

Special Edition

A compilation of Faith & Health, Community Health Newsletter and CareLink Newsbriefs

October-December 2020



Domestic violence and the pandemic

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

The lingering pandemic continues to take a heavy toll on us as individuals and our communities. Each of us must remain diligent in doing our part to help contain and stop the spread. For now, wearing our mask, washing our hands frequently and social distancing must continue, so lives can be saved. That being said, there is another not so obvious effect of the pandemic on our children and families to consider. Domestic and intimate partner violence has seen a significant increase since the start of the COVID-19 pandemic. According to domestic violence statistics, every nine seconds in the United States, a woman is assaulted or beaten. Circumstances that increase episodes of violence in the family include; stress, unemployment, inadequate housing conditions, and alcohol and substance use. We have seen these factors increase when individuals have been required to shelter at home and are isolated from friends and family.

Domestic violence is a complex problem that can lead to significant physical and psychological consequences for the victims and their family. Abuse and violence can also lead to acute and chronic health problems such as, sleeping and eating disorders, alcohol and substance use, and in some cases, a miscarriage due to the physical abuse suffered while pregnant. Victims have also experienced post-traumatic stress disorder, depression and suicidal thoughts and attempts.

The Department of Justice reported that in 95 percent of domestic assaults, men are the perpetrator of violence. However, many women have also experienced legal issues when they are wrongly accused by the male

abuser of violence themselves, and arrested as the perpetrator rather than the victim. In 1995, Congress passed the Violence Against Women Act, which included support for coordinated community responses to prevent intimate partner violence. It is therefore essential that victims know where to turn for help.

Ascension Southeast Michigan Community Health is one source of help. It provides support through the Open Arms Program. Victims are assisted by advocates and counselors. Because of their positive interventions, women who have experienced abuse have been empowered to file personal protection orders and prepared to face their abusers in court. They are also educated about MI-VINE, an automated service that provides information and notification on the status of offenders incarcerated in Michigan. Assault victims have the right to know when the offenders might be released from incarceration, since they may become targets of the offenders after being released.

If you suspect anyone might be in an abusive relationship you can help them by sharing this information and encouraging them to contact the Domestic Violence Helpline.

If you need immediate help for an emergency, please contact the National Domestic Violence Hotline at 800-799-7233 and 911.

If you need assistance for a crime victim, an advocate or individual counseling, contact Open Arms at 313-369-5780.

Mourning the loss of a smile

Submitted by Denise Sinkovich, MSN, RN-BC, Ascension Southeast Michigan Community Health



As we adjust to the strange new way of life because of COVID-19, we have learned many lessons. We have learned that hand-washing and mask-wearing are essential to slow the spread of the coronavirus. We have also learned that we are not all treated equally or fairly. We continue the simple task of mask-wearing for safety to ourselves and our neighbors. God's simple commandment to "love one another" puts the inconvenience of a simple action into perspective.

When God gave us this command, there weren't any attachments or caveats. Just simply, love one another. So, I put on the mask and go about my day, not truly thinking about how others see me until I see others.

We are living in uncertain times with the pandemic and *Black Lives Matter* racial equality movement; however, we can all do one thing each day, to connect and affirm one another's presence. We can look each other in the eyes and say "Hello" to our neighbor, grocery store clerk, mail carrier, and the person we share the sidewalk with while on our walk.

Hello. While the requirement of wearing a face mask helps protect us from the virus, it also promotes

anonymity. So, I decided to make it my mission to get out of my comfort zone and greet everyone I see with words and smiles. People long for conversation and these words invite that simple relationship with others. We might not be able to participate in physically standing together with the movement, but we do have the opportunity to say things out loud like, "Hello."

What would it take for you to look up and into my eyes and honestly greet me? Your words, actions and smile are gifts that can change a moment, an hour and a day. Don't undermine these gifts but rather embrace and share. Share the sentiment, share the smile and treat others as God has commanded. It is then that we will grow together.

Let's not just repeat the command, let us live it, let us say it. Love thy neighbor. Are you ready to take the opportunity to say it out loud? Are you ready to make a difference? Are you ready to live and share your faith? If we all take one step today, look at how far we will get when the day is done. Look at what we can do together by just looking at someone, smiling and saying, "Hello."



Breast cancer awareness fast facts

October is Breast Cancer Awareness Month. It is an opportunity to celebrate, acknowledge loved ones lost, and educate others on the importance of regular breast examinations.

Did you know

- Approximately one in eight women (13 percent) will be diagnosed with invasive breast cancer in their lifetime and one in 39 women (3 percent) will die from breast cancer.
- Early detection of breast cancer by mammography reduces the risk of breast cancer death and increases treatment options.
- Breast cancer risk varies by age and race/ethnicity. Incidence rates are highest among non-Hispanic white women (130.8 per 100,000), followed closely by Black women (126.7). However, Black women have the highest breast cancer death rate (28.4 deaths per 100,000), more than double that in Asian/Pacific Islander women (11.5), who have the lowest incidence and death rates.
- The overall breast cancer death rate increased by 0.4 percent per year from 1975 to 1989, but since, has decreased rapidly, for a total decline of 40 percent through 2017. As a result, 375,900 breast cancer deaths were averted in the United States from 1989 to 2017. The decline in breast cancer mortality has been attributed to both improvements in treatment and earlier detection.
- Women (and men) with a family history of breast cancer, especially in a first-degree relative (parent, child, or sibling), are at increased risk for the disease.
- It is estimated that about one-third of postmenopausal breast cancers are linked to potentially modifiable factors, including postmenopausal obesity, physical inactivity, use of combined estrogen and progestin menopausal hormones, alcohol consumption, and not breastfeeding.
- Inherited pathogenic (disease-causing) genetic variations in BRCA1 and BRCA2, the most well-studied breast cancer susceptibility genes, account for five to 10 percent of all female breast cancers and 15 to 20 percent of all familial breast cancers.
- Women who get regular physical activity have a 10 to 20 percent lower risk of breast cancer compared to women who are inactive, with greater risk reduction associated with increasing levels of activity.

Have you scheduled your annual mammogram? If not, call 866-501-3627 to schedule.

Taken from American Cancer Society, Breast Cancer Facts & Figures 2019-2020



Reminder

Contact your medical provider
for flu immunizations.

Southeast Michigan Community Health virtual classes

No classes held on the following dates: Nov. 3 - Election Day; Nov. 26 - Thanksgiving Day, Dec. 25 - Christmas Day



What is a virtual class?

In this unprecedented time and for your protection, we continue to offer only virtual classes until further notice. All of the classes are FREE and open to the public. To register online, go to healthcare.ascension.org/events. In the "Find by Location" box, enter your ZIP code. In the second box, "Find by class or event," enter the name of the class and then press "Submit." You may also call 248-849-5752 or email carelink@ascension.org.

Registration is required.

Criteria for virtual class

You must have internet access and can use any of the following devices: computer, tablet, smartphone or smart television. We recommend using a headset, microphone and webcam. (Audio-only classes are also available.) You will receive a link after your registration is completed.

Chair Yoga — Virtual-style!

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. Registration and a waiver on file is required.

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

Presenter: Belinda Kabodian, BS, RN, RYT

Diabetes Management and Prevention

Discuss how diabetes develops, how the body reacts and important lifestyle changes to potentially reverse the diagnosis.

Wednesday, Oct. 7 — 4-5 p.m.

Presenter: John Kilmer, DO

Healthy Holiday Eating

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 recipe modification tips will be given.

Wednesday, Oct. 14 — 11 a.m.-noon

OR

Tuesday, Nov. 17 — 10-11 a.m.

Presenter: Beth Theisen, RD, CDCES

GMOs and Organic Foods

Confused about GMOs (genetically modified organisms) and organic foods? Join us to learn how to navigate your way through the many food options available, so you can choose healthy foods for your family. Learn more about eco-related food claims, including *organic*, *natural*, *sustainable* and *grass-fed*.

Tuesday, Oct. 20 — 10-11 a.m.

Presenter: Beth Theisen, RD, CDCES

Healthcare Highlight: Women's Health

A highlight and overview on what's new and innovative in women's services at Ascension St. John Hospital, including the effects of COVID-19 on annual exams, pregnancy and neonatal care.

Wednesday, Oct. 21 — 4-5 p.m.

Speaker: David M. Zalenski, MD, FACOG, Chair, Department of Obstetrics & Gynecology, Ascension St. John Hospital

Myths and Benefits of Dietary Supplements

Join us to learn about the potential benefits, regulations and safety of common herbal, vitamin and mineral supplements. Learn the truth and dispel the myths!

[Thursday, Nov. 12](#) — 6-7 p.m.

Presenter: Beth Theisen, RD, CDCES

Diabetes PATH (Personal Action Toward Health)

This seven-week workshop is designed to provide the skills and tools to help people living with diabetes live a healthier life. The first session is a mandatory informational session. Open to family members and caregivers.

[Tuesdays, Oct. 6-Nov. 24](#) — 1-3 p.m.

Pain PATH (Personal Action Toward Health)

This seven-week workshop is designed to provide the skills and tools to help people living with pain live a healthier life. The first session is a mandatory informational session. Open to family members and caregivers.

[Wednesdays, Oct. 7-Nov. 18](#) — 6-8 p.m.

OR

[Tuesdays, Nov. 3-Dec. 15](#) — 1-3 p.m.

Healthy Habits

This three-week workshop is designed to improve your physical, emotional and spiritual well-being. It combines health information with nutrition, meal planning, stress management and an exercise plan, to help form healthy habits for life.

[Thursdays, Oct. 22, 29 and Nov. 5](#) — 1-2:30 p.m.

Presenter: Beth Theisen, RD, CDCES

Keep Your Grandchildren Safe Around Medications

Most families know to store medicine out of reach of children. Learn how to make your home even safer for an infant to a middle school aged child. Participants will receive a FREE medication safety packet with cabinet safety locks, a safety coloring book, many resources, and more.

[Monday, Nov. 9](#) — 11 a.m.-noon

Presenter: Vanessa Mier, RN, BSN, HNB-BC

Managing Arthritis (virtual class)

Arthritis can limit range of motion and make simple movements difficult. Learn tips on managing arthritis and staying active.

[Wednesday, Nov. 18](#) — 11 a.m.-noon

Presenter: Dr. Carlisle Vendittelli, Ascension St. John

Diabetes Prevention Program

Join us for a group-based, structured lifestyle change program for people who are at risk for or have prediabetes. Group meets for 16 weekly sessions and 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. If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

[Wednesday, Nov. 18](#) — 1-2 p.m.

Presenter: Deborah Whiting, BSN, RN

Conversations in Diabetes: Managing Your Condition

Similar to planning a trip on the road in which we use maps and direction, we also need a “roadmap” to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

[Wednesdays, Nov. 11-Dec. 30](#), 10-11:30 a.m.

Presenter: Suzanne Povinelli, RN, BSN, CDCES

Bridges to HOPE

Bridges to HOPE (Helping Others Prosper through Empowerment) can help you build resources to a better life, by providing the necessary skills to improve access to healthcare, mental/grief counseling, food, clothing, shelter, transportation and employment. The program also addresses financial/health literacy and education, with an emphasis on providing long-term supportive services. The goal is to replace despair with opportunity for those living on the outskirts of hope.

To learn more about Bridges to HOPE, and to register, please call 313-369-5600.

Mondays and Wednesdays, Oct. 5-Nov. 25

Noon-2 p.m.

Facilitator: Takiyah Calhoun

Or

Tuesdays and Thursdays, Oct. 6-Dec. 3

11 a.m.-1 p.m.

Facilitator: Dawn Calloway

For additional information on Ascension Southeast Michigan Community Health classes or other programs, please visit healthcare.ascension.org/events. In the "Find by Location" box, enter your ZIP code. In the second box, "Find by class or event," enter the name of the class and then press "Submit." You may also call 248-849-5752 or email carelink@ascension.org.

Use your facemask correctly to protect yourself and others



Do:

- ✓ Choose a mask without a valve, that fits well without gaps.
- ✓ Make sure your facemask covers your nose, mouth and chin.
- ✓ Adjust your facemask on your face to avoid gaps on the sides.
- ✓ Remove your facemask by touching only the strings or ties.

Do not:

- ✗ Wear the facemask under your nose or chin.
- ✗ Touch your facemask while wearing it.
- ✗ Remove facemask when you are within 6 feet of someone else.
- ✗ Use if your mask is dirty or damaged.

Contributing writers from Ascension Southeast Michigan Community Health

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Coping with social isolation



Human beings are social by nature. When circumstances require us to be separate, it can take a toll on well-being — especially mental health. Consider the suggestions below to maintain your health, relationships and sanity during times of isolation.

- **Take advantage of social media, chat rooms and virtual platforms.** There are a lot of ways to stay connected via the internet: Google Hangouts, Zoom, Skype, Facebook, etc. Many who once worked in an office setting are now working from home, and they are exploring new ways to connect with teams. Take social distancing as an opportunity to advance your technological skills and initiate interactions with people in new and creative ways.
- **Maintain a regular schedule.** Disorder brings chaos, while keeping a regular schedule keeps us regular and helps to curb anxiety. People feel hopeful when they have things to look forward to, so even if you can't go to a restaurant or a movie, schedule time for activities that you enjoy. Don't forget to pencil in time to unwind and relax, and make time to get outside for some fresh air! Studies show that time in nature helps ease anxiety, and fresh, clean air is good for our brains.
- **Listen to music.** Music can be a mood regulator, meaning that it can alter our emotions and mood based on what we listen to. Sad music makes us feel sad, while upbeat, lively music can make us feel happy and energetic. Consider how you feel right now, then put on music to either magnify that mood or alter it. For example, if you are feeling lonely or depressed, put on songs about joy and hope. If you are feeling anxious or agitated, put on relaxing music with calming visuals, like on YouTube. Create different playlists to help you cope with different feelings and moods.
- **Tap into your spirituality.** Some people are anxious and afraid of what might happen, while others are welcoming the newfound simplicity and peace of fewer distractions. How are you adjusting to life without school, sports, entertainment, travel, and the day-to-day hustle and bustle? Will you allow yourself to be still? Take advantage of this time to find serenity and discover joy in the simple things. Take time to reflect on your true purpose and the distractions that may have been holding you back. Re-evaluate your values and priorities, and decide that when things go back to normal, you will be different.

Creating a healthy learning environment for your child



Ascension School-Based Health Centers are working in partnership with local school districts to ensure a safe learning atmosphere for students. Healthy, safe and supportive learning environments enable students, adults, and school systems to promote innovation, inquiry and risk-taking. Optimal learning environments begin with positive, productive school climates and a belief that all students can achieve. In the COVID-19 pandemic, however, safety is at the forefront and many questions are being asked. How do we keep all participants safe? How is the physical plan for schools going to revamp the physical environment to conform with local, state and federal guidelines? Foremost, how do we engage students in virtual learning and evaluate their progress?

All parties are working diligently to put in place policies, procedures and guidelines to answer these questions. Ascension Michigan Community Health School-

Based Health Centers also has been preparing to meet these challenges. With the assistance of our medical and behavioral health practitioners, and department directors, we have implemented a process to assist all the school districts that we serve, to ensure medical and mental health services will be provided in all of our health centers utilizing a combination of virtual and face-to-face visits. Moreover, our staff works closely with school officials to support students and families who may have difficulty with virtual learning due to minimal technology, lack of connectivity, or learning difficulties of the student or the family. Additional hands-on assistance is provided by the school system and SBHC staff, to identify the specific need and determine the appropriate course of action or referrals needed to uncover problems.

We are committed to assuring that all students are up to date with their immunizations by providing drive-in immunization clinics. Immunization drives, for example, are extremely important. These drives allow medical providers to prevent outbreaks of other preventable diseases. As COVID-19 continues to impact our daily lives, it is important to also stay vigilant for the increase of other communicable diseases which can exacerbate the current outbreak. Our mental health staff maintain contact with students so they are prepared mentally and to alleviate any fears they may have regarding the pandemic and their own fears about resuming school.

Because school is not only a didactic learning experience but a socialization learning experience, it is important that this part of learning is not overlooked. Efforts need to be made to ensure that kids are not only learning through instruction, but also through play and interaction with their peers.

We've gone electronic! If you'd like to receive our newsletter electronically, email carelink@ascension.org. Please respond with full name, email address and phone number (including area code).



Your money: Year-end financial planning

Tax impact of charitable contributions

The Tax Cuts and Jobs Act (TCJA), passed in December 2017, effectively eliminated tax deductions for most charitable contributions by nearly doubling standard deduction amounts, thereby sharply reducing the number of tax returns with itemized deductions (including charitable donations). However, the Coronavirus Aid, Relief, and Economic Security (CARES) Act, passed this year, allows taxpayers to deduct limited qualified charitable monetary (but not property) contributions (up to \$300 individually or \$600 for married filing jointly) on their Federal tax return, even if they take the standard deduction. The Act states that this is applicable to *taxable years beginning in 2020*. No expiration year is indicated.

If you were planning on contributing more than the amount deductible in 2020, it may behoove you to defer any overage into January 2021. Similarly, if you were planning on contributing more than the deductible amount in 2021, but less in 2020, you may benefit from pulling forward the excess contribution amount into 2020.

Holiday budgeting

Don't be surprised by Christmas. It happens on the same day, every year. While it may sound simple, many household monthly budgets are based on "normal" months. As such, the holiday season becomes a budget buster far too often. Consumer debt counseling agencies see a spike in people seeking help during the first quarter of each year.

With many credit card interest rates hovering around 20 percent, holiday bills not paid on time and in full can end up costing considerably more than the price at checkout. You can combat this debt trap by starting to budget for the holiday season **now**. Starting in 2021, resolve to include holiday season costs in your budget, 12 months of the year. That doesn't mean spend it 12 months of the year. Set some aside each month so

that when the time for holiday season spending does arrive, you can move forward without financial stress.

This concept of effective *yearly vs. monthly budgeting* can also be applied to other expenditures that are not uniform throughout the year, such as utility bills, snow removal, travel costs, etc.

Previous Special Edition Financial Management sections raised numerous questions including:

Q: What is a good interest rate? I need to build my credit, and I'm considering applying for a credit card.

A: With many savings interest rates at 1 percent or less, even a "good" credit card interest rate significantly below the 20-percent average can be a bad deal. Your effective target interest rate should be zero percent, which you can achieve by paying monthly statements in full, on time, every time. That said, if you must carry a balance, a guide to comparatively lower rate cards can be found at wallethub.com/credit-cards/low-interest. Be cautious of teaser cards that have favorable rates for only a limited period, or fees that make the offer less lucrative than it may appear.

Q: Should I ever overpay my credit card?

A: Always and never. Always overpay the minimum balance due to the point of paying monthly statements in full, to avoid interest charges. Never overpay the full balance due. Since there's no credit benefit and no financial benefit to an overpayment of the statement balance, there really is no reason to do it at all. The only reason you should ever have a surplus on a credit card account is if you pay your bill in full and then return an item and receive a statement credit.

For more information, visit thesimpledollar.com.

Enjoy holiday leftovers by turning them into healthy meals

During the holiday season we often cook many meals that contain a plentiful amount of food. The aroma of our favorite foods fill the air and our stomach, while the leftovers fill our refrigerators. These leftovers often go to waste. Transforming our delicious holiday meal into something we don't get bored with can help us reduce waste, save money and continue celebrating one of the special parts of holidays.

Here are some creative and healthy ways to use leftovers:

- **Cranberries or cranberry sauce** — Add to hot cereal or yogurt, or use as a topping for pancakes instead of syrup.
- **Fruit** — Make a fruit smoothie, mash or puree it and make a fruitsicle.
- **Mashed potatoes** — Make potato pancakes, add as a topping on vegetable pot pie or shepherd's turkey pie, or use them to thicken soup.
- **Pumpkin or squash** — Puree with chickpeas, garlic and olive oil for a delicious hummus, add to waffle, pancake or muffin recipes, make pumpkin or squash soup, or add mashed or cubed pieces to chili or stew.
- **Turkey or ham** — Add to soup, salad, grilled sandwiches, stew, chili, burritos or your favorite casserole or omelette. You can make homemade broth with the turkey or ham bone.
- **Stuffing** — Add to waffle batter for a savory waffle, stuff into mushrooms, put in a muffin pan coated with cooking spray, add an egg cracked on top and bake.
- **Vegetables** — Freeze broccoli, carrots, cauliflower, green beans or other vegetables and add them to soup, make a stir fry with a variety of vegetables or add them to omelettes.

Another way to get ideas and find recipes is to try an app like the SuperCook, Allrecipes Dinner Spinner, Big Oven, Tasty or Epicurious, which allow you to input food items you have on hand and get recipe suggestions. You can access the recipe ideas by downloading one of the apps on your smartphone, tablet or any device connected to the internet. On a computer you can search for one of the app's websites using your browser. The apps are easy to use and give you ideas in just seconds. Not all of the recipes are healthy, so you will have to decide which ones will meet your health goals.

Coming soon! Read all about it.

Look for our newly named publication, *Community CareLink*, starting in January. It will contain the same great information you're accustomed to reading, along with new content.

Remember to update us of any changes in your contact information. If you would prefer to receive the electronic version of our newsletter, please contact us at: carelink@ascension.org or call 248-849-5724.

Savory roasted pumpkin

Ingredients

- 1 small pumpkin (about 3 pounds)
- 2 teaspoons lemon juice
- 1 tablespoon vegetable or olive oil
- ½ teaspoon smoked paprika or chili powder
- ½ teaspoon black pepper
- 1 teaspoon garlic
- ¼ teaspoon salt

Instructions

1. Preheat oven to 400 degrees.
2. Wash your hands for at least 20 seconds.
3. Spray a baking sheet with cooking spray.
4. Scrub the pumpkin with a clean produce brush under running water and cut it in half. Cut or peel the rind off the pumpkin, scoop out the seeds with a spoon and discard the seeds, or save for roasting.
5. Cut slices of the pumpkin about 1 inch thick.
6. In a large bowl, combine the lemon juice, oil, smoked paprika, black pepper, garlic and salt.
7. Add pumpkin slices to the bowl and toss to coat with oil and seasoning blend.
8. Spread pumpkin in a single layer on the baking sheet.
9. Roast the pumpkin for 15-20 minutes, remove from the oven and turn the pumpkin slices over.
10. Continuing roasting for about 15 minutes or until the pumpkin is tender and slightly brown.
11. Serve immediately. Refrigerate leftovers within 2 hours.

Note: If you do not have pumpkin available, you can substitute sweet potato or winter squash.

For a sweet side dish or dessert, eliminate the paprika, black pepper, garlic and salt, and replace with 1 teaspoon cinnamon, ¼ teaspoon nutmeg and ⅛ teaspoon cloves.

Nutrition Facts	
4 servings per recipe	
Serving size	1/4 pumpkin
Amount per serving	
Calories	143
	% Daily Value*
Total Fat 4 g	6%
Saturated Fat 1 g	3%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 150 mg	6%
Total Carbohydrate 24 g	8%
Dietary Fiber 2 g	8%
Total Sugars 5 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 75 mg	8%
Iron 3 mg	16%
Potassium 1200 mg	34%

*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.

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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 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).

You can give a baby a chance to live a healthy life



An expectant mother earning only around minimum wage has difficult choices to make with her paycheck: food for her baby, gas for the car or paying a utility bill to keep the lights on. Providing basic care to keep her infant healthy often falls to the bottom of the list. Without the proper resources or tools to be successful, families suffer.

Additionally, furloughs and wide-spread layoffs have occurred due to COVID-19. The stress and

complications from reduced hours at work, or no work at all, makes this situation even more dire.

The need is urgent. Please consider giving to the Infant Mortality Program today. Your gift enables a mother to have essential items, such as diapers and cribs to safely care for her infant. Your donation also provides support throughout pregnancy, labor and delivery; and education about child safety, healthy eating and infant nutrition, while ensuring the infant is given every opportunity to have a healthy start in life.

An expectant mother in your community needs your help now.

Please give today by using the envelope provided, or make a gift online using your credit card, at stjohnprovfoundations.org. Click on Community Health, then Infant Mortality Program.

If you would prefer to receive the newsletter electronically, email us at carelink@ascension.org. To unsubscribe to this newsletter, please call 248-849-5724 or send an email to carelink@ascension.org with your name, phone number and birthdate.