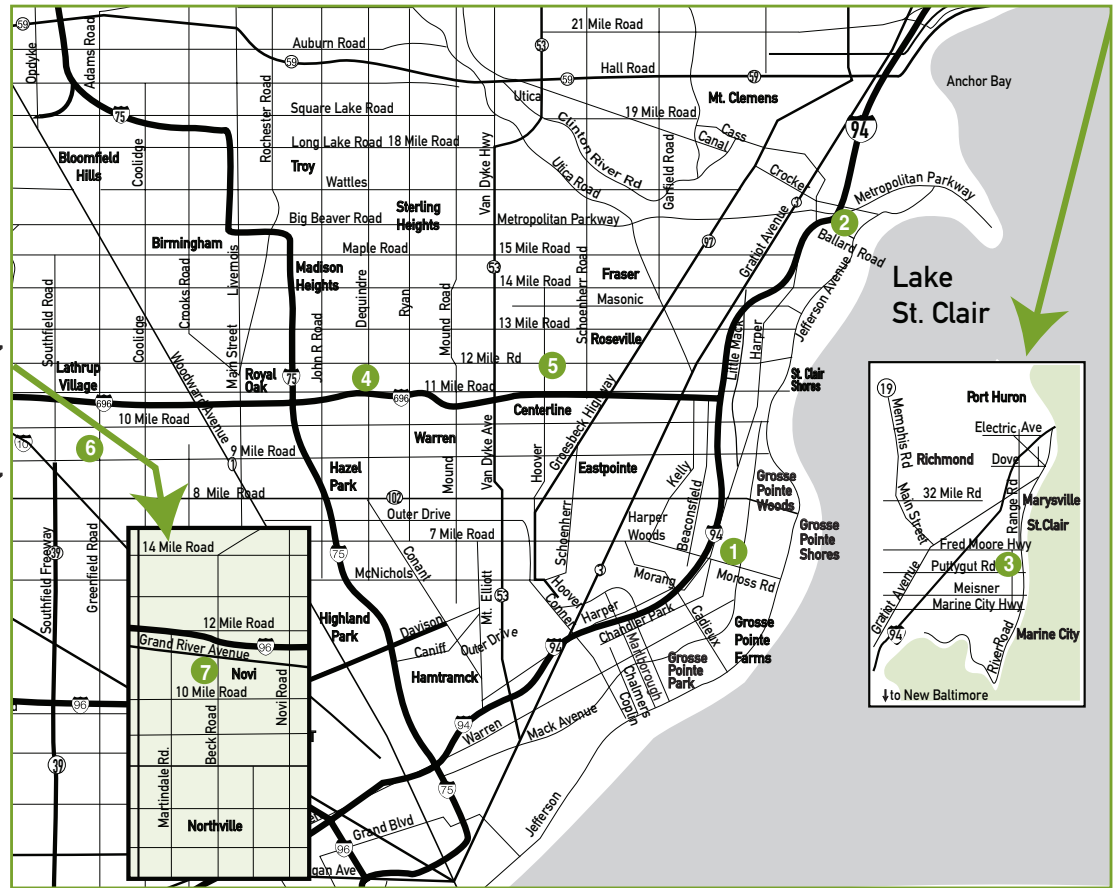
Account Number: _____ Expiration Date: _____

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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