

Community CareLink

July-Sept. 2022



The power of words

From the desk of Cynthia Tauog, DHA, Vice President of Community Health Services

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement or destructively with words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

— Yehuda Berg

As human beings we are the only creatures on this planet with the gift of spoken words to communicate with each other. The words we use have the power to impact the lives of others and ourselves.

Recent data tells us that so many of our children, youth and adults are stressed, depressed, hurting, angry and/or have feelings of hopelessness. Overwhelmed with the problems they face, some want to give up on life. Encouraging words can be instrumental in helping others to successfully navigate through difficult times. A wise teacher said, "Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them."

We want our words, and the tone behind them, to lighten rather than add to the burden of others. I believe we all must learn to speak words that can have a positive effect on the emotion, mind and spirit, because we may not know what the other person is facing or dealing with. This includes our children.

When we think about the power of words, we sometimes forget it includes the words we say to ourselves in our minds. The words we use in our minds repeatedly to describe ourselves and our identity are some of the most powerful forces in our lives. They can motivate us to take healthy as well as unhealthy actions. If we can consistently see the glass as half full, rather than half empty, and focus there, we will find it helps us emotionally. Words spoken from a mindset of gratitude and kindness affirming the good in others, ourselves and our circumstances can have a positive healing effect. It doesn't change the situation, but it gives us emotional strength to move forward and make better choices toward healing, health and wholeness.

We have all seen how words can inspire greatness, or incite destruction and violence. Therefore, we must be intentional about the words we say to ourselves, and to others. Remember the words of the wise King Solomon: "Kind words are like honey; sweet to the soul and healthy for the body."

Always remember that your words have power.



September is Baby Safety Month

Safe sleep — Babies need a firm mattress, tight fitted sheet, and no loose blankets, pillows or bumper pads. Place infants on their backs to sleep, and never sleep with an infant. Babies need their own safe space to sleep such as a crib or bassinet.

Choking hazards — Any item small enough to fit inside a toilet paper roll is too small to be in the reach of a child. Cut food up in irregular small pieces. Children should be sitting while eating.

Child-proofing the home —

- **Medication storage** — Safety caps are not foolproof! Keep medications up high or in locked cabinets. If your child ingests something potentially poisonous call Poison Control at 1-800-222-1222. When in doubt, call!
- **Gun safety** — Gun locks are available for free. Check at some state and law enforcement facilities, or check online Project Childsafe. Store weapons unloaded, and ammunition should be stored separately.

- **Blinds/electrical items** — Tie blind strings up high or cut strings very short. Cover outlets with plug covers. Secure cords hanging off counters and tables or on the floor.
- **Curiosity** — Crawl around on a baby's level going from room to room to see if there are any dangers that may attract little eyes and curiosity.

Fire safety — Make a family safety plan. Change batteries in fire detectors every six months. Keep lighters, matches and candles out of reach.

Water safety — Did you know a baby can drown in less than 2 inches of water? Never leave a child unattended, even for a second, by any amount of water. (Ex: bucket of water; small inflatable pool; bathtub; or a ditch filled with water.)

Stranger danger — Keep an ongoing conversation with children as they get older about strangers and internet predators. Have a family "safe" word for emergency situations.



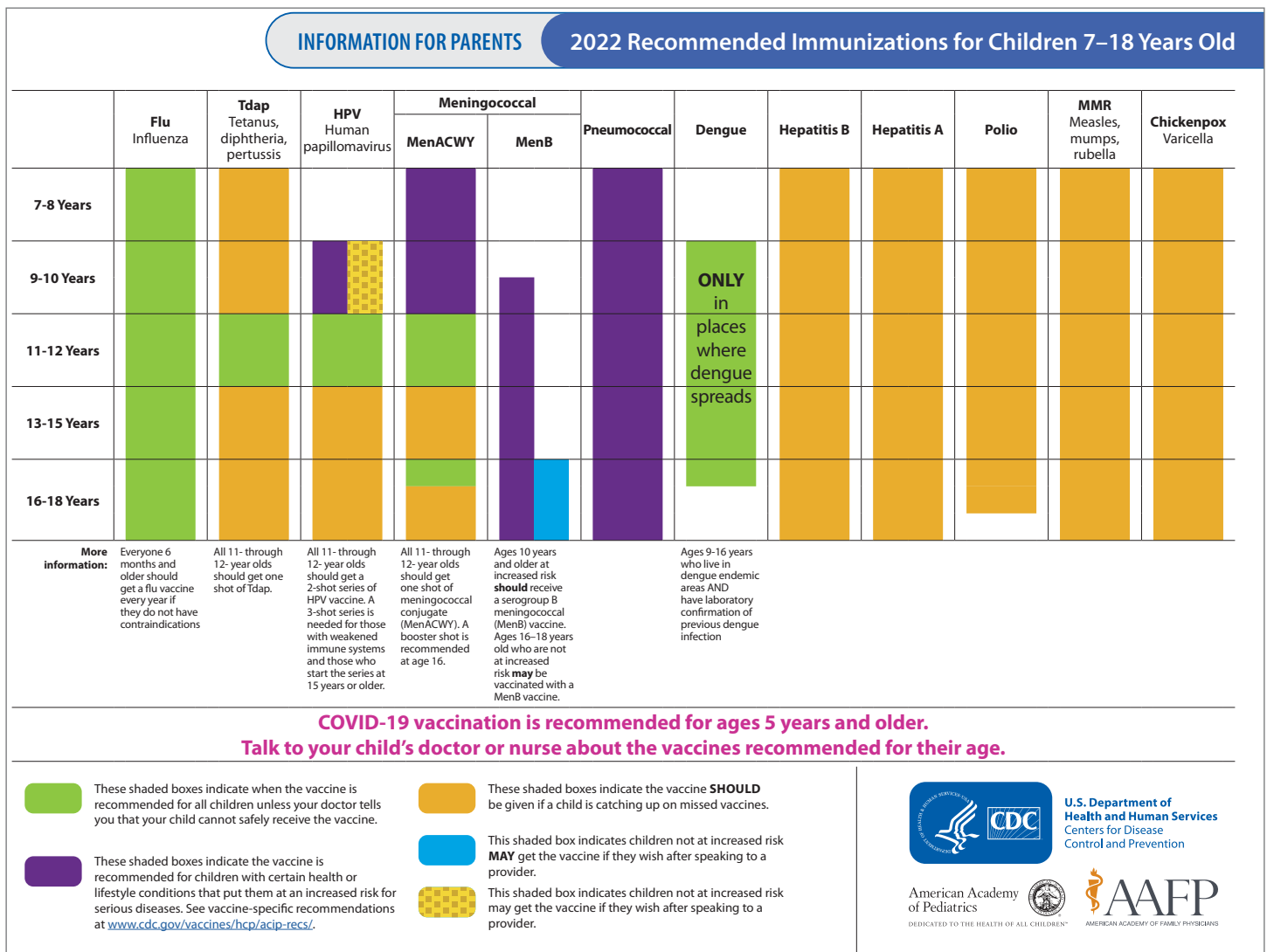
Infant and child vaccines

Ascension Southeast Michigan Community Health’s School-Based Health Clinic (SBHC) providers ensure students receive required and recommended school-age vaccines. More than 90 percent of students in the school with SBHC are up-to-date with school-age vaccines.

Michigan law requires each student in K-12 to have an up-to-date immunization record, and students who fail to meet the state requirements are not admitted, or cannot participate, in school activities or classes. The Ascension SBHCs immunization services provide easy access to parents and students who are not up-to-date

with school-required vaccines. The SBHCs also provide immunization services to neighboring schools and communities. The SBHCs participate in local community events and health fairs around the Metro Detroit areas, providing immunization, health screenings, and health education services.

By following the recommended vaccination schedule, you help protect your child against 15 vaccine-preventable diseases and the flu. If your child misses a dose or gets behind schedule, make sure they get the next dose as soon as possible.



Your financial health: retirement

A good financial plan includes preparing for retirement. Plans to fund your older years by never retiring are risky. We never know what lies ahead.

While saving for retirement can seem daunting, the good news is the tax code is here to help. Both Traditional and Roth IRAs (and workplace 401(k) or 403(b) accounts) provide opportunities to save for retirement in a tax-advantaged manner.

Traditional retirement accounts essentially tax the harvest, but not the seed. Contributions to the account are subtracted from annual income for tax purposes. For example, if you have income of \$40,000 and contribute \$5,000 to a Traditional retirement account, your taxes for the year (excluding FICA) will be calculated based upon an Adjusted Gross Income of only \$35,000. Of further advantage, the taxes on account earnings (interest, dividends, capital gains) are deferred until the year withdrawn, providing the opportunity for decades-long compound accumulation.

Roth retirement accounts work in reverse in that the seed is taxed, but not the harvest. Contributions to the account do not receive front-loaded tax deductions, but earnings are fully tax-free (provided age and retention

requirements are met), as opposed to merely tax-deferred. Unlike Traditional retirement accounts, Roth accounts have the added flexibility of being able to withdraw contributions (but not earnings) at any time for any reason without penalty.

Optimizing the Traditional vs. Roth choice is dependent upon the tax bracket you believe you will be in during your retirement years. In working years where your marginal tax rate is higher than projected in retirement, contributing to a Traditional retirement account is quantitatively better. In working years where your marginal tax rate is lower than projected in retirement, the math favors contributions to a Roth account.

Subject to income limitations, both Traditional and Roth contributions can also qualify for the additional tax benefit of the Retirement Saver's Credit.

Saving for retirement is hard enough. Do not make it more difficult by failing to take advantage of the tax incentives available to you.

Note: Editorial content for informational purposes only. Consult a professional to learn what actions may be right for you.



Let Your Light Shine

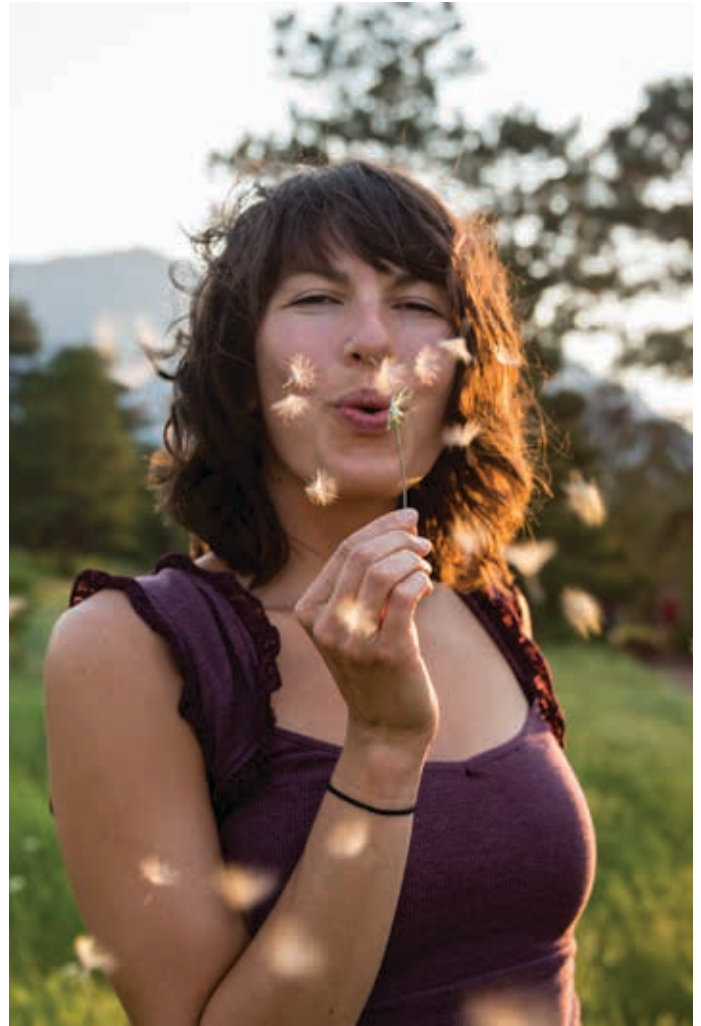
The last two years have challenged all of us. Too many of us have suffered loss, whether it be the loss of a loved one, a job, a home, a business or even the loss of one's health. We worry about current events and social upheaval. All of these things have impacted the way we look at ourselves and how we fit into the world. As we begin the summer of 2022, we yearn for a return to normalcy.

Summer is a time we feel the return of the sun's light and seek to enjoy longer days to bask in the sunshine, get outside and be with friends and family. Try to look at the light from within and share it with those around you. Ask yourself, what are three things you like about yourself? List them on a piece of paper. These are your gifts. This might be a hard exercise for many of us because we have been taught to be humble and that by acknowledging what is special about ourselves, we may be perceived boastful or may make someone else feel "less than". Others may go in the other direction and feel-own it! Be proud of what you've been given! Most of us fall somewhere in the middle-we believe in our gifts but don't want to advertise them. We keep our light hidden under a bushel basket. Maybe this will help if we think:

1. God has created us and called us His creation good.
2. We have each been gifted in an unique way in His image.
3. He calls us to use our gifts for our world community.

Shine your light with others!

*Let your light shine before men in such a way that they see your good works, and glorify your Father who is in heaven.
-Matthew 5:16 NASB*



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 — Schedule appointments for doctor visits, diagnostic tests, physical therapy, doctor referrals and second opinions.

Connect with behavioral health resources — With one call you 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)



Reminder: Contact your medical provider for routine health examinations.

♥ Virtual ongoing exercise classes

All classes are virtual, suitable for all ages and fitness levels, and are FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

Classes will continue July 1-Sept. 30, 2022.

No class: Mon., July 4; Tue., July 5; Mon., Sept. 5; Thurs., Sept. 15 2022.

These virtual exercise classes take only one registration for participation July-Sept. 2022. Registration can be found under Virtual Exercise-July-September 2022. You may attend one or all classes listed below.

♥ Seated Exercise

Mondays and Wednesdays, 10-10:45 a.m.

Seated exercise program for those who want to move but don't feel that they can stand for a long time. A sturdy armless chair is recommended.

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

♥ Beginners Resistance Training

Mondays and Wednesdays, 11-11:45 a.m.

For beginners or those who have not trained for a while, an excellent way to initiate your wellness journey and tone your muscles. You will need two 1-pound weights (two soup cans or two water bottles will work).

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

♥ Lunchtime Zumba Gold

Mondays, noon-12:30 p.m.

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.

Instructors: Belinda Kabodian, BS, RN, RYT, AFAA
Takiyah Calhoun-James, MBA, BS
Ascension SEM Community Health

♥ Resistance Band Exercise

Tuesdays and Thursdays, 10-10:15 a.m.

Join us for Resistance Band Exercise and learn ways to improve strength using oppositional force to train your muscles. A sturdy, armless chair and resistance band are required.

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Walking Workout

Tuesdays and Thursdays, 10:15-10:45 a.m.

Join us as we walk/march and strengthen your heart. Working out together from home with easy moves like side steps, hamstring curls and kicks, will assist in making you healthier!

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Chair Yoga

Tuesdays and Thursdays, 11-11:45 a.m.

Chair yoga adapts yoga poses through creative use of a chair while seated, or the chair can be used for support during standing/balance poses. Participants will be taught a gentle flow that will end in a short meditation. A sturdy, armless chair is required.

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Drums Alive — Drumming exercises

Wednesdays and Fridays, 1-1:30 p.m.

For those interested in drumming for exercise. You will need a 65-cm stability ball and a pair of drumsticks. If you don't have drumsticks, you could use two wooden spoons or a pool noodle from the dollar store, cut in half. This is a class for those who enjoy music and want to experience a fun time while getting some exercise.

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

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

Virtual Lectures

All classes are virtual and FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

Wednesday, July 13 — 11 a.m.-noon

Vitamins, Supplements and Eating: What Do I Need to Know?

Every day a new food trend seems to be in the news, along with an abundance of advice on supplements and vitamins. Join us to learn safe methods of taking vitamins and supplements combined with advice for healthy eating and living well.

Presenter: Christine Hermiz, DO
Family Practice
Ascension St. John Hospital

Thursday, July 21 — 2-3 p.m.

Ankle and Foot Sprains: What You Need to Know

Join us to learn the importance of treating ankle and foot sprains and available treatment options.

Presenter: Kevin Anderson, MD, Orthopedic Surgeon
Ascension Providence Hospital

Wednesday, July 27 - 11 a.m.-noon

It's a Family Affair

Understanding genetics, familial risk and assessment for cancer prevention. We will help you understand a genetic evaluation, eligibility and coverage/cost. Join us to get a tool kit that you can use to talk to your family about cancer.

Presenter: Carmen Stokes, PhD, RN, FNP-BC, CNE
Nurse Navigator, Ascension SE Michigan

Monday, Aug. 8 — 2-3 p.m.

Bunions: What You Need to Know

Join us to learn more about bunions and available treatment options.

Presenter: John Stevenlinck, DPM, Podiatrist
Ascension Providence Hospital

Wednesday, Aug. 24 — 11 a.m.-noon

Cancer Survivorship

We will discuss what it means to be a survivor; effective lifestyle behaviors you can use to help reduce the risk for cancer recurrence; and ways to reduce stress while nurturing your mental health, as you continue to survive and thrive.

Presenter: Carmen Stokes, PhD, RN, FNP-BC, CNE
Nurse Navigator, Ascension SE Michigan

Wednesday, Sept. 14 — 11 a.m.-noon

Get in the Game — Men's Health

Men are at risk for prostate and colorectal cancer. Learn the signs and symptoms; the gold standards for screening; and what to expect from diagnosis, tests and early treatment. Men's significant others are also invited.

Presenter: Carmen Stokes, PhD, RN, FNP-BC, CNE
Nurse Navigator, Ascension SE Michigan

Wednesday, Sept. 28 — 11 a.m.-noon

You Can Walk Your Way to Health

Research shows that lifestyle changes can reduce your risk of cancer, even with a family history. Learn about five lifestyle areas you can work on to improve your health, and learn practical, free strategies to become a healthier you.

Presenter: Carmen Stokes, PhD, RN, FNP-BC, CNE
Nurse Navigator, Ascension SE Michigan

Virtual workshops

Workshop size is limited. All workshops are a series built upon the previous session. Workshops are FREE. MUST have a computer, laptop or tablet with a camera to participate. (Smartphones are highly discouraged)

You must pre-register. Visit ascension.org/events

Diabetes Prevention Program

[Wednesday, Aug. 3 — 5:30 p.m. — Session 1](#)

[Wednesdays, Aug. 17 — noon — Intro Session 2](#)

Program start: Week of Aug. 22 — participate on your own schedule

This is an asynchronous program of the CDC's Diabetes Prevention Program. You will have the flexibility to participate in the weekly sessions and group discussion board at any time that is convenient for you via our interactive online group platform. Weekly interaction and feedback will be provided by one of our Ascension DPP health coaches and registered dietitians. Register for one of the introductory sessions to learn more at ascension.org/events and search Diabetes Prevention Online.

[Tuesdays, Sept. 20 — 1 p.m.: Intro Session](#)
then weekly starting Oct. 4 — 1-2 p.m.

Join us for a virtual group-based, structured lifestyle change program for people who are at risk or have prediabetes. The diabetes prevention program is a year-long program which focuses on lasting lifestyle changes like regular physical activity, healthy eating, weight loss, and stress management. The program meets for 16 weekly sessions and then six monthly follow-up sessions. This program helps you make lifestyle changes to reduce your risk for Type 2 diabetes. You must have risk factors or a diagnosis of prediabetes to meet the class requirements. Prediabetes can be diagnosed by your doctor, or you can take the self-screening test at <https://doihaveprediabetes.org/take-the-risk-test/#/>. If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

Diabetes PATH (Personal Action Toward Health)

[Thursdays, Aug. 18-Sept. 29 — 10 a.m.-noon](#)

Join us for a virtual Diabetes-PATH workshop. The workshop is seven weeks, with the first session being a mandatory informational session.

Diabetes PATH is designed to provide the skills and tools to help people living with diabetes and their support system live a healthier life. Two trained leaders conduct the workshop. The skills and tools learned in the workshop will help you manage everyday activities by making an action plan; avoid complications; learn to balance your blood sugar; improve your communication skills with your family and healthcare provider; understand the importance of monitoring your blood sugar; manage symptoms and decrease stress; improve your overall health; and increase your energy.

A Matter of Balance

[Thursdays, Aug. 4-Sept. 29 — 1-3 p.m.](#)

Join us for a nine-week virtual workshop that focuses on reducing the fear of falling, stopping the fear of falling cycle, and increasing activity levels. Participants learn to view falls and fear of falling as controllable, and set realistic goals for increasing activity. They also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Community Board

FREE VIRTUAL

♥ Wednesday Walking Workout

Meets on the third Wednesday of the month — noon-12:30 p.m.

Join us and the Ascension Providence Heart Institute Women's Heart Clinic during your lunch break, as we walk up to 3,500 steps, burn over 150 calories, and strengthen your heart.

Registration and e-waivers are required. Register quarterly at: healthcare.ascension.org/events or call 248-849-5752 for more information.

Presenter: Belinda Kabodian, BS, RN, RYT, AFFA

♥ Relax and Learn Yin Yoga

Meets on the fourth Wednesday of the month — noon-12:30 p.m. Starting Wednesday, Sept. 28

Join us and the GAVINI Center for Cancer Prevention following their lecture of the month series. Join us as we "Relax and Learn" and wind down with Yin Yoga — a slow meditative style of yoga as exercise. Asanas (postures) that are held for longer periods of time (3-5 minutes). Yin Yoga helps you stretch and lengthen those rarely-used tissues while teaching you how to breathe through discomfort and sit with your thoughts, targeting the deep connective tissues like fascia, ligaments, joints and bones.

Presenter: Belinda Kabodian, BS, RN, RYT, AFFA

♥ Mind Over Matters

Stroke support group

For stroke survivors, family members, friends and caregivers in search of camaraderie, education and advice. **Join us virtually on the second Thursday of each month at 1 p.m.**

For registration: call 313-343-7681 or email melissa.tye@ascension.org

Ascension in your community

♥ Mobile Units

Your community group may be interested in booking the Ascension Mobile Mammography or Heart Screening unit for your site.

Contact Anne Nearhood at: anne.nearhood@ascension.org or 586-381-1603.

COVID rates in your area will be taken into consideration when booking screening dates.

♥ Ascension Providence Heart Institute Women's Heart Clinic

Caring for women who currently have heart disease and those who are at high risk. Our goal is to help women achieve and maintain a healthy heart, because heart disease may present itself in unique ways throughout a woman's life. For more information or to book an appointment, call 248-849-2280.

♥ Story Time & Healthy Hikes

A fun interactive story time at Innovation Hills with the Ascension staff. Our discussion will be followed by a guided hike.

Wednesdays, June 15; July 13; Aug. 17 — 10 a.m.-noon

2800 Hamlin Road, Rochester Hills, MI 48309

Meet at the large shelter near the pavilion.

Register at ascension.org/events or call 248-844-4540.

Ascension Providence Rochester presents: Approaches to Pain Management

The goal of pain management is to allow an individual to participate in the activities they need to, and want to. Improving function regardless of the diagnosis is something Dr. Shawn Achtman strives to achieve.

Wednesday, Sept. 28 — 12:45-1:45 p.m.

Auburn Hills Community Center

3350 E. Seyburn Drive, Auburn Hills, MI 48326

Presenter: Shawn Achtman, DO
Rehabilitation Medicine

Register: ascension.org/events or call 248-844-4540

Color your plate with phytonutrients

Benefit from the power of color by eating a rainbow of fruits and vegetables. They contain important phytonutrients that are substances made by plants believed to promote good health, help you live longer, and reduce the risk of certain diseases. Phytonutrients also provide the aroma, color and taste of food. The color lets you know what phytonutrient is found in the plant.

Look for fruits and vegetables in these colors:

Color	Phytonutrients	Some health benefits	Fruit and vegetable sources
Red/pink	Carotenoids and lycopene	<ul style="list-style-type: none"> • Promotes a healthy heart • Lowers risk of some cancers • Helps memory • Urinary tract health 	Beets, cherries, cranberries, pink grapefruit, red apples, strawberries, tomatoes, watermelon
Orange/yellow	Carotenoids and lutein	<ul style="list-style-type: none"> • Healthy skin • Keeps immune system strong • Good for vision health • Heart health 	Acorn squash, apricots, carrots, cantaloupe, nectarines, oranges, pineapple, sweet potatoes, yellow peppers
Green	Lutein, zeaxanthin and indoles	<ul style="list-style-type: none"> • Protects eye health • Prevents some birth defects • Lowers risk of certain cancers • Strong bones, teeth and nails • Heart health 	Artichokes, asparagus, avocados, broccoli, cabbage, green beans, kale, kiwi, pears, peas, spinach, zucchini
Blue/purple/black	Anthocyanins and flavonoids	<ul style="list-style-type: none"> • Helps with memory function • Heart health • Fights cancer of the GI tract • Helps with healthy aging 	Blackberries, blueberries, eggplant, plums, prunes, purple onions, purple grapes, raisins
White/tan/brown	Allicin and other sulfur compounds	<ul style="list-style-type: none"> • Lowers stomach cancer risk • Maintains heart health • Keeps bones healthy 	Bananas, brown pears, cauliflower, dates, garlic, mushrooms, onions, parsnips, potatoes, turnips

You can also find phytonutrients in other plant foods such as grains, legumes, nuts and teas. We need to eat a wide variety of plant foods to get as many different phytochemicals as possible. Aim to include fruits and vegetables with each meal. Try fresh, frozen, dried or low-sugar and low-sodium canned fruits and vegetables. It is best to get your phytonutrients from food rather than a supplement because they are absorbed better from food. The U.S. Dietary Guidelines recommend eating 2-1/2 cups of vegetables and 2 cups of fruit each day, based on a 2,000-calorie diet.

♥ Rainbow Vegetable Stir-Fry

Serves 4 (1-cup vegetables and ½ cup brown rice)

Ingredients

- 1 Tablespoon canola or peanut oil
- 1 medium purple/red onion, sliced
- 2 cloves of garlic, minced
- 1-inch piece fresh ginger, peeled and grated or
½ teaspoon ground ginger
- ⅛ teaspoon cayenne pepper, optional
- 2 Tablespoons low-sodium soy sauce
- ¼ cup water, warm
- 1 cup of each cut-up vegetable: broccoli, white mushrooms
- 1 carrot, large
- 1 red bell pepper
- 2 cups dry brown rice, cooked according to package directions

Instructions

1. Wash your hands for 20 seconds before preparing the recipe and clean your cooking area, knife and cutting board.
2. Wash all vegetables and ginger under running water.
3. Peel carrot and onion and cut in ¼ inch slices. Remove seeds from pepper and cut into strips 2 inches long. Cut broccoli into pieces 1-inch long. Cut each mushroom into four pieces.
4. Wash, peel and grate ginger. Peel and mince garlic.
5. Heat oil in a large skillet or wok over medium heat.
6. Sauté onions until they begin to soften, about 3 minutes. Stir frequently to prevent burning
7. Add garlic and ginger to the onions and continue to stir and cook for another minute or so.
8. Add carrots and cook for 2 minutes. Next add broccoli, red pepper and mushrooms. Cook for 3-5 minutes, stirring while you cook.
9. Add low-sodium soy sauce and cayenne pepper and water, stir and cook for 3-4 minutes or until vegetables are just barely fork tender.
10. If the stir-fry is getting dry, add 2 tablespoons of water.
11. Serve immediately (1 cup vegetable stir-fry over ½ cup brown rice). Refrigerate leftovers within 2 hours of cooking.

Note: You can substitute the above vegetables with your favorites such as cabbage, zucchini, eggplant, green beans, cauliflower, kale, snap peas, cherry tomatoes or whatever you have available. Cook the hardest vegetables first.

Nutrition Facts

4 servings per recipe

Serving size 1 cup vegetables, 1/2 cup rice

Amount per serving

Calories **183**

% Daily Value*

Total Fat 5 g **7%**

Saturated Fat 1 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 295 mg **12%**

Total Carbohydrate 32 g **11%**

Dietary Fiber 4 g **17%**

Total Sugars 4 g

Includes 0 g Added Sugars **0%**

Protein 5 g

Vitamin D 1 mcg 0%

Calcium 34 mg 3%

Iron 1 mg 6%

Potassium 317 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.



Southeast Michigan Community Health
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Warren, MI 48092

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Our facilities are currently taking precautions to help keep patients and visitors safe, which may include conducting screenings, restricting visitors and practicing distancing for compassionate, safe care. We continuously monitor COVID-19 guidance from the Centers for Disease Control and Prevention (CDC) and adjust our safety practices and safeguards accordingly.



Website for Community Health programs and publications

Visit the Community Health program pages on the web at: <https://ascension.org/CommunityHealthMichigan>

This site provides information about our departments: Bridges to HOPE; Infant Mortality; Open Arms; School-Based Health Centers; Faith Community Partnership; and Community Outreach.

Other information available: current and back issues of the Community CareLink; community health needs assessment; and community benefit.

We are never farther than a click or tap away!

To subscribe to the Community CareLink newsletter, please complete this [enrollment form](#). You can also email us at CareLink@ascension.org or call 248-849-5652 with your full name, address, phone number and birth year. Please indicate if you would like a hard copy or an electronic copy.

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