

Community CareLink

Jan.-Mar. 2022



Matters of the heart

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

In the midst of this pandemic we must not forget: Heart disease is the leading cause of death for adult men and women in the United States. In acknowledgment of this, February is designated Heart Health Month. A wise king once said, "Guard your heart, for out of it flows the wellsprings of life."

How do we guard our hearts, you may ask?

First, we need to obtain certain critical information from our primary care doctor. We cannot assume that we have no risk of heart disease just because we do not feel ill. It's important to know your blood pressure, cholesterol levels and BMI. These numbers indicate risk for heart disease and should be monitored regularly. Further, your doctor can listen to your heartbeat, and if needed, may do an EKG test to get more information. If your numbers remain high, over time your risk increases.

Next, you need to adjust your lifestyle — in consultation with your doctor — to lower any risk factors that have been identified. This lifestyle adjustment plan should assist and support you to make needed changes in the following areas: eating habits/diet; regular physical activity; sleep habits; smoking cessation (active and passive); stress reduction; and regular primary care visits. Achieving results takes time, but do not give up.

One often overlooked aspect of well-being that may affect your heart is how you handle stress. Stress

affects us physically as well as emotionally. Chronic and prolonged stress affects our risk of heart disease. Make sure to include this aspect in any plans to make lifestyle changes. If your doctor prescribes medication as part of your plan, take it as prescribed. I have heard so many people say, "I don't like taking pills." Be clear, no one likes taking medications. However, these medications are designed to save lives. It's not about what we like; it's about our responsibility to our family and ourselves to stay as healthy as possible.

Finally, we need to educate ourselves on heart disease, and the factors behind the numbers mentioned above, and why they are risk factors. One important piece of education should be the signs and symptoms of a heart attack. These may be very different in women than for men. Knowing the signs for both will help you know when to seek care right away and may save your life, or someone else's life.

We are very proud that many of our Ascension hospitals have been designated as Centers of Excellence for heart care. These hospitals are life-saving resources. Also, the American Heart Association is a good educational resource.

Remember, good health and well-being is granted to those who make it a priority, and choose to keep informed, educated and make adjustments as needed throughout life. It's never too late to take care of your heart. Your heart health matters.



♥ Key risks to heart disease

High blood pressure	High cholesterol	Smoking
<p>High blood pressure damages the arteries. This can lead to a heart attack or stroke.</p> <p>Normal blood pressure: Less than 120/80</p> <p>Elevated blood pressure: Between 120-129/Less than 80</p> <p>High blood pressure: 130/80 or higher (based on guidelines released in 2017)</p> <p>Some healthcare professionals use other levels:</p> <p>At risk: 120-139/80-89</p> <p>High blood pressure: 140/90 or higher (based on 2003 guidelines)</p>	<p>Cholesterol contains low-density lipoprotein (LDL) and high-density lipoprotein (HDL).</p> <p>LDL (bad cholesterol) can build up on blood vessel walls and block blood flow.</p> <p>HDL (good cholesterol) helps your body get rid of excess cholesterol.</p> <p>Cholesterol is high when total blood cholesterol is greater than or equal to 200.</p> <p>Desirable levels:</p> <p>LDL < 100</p> <p>HDL ≥ 60</p>	<p>Smoking damages blood vessels. It can make them thicken and narrow, increasing blood pressure. Clots can form, blocking blood flow and leading to a stroke.</p> <p>Secondhand smoke (smoke from burning tobacco products, or smoke that has been exhaled by a person who smokes) is harmful to nonsmokers.</p> <p>It harms the heart and blood vessels and can cause heart disease.</p> <p>An estimated 34.1 million American adults (14 percent) smoke. It is the leading cause of preventable death in the United States.</p>

Additional risks for heart disease

Diabetes, being overweight, unhealthy diet, inactivity and excessive alcohol intake.

So, what can you do?

- See your doctor for your annual physical and know your numbers.
- Look for Community Health Classes with the Heart (♥) that address these risks.

♥ Winter exercise

The weather may be cold, but you can still get the recommended 150 minutes of exercise a week. Just lace up your sneakers and hit your local mall — no matter what the weather is.

It is always best to confirm the mall's hours of operation, as hours may change.

Great Lakes Crossing — Baldwin Road and I-75,
Exit 84; Auburn Hills
Doors open: 7 a.m. Mon.-Sun.

Lakeside Mall — Hall Road (M-59) and Schoenherr;
Sterling Heights
Doors open: 8 a.m. Mon.-Sat.; 10 a.m. Sun.
Coat rack available 8-10 a.m. located in the lower level
JC Penney Wing.

Macomb Mall — 32233 Gratiot, Roseville
Doors open: 7 a.m. Mon.-Sat.; 9 a.m. Sun.

Oakland Mall — 412 W. 14 Mile Road, Troy
Doors open: 10 a.m. Mon.-Sat.; 11 a.m. Sun.
<https://www.oaklandmall.com/Mall-Walkers/>

Somerset Collections — 2800 Big Beaver Road
Doors open: 9 a.m. Mon.-Sat.; 11 a.m. Sun.

Twelve Oaks Mall — 27500 Novi Road (just north of I-96)
The mall is open for walking two hours prior to opening times. Use the Lord & Taylor entrance (valet entrance).

♥ Guard your heart

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

When we hear the word "heart" we think about our physical beating heart, but the Bible also talks about our "heart." When the Bible speaks of the word "heart," it's not talking about the physical beating heart, but it is the mind, the will or the inner person. It is the place where we make every decision. According to *Baker's Evangelical Dictionary of Biblical Theology*, the word "heart" appears over 1000 times in Scripture.

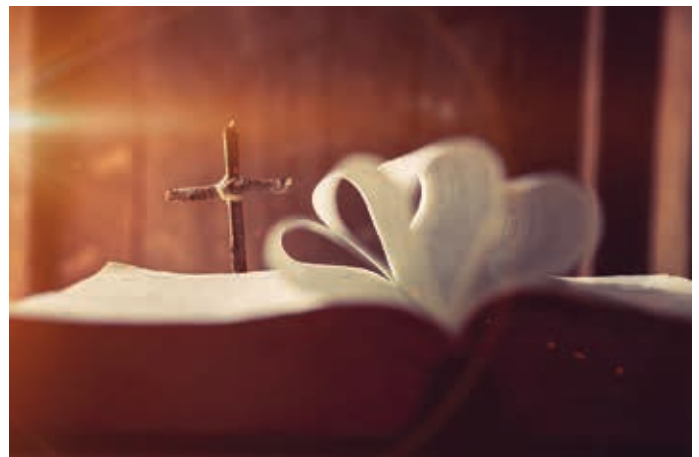
The Bible says we need to "guard our heart." There is an old saying "G.I.G.O." which stands for "garbage in, garbage out." If we feed our minds with negative thoughts, this will result in negative choices and decisions in our lives. Our decisions and choices are the result of what we feed our heart. If we put the right stuff in, we will get the right stuff out. Every decision we make follows out of our heart. This is why we need to protect, or guard, our hearts, keeping the wrong influences out of our lives because they will ultimately affect the decisions we make.

"A happy heart makes the face cheerful, but heartache crushes the spirit." (Proverbs 15:13)

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." (Proverbs 17:22)

"Man looks at the outward appearance but the Lord looks at the heart." (1 Samuel 16:7)

If you guard your heart, you will see a difference in everything you do.



Your financial health: What should be included in a financial plan?

A budget is the foundation of any financial plan. It should begin with a snapshot of your liquid net worth which equals your liquid assets (cash, bank balances and investments outside retirement accounts), minus your liabilities (money you owe).

Liquid net worth is often the best indicator of financial stability as it measures your ability to address unexpected expenses or enjoy any splurge spending.

After calculating your liquid net worth, plan your budget based on planned income and expenses for the budget period (month or year). Monthly budgeting provides more immediate feedback, but it is more subject to failure as household budgets are often based on "normal" months and don't account for seasonal expenses such as holidays, heating bills, travel, etc. Sound familiar?

The solution for those who must budget monthly is to project a new budget each month. If you find at

the end of your budget period that you have more or less liquid net worth than expected, you can make adjustments to the next month's budget. This approach will provide a roadmap to exert greater control over your finances on an ongoing basis.

A good financial plan also includes long-term elements such as retirement and estate plans. While loans may help fund some goals, borrowing should not be an option to fund your retirement.

Remember, plans to never retire can be foiled by future health issues or age discrimination and involuntary job loss. Estate planning can be complex, but minimally should include simple account beneficiary designations. Remember, account beneficiary designations will generally supersede any conflicting provisions contained in a will.

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

Bridges to HOPE

Bridges to HOPE offers life skills in the following areas:

- Workshops and seminars
- Health literacy; health education; and health maintenance skills
- Interfaith groups
- School-based parent network

Bridges to HOPE cohorts consist of a 12-week program, and we are looking for individuals 18-60 years of age.

Begins Mon., Jan. 10, 2022 (Mon./Wed.) 3-5 p.m.

Begins Tue., Jan. 25, 2022 (Tue./Thur.) 11 a.m-1 p.m.



To register or for more information, contact Takiyah Calhoun-James, Lead Facilitator at 313-499-4963 or takiyah.calhoun@ascension.org

Bulletin Board

***Ascension Providence Rochester**

Thur., Jan. 18, 2022 — 7-8:30 p.m.

**Smart Towns Talk
Knowing your why for eating**

Located at the Rochester Public Library

♥ Tue., Feb. 15, 2022 — 7-8:30 p.m.

**Smart Towns Talk
Women's Talk/Heart Disease**

Located at the Rochester Public Library

*Ascension Providence Rochester programs are planned to be in-person. Masks and social distancing will be enforced. The library has a large space that will allow for this.

The public can visit the Rochester Public Library's website and register for these events.

<https://www.eventbrite.com/o/rochester-hills-museum-at-van-hoosen-farm-31205740733>

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 Nerhood at: anne.nerhood@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.**

	<p>Save the date for the 18th Annual Go Red for Women® Experience Friday, February 25, 2022</p> <p>Visit heart.org/DetroitGoRed for more details.</p> <p>For questions, please contact Maria Carr, Go Red for Women Director at maria.carr@heart.org</p> 	<p>Ascension Michigan is a proud local sponsor of</p>  
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Cold, flu or COVID-19: What are the symptoms?

Cold, flu or COVID-19: Which is it? When your nose is stuffed up and you're not feeling right, a number of respiratory viruses could be to blame. Cold, flu and COVID-19 viruses have similar symptoms, but there

are important differences between them. A test done by your doctor is the only way to know for sure which one you've come down with, but here's a look at how they compare.

	Cold	Flu	COVID-19
Symptoms	<ul style="list-style-type: none"> • Sneezing, stuffy or runny nose • Sore throat • Mild to moderate chest discomfort, cough • Slight aches • Fatigue, weakness (sometimes) • Fever (rare) • Headache (rare) 	<ul style="list-style-type: none"> • Fever or feeling feverish/chills • Cough • Shortness of breath or difficulty breathing • Fatigue (tiredness) • Headache • Sore throat • Runny or stuffy nose • Muscle pain or body aches • Vomiting and diarrhea 	<ul style="list-style-type: none"> • Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue (tiredness) • Headache • Sore throat • Runny or stuffy nose • Muscle or body aches • Vomiting and diarrhea • New loss of taste or smell
When do symptoms appear?	Gradually; about two days after being infected	Abruptly; usually 1-4 days after infection	2-14 days after exposure to the virus; typically five days after being infected
Spreads by infected people not showing symptoms	Yes	Yes	Yes; can quickly and easily spread to many people through superspreading events.
Contagious for ...	About one day before you feel sick. Most contagious during the first few days of illness; you may remain contagious as long as you feel sick.	About one day before you feel sick. Most contagious during first 3-4 days of illness; you may remain contagious for seven days or longer.	About two days before showing symptoms. You may remain contagious for at least 10 days after symptoms appear or a positive test indicates you have the virus. It's not known how long someone can spread the virus.
Complications	Generally does not cause serious health problems, but complications can include pneumonia and bronchitis.	Can include pneumonia, respiratory failure, heart attack, stroke or sepsis.	Can include pneumonia, respiratory failure, heart attack, stroke, sepsis, blood clots, or multisystem inflammatory syndrome in children.
Vaccine?	None	Annual vaccine offers protection against 3-4 commonly circulating viruses.	Yes; available through your local health department and pharmacy. For more information ask your doctor.

The same basic preventive measures can keep all three from spreading: Wash hands often; social distance; wear a mask; stay home when sick; clean commonly touched surfaces; cough and sneeze into a tissue or your elbow.

♥ Exercise classes and lectures resume Jan. 4, 2022

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

Virtual ongoing exercise

These virtual exercise classes take only one registration for participation. Registration is under **Virtual Exercise-Jan-March 2022**.

You may attend one, all four or any class during the Monday, Tuesday or Thursday time frames.

♥ Lunchtime Zumba Gold

No classes Jan. 17 and Feb. 21, 2022

Mondays, noon-12:30 p.m.

An easy-to-follow, Latin-inspired dance fitness party. It is a low-impact, lower-intensity version of a typical Zumba class, 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. This class is suitable for all ages, fitness levels and physical conditions. 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! This class is suitable for all ages and fitness levels.

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, 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. A sturdy, armless chair is required.

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

Virtual lectures

Wed., Jan. 19, 2022 — 11 a.m.-noon

Mood and Food — Am I in my Feelings when I Eat?

Exploring feelings as eating triggers.

Presenter: Angela M. Harden-Mack, MD
Bariatric Medicine/Non-Surgical
Weight Loss, Ascension Medical Group

Tue., Jan. 25, 2022 — 1-2 p.m.

Be a Label Detective

Reading food labels can be confusing. Learn about the changes to the new food labels, how to read and understand the information on the label so you can make the best food choices for yourself.

Presenter: Beth Theisen, RD, CDCES
Ascension SEM Community Health

Virtual Lectures continued

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.

♥ Wed., Jan. 26, 2022 — 11 a.m.-noon

Stroke Prevention

Learn what you can do to improve your heart health, and lower your risk for stroke by making some practical, healthy lifestyle changes.

Presenter: Paul Cullis, MD, Vascular Neurology
Michigan Neurology Institute

♥ Tue., Feb. 1, 2022 — 5-6 p.m.

Go Red for Women: Why it Matters and What you Need to Know

Killing one in three women regardless of age, heart disease is the number-one killer of women! It is fatal, yet often under-diagnosed, unexpected and undertreated. Please don't miss this webinar focusing on what you can do to prevent heart attack, recognize early symptoms and tackle them effectively. Get answers to your questions and have your concerns addressed.

Presenter: Nishtha Sareen, MD, MPH, FACC, FSCAI
Medical Director, Women's Heart Clinic
Ascension Providence Hospital Heart
Institute

♥ Wed., Feb. 9, 2022 — 11 a.m.-noon

Protect your Heart: Learn how to Live a Heart-Healthy Life

Join us as we learn the most common type of heart disease, symptoms and risk factors, as well as how to reduce your risks and live a heart-healthy life.

Presenter: Samantha Wein, MD, Family Medicine
Ascension Medical Group

♥ Tue., Feb. 15, 2022 — noon-1 p.m.

A Happy Heart is Good Medicine

"A happy heart is good medicine" is an ancient proverb, but current research has proven it is scientifically true. The *American Journal of Cardiology* states, "Having a cheerful disposition and outlook on life could protect you from a heart attack." We know that happiness is an important element for heart health, mental health and total well-being, but what does research teach us about how to get that "happy heart?" We will discuss these findings.

Presenter: Shannon Pearce, BSN, RN
Ascension SEM Community Health

♥ Tue., Feb. 22, 2022 — 3-4 p.m.

Take Care of Your Heart: Eat Healthy

Join us and learn how to eat healthy for your heart. Heart-healthy fats, anti-inflammatory foods and nutrition powerhouse foods will be discussed. Discover new tips to help lower your blood pressure.

Presenter: Beth Theisen, RD, CDCES
Ascension SEM Community Health

Wed., Feb. 23, 2022 — 11 a.m.-noon

Insulin Resistance

Learn what it is, why you should care and how to treat it.

Presenter: Jason Streff, DO, Family Medicine
Ascension Medical Group

Wed., Mar. 9, 2022 — 11 a.m.-noon

Maintaining a Healthy Colon

We will discuss the prevention, detection and early treatment of colorectal cancer and other colorectal diseases.

Presenter: Brian Wood, DO, Family Medicine
Cornerstone Medical Group Warren

Lectures (continued)

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.

Tue., Mar. 15, 2022 — noon-1 p.m.

Colorectal Health Month Presentation

What can we do today to protect our colorectal health for life? Prevention, early detection and screening. Learn about these lifestyle changes for your health.

Presenter: Carmen Stokes, PhD, RN, CNE
Nurse Navigator, GAVINI Center for
Cancer Prevention

Thur., Mar. 24, 2022 — 2-3 p.m.

Nutrition and Brain Health

Lifestyle choices that we make each day affect our brain health. Help boost brain power, memory and alertness through good nutrition. Learn more about foods that keep your body healthy and reduce your risk of diseases that can affect the brain. Practical nutrition tips will be discussed.

Presenter: Beth Theisen, RD, CDCES, Ascension
Southeast Michigan Community Health

Wed., Mar. 30, 2022 — 5-6 p.m.

Treatment Options in AFib (Atrial Fibrillation)

A patient-centered talk focused on the important treatment considerations for patients with atrial fibrillation. First, we will discuss how patients with atrial fibrillation can reduce their risk of stroke with medications or procedures. Then, we will focus on how patients with atrial fibrillation can manage their symptoms with lifestyle changes or medications, or if necessary, with procedures.

Presenter: Christopher Bradley, DO
Heart Cardiology Consultants
Ascension Providence

Virtual workshops

Workshop size is limited. All workshops are virtual and 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 healthcare.ascension.org/events

Diabetes Prevention Program

Tuesdays, starting Jan. 18 Intro Session; then weekly starting Feb. 1 — 6-7 p.m.

Tuesdays, starting Feb. 1 Intro Session; then weekly starting Feb. 15 — 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; regular physical activity; healthy eating, weight loss and stress management. The program meets weekly for the first six months, and then 1-2 times per month for the second six months. 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 doihaveprediabetes.org. If you have a diagnosis of Type 2 diabetes, you will not qualify to attend.

Healthy Habits

Mondays, Jan. 17-31, 2022 — 10-11:30 a.m.

This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It includes information on nutrition; meal planning; stress management; and developing an exercise plan to form healthy habits for life.

Virtual workshops (continued)

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 healthcare.ascension.org/events

Diabetes PATH (Personal Action Toward Health)

Wednesdays, Jan. 26 Intro Session;
Feb. 2-Mar. 9 — 1-3 p.m.

The Diabetes PATH virtual 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.

Kidney PATH (Personal Action Toward Health)

Thursdays, Jan. 20-Mar. 17 — 1-3 p.m.

Kidney PATH is a nine-week virtual workshop for participants who are in various stages of chronic kidney disease. The first session is a mandatory informational session. It will be followed by six weeks focusing on overall healthy living, with two additional sessions that cover kidney-specific content. Participants will discuss quality-of-life with kidney disease; have a panel discussion with healthcare professionals about dialysis and transplant; and discuss getting the most out of their kidney care. A key activity is development of a kidney disease "toolkit" which is not a physical toolkit, but a set of strategies that people can use to help manage their kidney disease.

Pain PATH (Personal Action Toward Health)

Tuesdays, Feb. 8-Mar. 22 — 6-8 p.m.

Pain PATH is a seven-week virtual workshop that provides the skills and tools to help people living with pain live a healthier life. The first session is a mandatory informational session.

This workshop is led by certified leaders to help people living with chronic pain manage their health conditions, and live a healthier, more enjoyable life. Learn how to: challenge myths about dealing with pain; master techniques to deal with frustration, fatigue, isolation and poor sleep; pace yourself around activity and rest; exercise appropriately to maintain or improve strength and endurance; use medication wisely; and work effectively with family and healthcare providers.

A Matter of Balance

Wednesdays, Mar. 16-May 11 — 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.

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

♥ Heart healthy cooking with the mushroom blend

Cooking with mushrooms is a way to cut down on saturated fat, and add vegetables to your healthy plate. Most saturated fat comes from animal products but it is often found in baked goods, fried foods, palm and coconut oils. Saturated fat raises bad cholesterol levels and increases the risk of heart disease. Most American adults do not eat the recommended 2-4 cups of vegetables each day. The amount of vegetables you need to eat varies depending on your age, sex, height, weight and level of physical activity. Eating a healthy diet that is rich in vegetables may decrease your risk of heart disease, heart attack and stroke.

There are over 2,000 varieties of edible mushrooms to choose from. Mushrooms have an umami taste, which is a savory, meat-like flavor. Reducing the amount of meat in a dish, and substituting mushrooms helps to boost flavor, and reduce calories, saturated fat and sodium. Mushrooms add B-complex vitamins, antioxidants and potassium to your diet. If mushrooms are exposed to ultraviolet light right before being picked they can be an excellent source of vitamin D. One cup of sliced mushrooms contains about 20 calories, compared with over 250 calories in one cup of lean ground meat. Substituting mushrooms for lean ground beef in a main dish just once a week could save you almost 20,000 calories a year and result in a 5-pound weight loss.



You can make a lean ground meat and mushroom blend by following these steps:

- Chop your favorite mushrooms to the size and texture of the lean ground meat (beef, chicken, turkey or even tofu) you are using. You can chop by hand or pulse in a food processor.
- Sauté and season with your favorite seasonings or you can use them raw.
- Combine the mushrooms with the ground meat or tofu, and use it in your favorite recipe.

You can use the blend to add fiber, vitamins and moisture in burgers, chili, meatballs, meatloaf, lasagna, tacos, pasta sauce and sloppy joes without sacrificing taste or texture. It's a delicious and nutritious way to prepare heart-healthy meals!

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.

Slow Cooker Mushroom Blend Chili

Serves 6 (2-cup servings)

Ingredients

8 ounces cremini or baby bella mushrooms (or your favorite type)	1 can tomato paste
½ pound lean ground beef	2 cups vegetable stock, no added salt
1 onion, medium, diced	2 tablespoons chili powder
3 cloves garlic, finely minced	½ teaspoon thyme leaves, dried
1 green bell pepper, finely chopped	½ teaspoon oregano leaves, dried
1 red bell pepper, finely chopped	1 teaspoon cumin, ground
1 can kidney beans, drained and rinsed	½ teaspoon mustard, ground
1 can black beans, drained and rinsed	½ teaspoon salt
1 can tomatoes, diced, no added salt	¼ teaspoon black pepper

Instructions

1. Wash your hands for 20 seconds with soap and water before preparing the recipe.
2. Wash peppers by rubbing them with your hands under running water. To clean mushrooms, brush off any debris from the mushrooms with a clean cloth and rinse them under running water while softly rubbing them with your hands. Pat them dry with a paper towel.
3. Finely chop the clean mushrooms, onion, red and green pepper with a knife or use a food processor to pulse until the vegetables are finely chopped.
4. Wash hands for 20 seconds with soap and water, and clean all surfaces including cutting board and knife with hot water and soap after preparing fresh vegetables.
5. Combine the mushroom-vegetable mixture with the ground beef in a bowl and mix.
6. Wash hands for 20 seconds with soap and water after handling the ground meat and packaging, and clean all surfaces with hot water and soap.
7. Cook the ground meat and mushroom mixture in a non-stick skillet until slightly brown. While cooking, break up the meat into small pieces. It does not need to be fully cooked. Drain the fat from the meat mixture.
8. Place the slightly browned meat and vegetable mixture into a slow cooker.
9. Add the drained and rinsed kidney and black beans, diced tomatoes, tomato paste, vegetable stock, chili powder, thyme, oregano, cumin, mustard, salt and pepper to the slow cooker, and stir to combine.
10. Cook on high for five hours.
11. Serve chili. Refrigerate leftover chili in a shallow container within two hours of cooking.



Southeast Michigan Community Health
28000 Dequindre
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

Visit the Community Health program pages on the web at::

healthcare.ascension.org/locations/michigan/midet/warren-ascension-southeast-michigan-community-health

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

Services offered include: publications and information; community health needs assessment; and community benefit. Look for these pages to access programming, and for updates along the way.

We are never farther than a click or a tap away!

To sign up for the Community CareLink newsletter, visit ascension.org/carelinkmi or email us at CareLink@ascension.org with your full name, address, phone number and birth year. Please indicate if you would like a hard copy or an electronic copy.

To unsubscribe from this newsletter, please call 248-849-5724 or send an email to carelink@ascension.org with your name, phone number and address.