

Southeast Michigan CareLink

Newsbriefs

Your link to healthy living

November-December 2019

Learn how to live with diabetes

It is common to feel overwhelmed when you are living with diabetes. You may know the steps you should take to stay healthy, but have trouble sticking with your plan over time. Here are some tips:

Cope with your diabetes.

- Stress can raise your blood sugar. Learn ways to lower your stress.
- Ask for help if you feel down.
- Eat well.
- Make a diabetes meal plan with help from your healthcare team.
- Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt.
- Eat foods with more fiber.
- Drink water instead of juice and regular soda.
- When eating a meal, fill half of your plate with fruits and vegetables, one quarter with a lean protein and one quarter with a whole grain.

Be active.

- Set a goal to be more active most days of the week. Start slow by taking 10-minute walks, three times a day.
- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga or heavy gardening (digging and planting with tools).
- Stay at or get to a healthy weight by using your meal plan and moving more.

Practice diabetes self-care.

- Take your medicines for diabetes and any other health problems, even when you feel good.
- Check your feet every day for cuts, blisters, red spots and swelling.
- Brush your teeth and floss every day to keep your mouth, teeth and gums healthy. See a dentist at least yearly.
- Stop smoking. Ask for help to quit.



- Keep track of your blood sugar.
- Check your blood pressure if your doctor advises and keep a record of it.

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See page 8 for upcoming Diabetes PATH workshop.

Don't let the holidays be a barrier to exercise

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Exercise can also reduce feelings of depression, while improving your mood and overall emotional well-being. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster and for longer than before.

Here are some tips to help you overcome barriers and improve your health.

- **Find time to exercise.** Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. When holiday shopping, take a few extra laps around the store or park farther away from the entrance.
- **Stick with your exercise plan.** Make exercise interesting and enjoyable. Holiday time is often a time for volunteering or doing activities with children. Plan to do things that require walking, dancing or some type of physical movement.

Why is the flu vaccine important?

Most people who get the flu have a mild illness. But for some, it can be serious or even deadly. Severe complications from the flu are more likely in babies and young children, pregnant women, older adults, and people with certain long-term health conditions like diabetes or asthma.

Getting vaccinated every year is the best way to lower your chances of getting the flu. Flu vaccines can't cause the flu. Keep in mind that getting the flu vaccine also protects the people around you. So, when you and your family get vaccinated, you help keep yourselves and your community healthy.

This is especially important if you spend time with people who are at risk for serious illness from the flu, like young children or older adults.

It's not too late to get a flu shot for this year's flu season. Contact your healthcare provider or look for community sites in your area.

Other vaccines you may need

Pneumococcal – Most people age 65 and older should get a pneumococcal shot to help prevent getting pneumonia.

Tetanus and diphtheria – A booster shot every 10 years will keep you protected.

Shingles – Most people age 60 and older should get vaccinated, even if you already had shingles. Protection from the shingles vaccine lasts at least 5 years.

Measles, mumps, and rubella – If you don't know if you've had these diseases or received this vaccination, you can still get the vaccine.

Shots for travel – Check with your doctor or local health department about shots you will need if traveling to other countries.

Talk with your doctor about which of these shots you need. And, make sure to protect yourself by keeping your vaccinations up to date.

Grief and the holidays

Grieving the loss of a loved one is a challenge at any time, but the holiday season can magnify your sense of loss. Family gatherings and seasonal events can be painful reminders of the loss. At the same time, they can also be comforting rituals where you spend time with family and friends, focusing on good memories and trying to recapture your sense of joy.

If you are mourning a loss of a loved one, here are some important things to keep in mind.

- **Only do what feels right.** Don't feel obligated to participate in anything. It's up to you to decide which activities you can handle.
- **Accept your feelings, whatever they might be.** Everyone takes his or her own path in grief. However you feel, accept it without judging yourself or others.
- **Call on your family and friends.** Talk about your emotions. Be honest about how you'd like to do things this year. Take a friend to events for support and create an "escape plan" together, in case you need to bow out quickly.
- **Plan ahead.** New activities might be easier, but familiar traditions might be comforting as well — do what feels best for you.
- **Do something different.** Acknowledge that things have changed. Plan new activities, especially the first year after the loss. Many families return to their usual routines and rituals after the first year, but some enjoy incorporating their new experiences permanently.
- **Scale back.** Create realistic expectations for yourself and others, but above all, be gentle with yourself.
- **Acknowledge those who have passed on.** It can be helpful to participate in a related holiday ritual in his or her memory. Some ideas: lighting candles for them, talking about them, buying children's toys or books to donate in their name.
- **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
- **Skip it.** If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. But plan alternative comforting activities for yourself.
- **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious. If these feelings last for a while, talk to your doctor or a mental health professional.

See pages 4 and 5 for upcoming education programs on coping with grief during the holidays.

Ascension Michigan Call Center

Find a doctor – Connect with more than 3,000 primary care doctors and specialists, obtain office locations, hours, insurances accepted and more.

Schedule appointments – Arrange doctor visits, diagnostic tests, physical therapy, physician referrals and second opinions.

Connect with behavioral health resources – With one call, you can speak with our behavioral health social worker to access a wide range of hospital and community-based social services.

Talk with someone who speaks your language – Multilingual customer service in Chaldean and Arabic is available.

Locate support groups – Explore the many support groups available.

One number does it all — 866-501-DOCS (3627)

November

Preregistration
recommended

WED
6
1-2 p.m.

What Do You Know about Your Cell Phone?
Macomb Wellness Center (located inside St. Thomas Lutheran Church), 23801 Kelly Road, Eastpointe

In this age of technology, we are often surprised to learn functions and cell phone usage, either by accident or in a search. This is an interactive session for sharing what you know and receiving useful cell phone information.

WED
6
6:30-8 p.m.

Having a Hopeful Holiday
St. Anastasia Catholic Church, 4571 John R. Road, Troy

Holidays lived in the absence of someone dear can be very difficult times. Society encourages us to join in the holiday spirit, but all around, the sounds, sights and smells trigger memories of your loved one. Please join us for an evening of education, support and remembrance that will help you better cope with your grief during this time of year.
Presenter: Maureen Duncan, RN

THUR
7
11 a.m.-12:30 p.m.

The Art of Communication in Dementia
Ascension Providence Hospital, Novi, Conf. Rooms A & B

Learn strategies for engaging and meaningful connections in the relationship with people living with dementia. There will be fun and interactive activities.
Presenter: Rosemarie Shim, LBSW, Certified Dementia Communications Specialist, Shim Consulting, LLC

FRI
8
10:30-11:30 a.m.

Laughter is the Best Medicine!
Northville Community Center, 303 W. Main St., Northville

Did you know you can use humor to relieve stress? Learn how to navigate through the holidays feeling less stressed and finding more enjoyment during this time of the year.
Presenter: Sara H. Guetzkow, MA, LLP, CAADC, Ascension Eastwood Behavioral Health

TUE
12
1-2 p.m.

Advance Directive
Riverview Wellness Center 7633 E. Jefferson, Pavilion II, Suite 172, Detroit

Advance Directive is a written statement of a person's wishes regarding medical treatment, made to ensure those wishes are carried out should the person be unable to communicate them to a doctor.
Presenters: Cindy Shields, MSN, NP-C Nurse Practitioner, Geriatric Services, Ascension St. John Hospital and Marianne Garascia, Social Worker, ACSW, LMSW, Wilson Center: Senior Resources for Independent Living

TUE
12
noon-1 p.m.

Insurance Choices from a Pharmacist's View
South Lyon Center for Active Adults, 1000 N. Lafayette, South Lyon

Learn from a pharmacist about insurance choices and how to make sense of your plan's drug benefits.
Presenter: Deborah Sopo, R.Ph, MBA, FMPA, Pharmacy Manager, Ascension Michigan Pharmacy

November continued

Preregistration
recommended

Hope for the Holidays

The holidays can be a difficult time when we are grieving a loss. Whether it's been one year or 10 years, it's sometimes hard to be festive. Join us to discuss tips for surviving this busy time of year.

Join us at any of the five locations below:

WED	Sterling Heights Senior Center, 40200 Utica Road, Sterling Heights
13	Center fee for residents: 25¢; nonresidents: 50¢
11 a.m.-noon	Presenter: Maureen Duncan, RN

Or

1-2 p.m.	Southfield Wellness Center, 15990 W. Nine Mile Road, Southfield
	Presenter: Karen Beger, RN, BSN, MEd

THUR	Ascension Medical Center, 1225 S. Latson Road, Howell
14	Presenter: Nicholas Weiss, LMSW, CAADC, CCTP, Clinical Supervisor/Clinical Therapist, Ascension Eastwood Behavioral Health
Noon-1 p.m.	

TUE	Marvin Blank Senior Center, 51210 Alma Drive, Macomb Township
19	Free blood pressure screening to follow lecture.
10-11 a.m.	Presenter: Becky Hall, LMSW, Ascension at Home

WED	Ascension Macomb Wellness Center, 23801 Kelly Road, Eastpointe (located inside the St. Thomas Lutheran Church)
20	Presenter: Corey L. Kennard, MACM, Manager - Patient Experience, Ascension St. John Hospital
1-2 p.m.	

THUR

21

6:30-7:30 p.m.

Save a Life! Learn Hands-Only CPR

Sterling Heights Senior Center, 40200 Utica Road, Sterling Heights

Learn the signs and symptoms of a heart attack and how to perform hands-only CPR. A demonstration and short video will prepare you to practice on mannequins. You will go home with the knowledge to help save a life.

Center fee for residents: 25¢; nonresidents: 50¢

Presenter: Dawn Naidow, BSN, RN, HN-BC, Cardiology Nurse Navigator, Ascension St. John Hospital

December

WED

11

1-2 p.m.

Healthy Holiday Eating

Novi Civic Center, 45175 Ten Mile Road, Novi
Don't pack on the pounds during the holidays, or compromise your current health condition. Learn proven tips for healthy food choices and meal preparation without missing out on the fun! Healthy recipes will be available.

Presenter: Beth Theisen, RD, CDE, Ascension SE Michigan Community Health

Program cancellation due to severe weather

Programs may be cancelled due to dangerous weather conditions. Please listen to the radio/TV on program days. If public schools are closed in the location of the program, our program will be cancelled too.

CareLink-sponsored exercise options. Bring your own water bottle.

Drop-ins are welcome. All classes are ongoing. No registration required.

All centers are closed Thursday and Friday, Nov. 28-29 and Dec. 23-Jan. 3. Classes resume Jan. 6, 2020.

EnhanceFitness - FREE

Join us for a fitness class for the mature participant. Learn stretching, flexibility, low-impact aerobics and strength training to boost your activity level and elevate your mood.

SOUTHFIELD WELLNESS CENTER

15990 W. Nine Mile Road, Southfield

(Limited to first 40 participants)

9-10 a.m. Monday-Wednesday
and Friday

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

11 a.m.-noon Thursday

2:30-3:30 p.m. Thursday

RIVERVIEW WELLNESS CENTER

Medical Pavilion II, 7633 E. Jefferson, Suite 172, Detroit

(Limited to first 25 participants)

8:30-9:30 a.m. Monday-Wednesday and Thursday

10-11 a.m. Monday-Wednesday and Thursday

1-2 p.m. Monday

11:30 a.m.-12:30 p.m. Tuesday and Thursday

MACOMB WELLNESS CENTER

**(located inside St. Thomas Lutheran Church,
parking and entrance in rear)**

23801 Kelly Road, Eastpointe

10-11 a.m. Monday and Wednesday

Chair Yoga, seated and standing

Chair yoga adapts yoga poses through creative use of a chair so the participant is able to warm up and stretch the body safely with support and stability. Poses will be done seated on the chair or the chair can be used for support during standing poses. Participants will be taught a gentle flow that will end in a short meditation. This class is suitable for all ages, fitness levels and physical conditions.

SOUTHFIELD WELLNESS CENTER - \$5

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

Gentle Yoga

Gentle Yoga creates a space for spiritual wellness, focusing on breath, balance/flexibility, strength and stress relief.

RIVERVIEW WELLNESS CENTER - \$5

1-2 p.m. Wednesday

SOUTHFIELD WELLNESS CENTER - \$5

10:30-11:30 a.m. Monday and Friday

MACOMB WELLNESS CENTER - \$5

**(located inside St. Thomas Lutheran Church,
parking and entrance in rear)**

23801 Kelly Road, Eastpointe

1-2 p.m. Monday

ASCENSION MACOMB-OAKLAND HOSPITAL, MADISON HEIGHTS - \$5

10-11 a.m. Friday

Hustle for Your Health

Learn easy-to-follow dance moves to improve posture, coordination, agility and flexibility while having fun.

SOUTHFIELD WELLNESS CENTER - \$5

1:15-2:15 p.m. Tuesday

RIVERVIEW WELLNESS CENTER - \$5

11:30 a.m.-12:30 p.m. Wednesday

For more information, please call:

Southfield Wellness Center: 248-849-2185

Macomb Wellness Center: 586-859-0804

Riverview Wellness Center: 313-499-4035

Tai Chi - basic level

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.

RIVERVIEW WELLNESS CENTER - \$3

2:30-3:30 p.m. Monday

SOUTHFIELD WELLNESS CENTER - \$5

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

ASCENSION MACOMB-OAKLAND HOSPITAL, MADISON HEIGHTS - \$5

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

Zumba Gold

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 flat-soled shoes.

ASCENSION MACOMB-OAKLAND HOSPITAL, MADISON HEIGHTS - \$5

6-7 p.m. Wednesday

SOUTHFIELD WELLNESS CENTER \$5

12:30-1:30 p.m. Friday

Blood pressure screening



City of Wixom Community Center

49015 Pontiac Trail, Wixom

Mondays: 9-10:30 a.m.

- Nov. 4
- Dec. 2

Riverview Wellness Center

Medical Pavilion II, 7633 E. Jefferson, Detroit

Tuesdays: 8:30-11 a.m.

- Nov. 5
- Dec. 3

Mondays: 8:30-11 a.m.

- Nov. 11
- Dec. 9

Novi Senior Center at Meadowbrook Activity Center

25075 Meadowbrook Road, Novi

Wednesdays: 11 a.m.-noon

- Nov. 6
- Dec. 4

Southfield Wellness Center

15990 W. Nine Mile Road, Southfield

Thursdays: 8:30-11 a.m.

- Nov. 7
- Dec. 5

Mondays: 8:30-11 a.m.

- Nov. 18
- Dec. 16

South Lyon Center for Active Adults

1000 N. Lafayette, South Lyon

Mondays: 11 a.m.-1 p.m.

- Nov. 11
- Dec. 9

Sterling Heights Senior Center

40200 Utica Road, Sterling Heights

Wednesdays: 9:15-10:30 a.m.

- Nov. 13
- Dec. 11

Ascension Medical Center

1225 S. Latson Road, Suite 170, Howell

Thursdays: 8-10:30 a.m.

- Nov. 14
- Dec. 12

Macomb Wellness Center (located inside St. Thomas Lutheran Church, parking and entrance in rear) 23801 Kelly Road, Eastpointe

Monday: 10:30 a.m.-1 p.m.

- Nov. 25

You must preregister. Visit healthcare.ascension.org/events. Workshops are FREE.
Workshop size is limited. These workshops are a series built upon the previous sessions.

Diabetes PATH (Personal Action Toward Health)

Diabetes PATH is a six-week workshop that provides strategies to help manage diabetes. Open to family members and caregivers.

THUR
5-7:30 p.m.
Nov. 7 – Dec. 19 (no class 11/28)
Ascension Providence Hospital,
Providence Medical Center South Lyon
210 N. Lafayette St., South Lyon

TUE
10 a.m.-
12:30 p.m.
Nov. 5-Dec. 10
Greenfield Presbyterian Church
2312 Greenfield Road, Berkley

A Matter of Balance

Join us for an eight-session workshop to learn how to use a variety of activities to improve strength, coordination and balance to lower your risk for falls.

TUE
9-11 a.m.
Nov. 5 -Dec. 17
Thursday, Dec. 5 (one Thursday)
Bethel Baptist Church East
5715 Holcomb Ave., Detroit

WED
10 a.m.-
noon
Nov. 19-Jan. 15 (no class 12/25 and 1/1)
Ascension River District Hospital
4100 River Road, East China

Grief support groups

Grief support groups are offered for adults who have experienced a loss of a loved one through death. The group provides a supportive, safe and friendly environment to share their grief journey and to begin the process of healing in a group setting. "Healing the Heart" is offered as a community service by Ascension at Home, formally known as Reverence Hospice. There is no charge. These groups are open to any adult who has lost a loved one due to death.

Ascension Providence Hospital, Novi
Heart Institute Entrance
47601 Grand River, Novi
Second and fourth Tuesday of the month
10:30 a.m.-noon

St. Joan of Arc Church
21620 Greater Mack, St. Clair Shores
Second and fourth Wednesday of the month
10:30 a.m.-noon

Ascension Macomb-Oakland Hospital, Madison Heights
Education Center
27351 Dequindre, Madison Heights
First and third Wednesday of the month
10:30 a.m.-noon

Ascension Providence Rochester Hospital
Main entrance, Second Floor, Room 2F
1101 University Drive, Rochester
First Thursday of the month
10:30 a.m.-noon

St. Mary Queen of Creation Catholic Church
Located in the Annex
50931 Maria, New Baltimore
First and third Tuesday of the month
11 a.m.-12:30 p.m.
Second Thursday of each month
6:30-8:30 p.m.

For further information or registration for a grief support group, call Becky Hall at 586-464-4841.

Bulletin board

Second Chance Heart Support Group

This group is designed to be a valuable resource for learning more about your cardiac health and well-being, and to comfort and calm any fears you may be facing. We will provide support, education and encouragement along your journey.

- **Wednesday, Nov. 20, 1 p.m.**
Van Elslander Cancer Center, Third Floor Conference Room, Suite 35, on the campus of Ascension St. John Hospital
- **Wednesday, Dec, 18, 6 p.m.**
Van Elslander Cancer Center, main lobby on the campus of Ascension St. John Hospital

Caregiver Support Group

A caregiver is anyone who provides help to another person in need. Examples are caring for an ill spouse or partner, disabled child, or an aging relative. This group is designed to provide a quiet healing environment for caregivers. It is a time for self-care and relaxation. It is a time to share your challenges with others going through the same situation.

- **Second Tuesday, every month at 1 p.m.**
Third Floor Cracchiolo Inpatient Rehab Conference Room, Ascension St. John Hospital

No registration or cost to participate. Contact Dawn Naidow at 313-343-3396 for more information.

Ascension Physical Rehabilitation Services

Personalized, compassionate care

Whether you have medically complex diagnoses or are recovering after a sports injury, our therapists are here to provide you with individualized care. If you need physical therapy, occupational therapy, speech language pathology, sports medicine rehab or audiology, we have 15 convenient locations throughout the Tri-County area to serve you.

To learn more, call 866-501-3627



To register, visit healthcare.ascension.org/events. For class information, call 248-849-5752.

Enjoy healthy holiday beverages

Holiday food and beverages are an important part of many celebrations, but they're also often high in calories, fat and sugar.

Since beverages do not usually make people feel full it is easy to overindulge. This can contribute to the one- or two-pound weight gain some people experience during the holidays.

Lighten up these holiday favorites by trying the following tips:

Eggnog – This high-calorie treat can have 400 calories in a 1-cup serving.

- Buy low-fat eggnog
- Mix a half glass of eggnog with a half glass of skim or low-fat milk
- Skip the whipped cream and alcohol
- Drink 4 ounces or less

Spiced apple cider – May contain added sugar that can increase the calories.

- Choose cider without sugar added – read the label
- Spice it up yourself – add cinnamon sticks, nutmeg or your favorite spice

Hot chocolate – A 1-cup serving has between 150-250 calories.

- Make it with fat-free milk
- Skip the whipped cream
- Look for a “low-fat/fat-free” type
- Use a few mini marshmallows instead of large ones
- Limit chocolate toppings, candy, etc.

Cocktails and alcoholic beverages – Alcohol does contain calories and it can lessen our inhibitions, so we are tempted to eat and drink more than we realize.

Discuss the use of alcohol with your doctor before indulging and if you do drink, do it in moderation. Plan for a designated driver. Remember, don't drink and drive.

- Try light beer, wine mixed with sparkling water or non-alcoholic “mocktails” to lower calories. Be sure to watch the sugar.
- Drink a glass of water for every alcohol-containing beverage you drink.

Practice saying “no thank you” to high-calorie beverages. You can also try water with just a splash of cranberry juice or peppermint tea for a healthy alternative.



Merry Christmas!

Wishing you a beautiful
holiday season and
a new year filled with
peace and happiness.

Warmest wishes from your CareLink Team

Pecan-topped crustless sweet potato pie

Serves 10

Ingredients

Pecan topping

- 1 egg white
- ½ teaspoon water
- 2 tablespoons packed brown sugar
- 1 cup crunchy flake cereal (such as Total)
- ½ cup pecans, chopped

Pie filling

- 2 cups mashed, cooked sweet potatoes (see tip #4)
- ¼ cup honey
- 2 tablespoons packed brown sugar
- 1 teaspoon finely grated orange peel
- ½ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ginger
- 1 teaspoon vanilla extract
- 3 eggs, lightly beaten
- 1 cup buttermilk, reduced fat or fat-free sour milk (see tip #6)

Instructions

1. Preheat oven to 325°F. Coat a 9x9x2-inch baking pan with nonstick cooking spray.
2. In a medium-sized bowl, combine egg white and water and beat with a fork until frothy. Add packed brown sugar and stir until combined. Stir in cereal flakes and pecans.
3. Spread nut mixture in a thin layer in prepared pan. Bake for 5 minutes and stir. Continue to bake for 5 to 10 minutes or until nuts appear dry. Spread nut mixture on a piece of foil coated with nonstick cooking spray. Separate nut mixture into individual pieces or small clusters using a fork and then cool completely. Set aside.
4. Tip: For the mashed sweet potatoes, wash and peel 1 ⅓ pounds of sweet potatoes. Cut into quarters. Place sweet potatoes in a large saucepan and cover with water. Cook covered at medium heat for about 25 minutes or until tender. Drain the potatoes. Mash potatoes and then measure 2 cups.
5. Preheat oven to 375°F. In a large bowl, combine the measured sweet potatoes, honey, brown sugar, orange peel, spices, and vanilla and eggs, and then beat lightly with a fork until the ingredients are combined.
6. Gradually stir in buttermilk. Tip: To make sour milk, place 1 tablespoon vinegar in a 1-cup measuring cup and add enough fat-free milk to make 1 cup total liquid. Let stand for 5 minutes before using, so that the milk sours.
7. Pour into a 9-inch pie plate.
8. Bake for 35 to 40 minutes or until a knife inserted near the center comes out clean. Cool completely on a wire rack. Cover with foil and refrigerate within 2 hours.
9. Sprinkle with pecan topping just before serving.

Nutrition Facts

10 servings per container

Serving size

1/10 pie (55g)

Amount per serving

Calories

182

% Daily Value*

Total Fat 5 g **8%**

Saturated Fat 1 g **4%**

Trans Fat 0 g

Cholesterol 56.3 mg **19%**

Sodium 89 mg **4%**

Total Carbohydrate 29 g **10%**

Dietary Fiber 3 g **10%**

Total Sugars 16 g

Includes 12 g Added Sugars **24%**

Protein 5 g

Vitamin D 24.9 mcg 6%

Calcium 141 mg 14%

Iron 2 mg 12%

Potassium 299 mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CareLink
28000 Dequindre
Warren, MI 48092

PRE SORTED
NON PROFIT MAIL
US POSTAGE
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ST. JOHN HEALTH

Ascension in SE Michigan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. • ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-586-753-1888 (TTY: 1-313-343-3126). • ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-586-753-1888 (TTY: 1-313-343-3126). ملحوظة: إذا كنت تتحدث أذكر لغة أخرى غير الإنجليزية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-586-753-1888 (رقم هاتف الصم والبكم: 1-313-343-3126).

Ascension SE Michigan sites

Ascension St. John Hospital

22101 Moross Road, Detroit
313-343-4000

Ascension River District Hospital

4100 S. River Road, East China Township
810-329-7111

Ascension Macomb-Oakland Hospital Madison Heights

27351 Dequindre, Madison Heights
248-967-7000

Ascension Macomb-Oakland Hospital Warren

11800 E. 12 Mile Road, Warren
586-573-5000

Ascension Providence Hospital Southfield

16001 W. Nine Mile Road, Southfield
248-849-3000

Ascension Providence Hospital Novi

47601 Grand River, Novi
248-465-4100

Ascension Southfield Wellness Center

15990 W. Nine Mile Road, Southfield
Belinda Kabodian, 248-849-2185

Ascension Riverview Wellness Center

Medical Pavilion II, Suite 172
7633 E. Jefferson, Detroit
Deborah Whiting, 313-499-4035

Ascension Medical Center Wellness Center

1225 S. Latson Road, Howell
Denise Sinkovich, 248-849-3365

Ascension Macomb Wellness Center

23801 Kelly Road, Eastpointe
Brenda McCain, 586-859-0804

Ascension At Home

37650 Garfield, Clinton Township
1-888-246-6322

Ascension Behavioral and Mental Health Services

Ascension Brighton Center for Recovery

Ascension Eastwood Behavioral Health
1-800-626-3896

Wilson Center: Senior Resource for Independent Living Center

648 St. Clair, Grosse Pointe
313-264-6460

Rose Family Senior Assessment for Independent Living Center

26850 Providence Parkway, Novi
248-465-5330

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