

Community CareLink

Oct.-Dec. 2021



You are not alone

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

The holistic and integrated patient care goal of Ascension means we give attention to the physical, psychosocial and spiritual needs of those we serve.

It is clear that added stress associated with the pandemic and its effect on our daily lives can be daunting for ourselves, our families and our communities.

How can we maintain mental wellness and composure in the midst of all of this? First and foremost, it's important to know that you are not alone. When we feel alone, isolated, stressed and frustrated, it may tempt us to give up hope. Giving up hope can cause us to behave in ways we will later regret. It's been said that where the mind goes the behavior or actions follow. It's critical that we maintain our mental and emotional health. Here are some of the things we can do.

- **Connect with others.** This includes spending time with people you trust, and using some of that time to express your feelings. Holding in negative or stressful feelings will fester and grow. Remember, feelings buried alive never die. They may come out in other negative ways.
- **Take care of yourself.** No one can get rest, get enough sleep, eat healthy or participate in physical activity for you. Choose to do what you can in these areas to take care of yourself. Remember your body and mind are connected.



- **Do something you enjoy.** Even if you have only a short amount of time to focus on these activities, they can relax and refresh you. Pay attention so you don't seek a quick fix to feel better by excessive alcohol intake or other harmful drugs.
- **Ask for help if you don't feel better, or things get worse.** There are resources and support for those experiencing depression, anxiety, sleeplessness and other signs of mental and emotional distress. One free resource is the MY Strength web-based support system. It can be accessed using your phone or computer at www.dwihn.org/health-wellness-support. They also have an app.

There is an old saying that **this too will pass**. However, I say it's how you pass through this that will determine the outcome. Pass through with gratitude for what is good in your life. Pass through knowing that you are not alone.



Look for this symbol for offerings focused on heart health.




The heart of the matter

Addressing and meeting the needs of the communities we are privileged to serve is at the heart of all that we do. Community CareLink and the entire Ascension SEM Community Health team want to partner with you in an even greater way, to help you achieve your health goals and enhance your overall health. Over the coming months look for increased emphasis and offerings focused on heart health, lifestyle and food choices, and the importance of staying active and in the community. As stated in the Ascension Mission, our aim is "...to provide holistic care, which sustains and improves the health of individuals and communities."

In addition to our quarterly publication, Community Health is hard at working to partner with schools, places of worship, other nonprofits, public health departments and our hospital to fulfill our Mission.

We know that change is not always easy, and doesn't happen overnight. It takes time to give up the old

habit of unhealthy choices to establish new habits and behaviors. To support you and your effort to make healthier choices, look for the  symbol next to Community CareLink articles, recipes and interactive activities specifically aimed at heart health. Even the smallest change in food or behavior choices can make a difference and help you meet your short- and long-term health goals.

All of our offerings are FREE, so consider establishing an accountability partner, such as a friend or family member to join you.

In addition to receiving the Community CareLink by mail or electronically, our publication can be found on our new website by visiting ascension.org/communityhealthmichigan, and then clicking on Community Health publications in Michigan.

As always, we would love to hear from you. Please call 248-849-5714 or email carelink@ascension.org with any questions or concerns you may have.

Your financial health

How can I repair my damaged credit score?

In our last issue, we addressed the impact of one's credit score on overall financial health. In this issue, we answer the question of what to do if your credit score is rated unfavorably.

Let's begin with what you may **not** want to do, which is to rely upon a credit repair service to fix the problem for you. One, the credit repair industry is widespread with companies that over-promise and under-deliver, while still charging fees of around \$100/month. Second, even the most reputable services do not possess a magic wand that can make accurate and verifiable negative marks on your record disappear.

The primary services that legitimate credit repair operations can deliver are ones that you can usually perform on your own. These include checking your credit report (free copy available yearly at annualcreditreport.com) for any incorrect items and then following through to dispute any such

items directly. All three major credit bureaus (Experian, Equifax and TransUnion) have an online dispute process.

Beyond addressing any potential errors or damaging incomplete information, credit repair is a gradual process. Steps include catching up on overdue bills; making future payments in full, on time, every time; and maintaining a gap between your level of credit usage vs. your credit limit.

If your credit is such that traditional credit cards are not obtainable, consider a secured credit card (requires money down in advance to open the account). While the word "credit" may be somewhat of an inaccurate term in this instance, demonstrated and repeated responsible use of such a card can still help improve your credit over time.

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



Ascension Michigan School-Based Health Centers breaks ground on new center.

Ascension Southeast Michigan Community Health recently opened a new school-based health center at Eastwood Elementary School in Sturgis, Michigan. It is the second location in the St. Joseph County area, which is located just 30-45 minutes south of Kalamazoo. Several community dignitaries, along with the school district leadership, faculty and staff were on hand for the ribbon-cutting celebration.

"School-based health centers not only ensure the health and well-being of the students at the school, but also the entire community. Students will miss fewer days of school due to chronic illness or other childhood-related health concerns," said Dr. Kenneth Coleman, Director, Ascension Michigan Community Health School-Based Health Centers. The Center at Eastwood Elementary School will provide a wide range of clinical services including general health exams; sex education; laboratory and diagnostic testing; dental care and immunizations; along with behavioral health intervention and counseling.

Additionally, Ascension SEM Community Health recently broke ground for a new center in Oakland County at Southfield High School. The location

will have an external entrance, which will enable community residents up to age 21, or age 26 for persons with disabilities, to access services. The site will be open eight hours a day, Monday through Friday. Appointments are encouraged, but walk-ins are welcomed. The site is scheduled to open in the fall.

Current sites are located in Wayne, Genesee, Oakland, Macomb and St. Joseph counties.



Various community and business stakeholders were in attendance for the groundbreaking, including members of the Southfield School Board and School Administration, AIMS Construction, Inc., and the Southfield Fire and Police Departments.

I talk to Jesus and my counselor

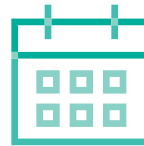
I talk to Jesus and my counselor. Is that an oxymoron? If we talk to Jesus in prayer, do we need to talk to a counselor? In the scriptures, God tells us **"Where there is no counsel, the people fall; but in the multitude of counselors there is safety."** (Proverbs 11:14).

Is God interested in our mental health? Absolutely! Our Lord created us, so He knows everything about us. Our comings and goings, even the very hairs of our heads are numbered. Nothing is hidden from Him. He knows when we are depressed, grieving, happy and anxious. He said to us **"Be anxious for nothing."** (Philippians 4:6) He wants us to be in peace and not live in fear. **"God has not given us a spirit of fear, but of power, and love and a sound mind."** (2 Timothy 1:7)

To improve your spiritual well-being, try these tips:

- **Meditation and prayer** — Let God know what's on your mind, then listen. It's in the quiet moments that we hear God's voice.
- **Be kind to yourself** — Quiet your inner critic; don't dwell on mistakes or regrets. Use compassion for yourself and others. This helps you let go of negative emotions.
- **Concentrate on small things that are going well** — a delicious meal, a hot cup of coffee, a good night's rest.
- **Keep a gratitude journal** — at the end of the day, write down three things you are grateful for, that are blessings from God.

Jesus said, **"He will never leave us nor forsake us."** (Hebrews 13:5) When we seek the Lord for our inner strength, He will give us a peace that surpasses understanding.



November is National Diabetes Awareness Month

We want to help you manage your diabetes to ensure a healthy life. According to the Centers for Disease Control and Prevention, more than 34.2 million people in the United States have diabetes, but one in five don't know they have it. Additionally, Latinos, African Americans, Native Americans and Pacific Islanders are at higher risk for Type 2 diabetes.

About 90 percent of people with diabetes have Type 2 diabetes. With Type 2 diabetes, your body either fights the effects of insulin or does not provide enough insulin to your body, making it hard to maintain a normal glucose level. Unfortunately, symptoms for Type 2 diabetes develop slowly, so it may be hard to determine whether you have it right away. In fact, you can have Type 2 diabetes for years and not know it.

Here are a few warning signs:

- Increased thirst and frequent urination
- Increased hunger
- Fatigue
- Blurred vision
- Slow-healing sores or frequent infections

Though there isn't a cure for diabetes; what you do each day will make a huge difference in your life. Learning how to take care of your diabetes starts the minute you are diagnosed. As long as you are aware and educated, you're on your way to effectively managing your health.

Join Dr. Jaspreet Hehar on Tuesday, Nov. 9, from 5-6 p.m. to learn more about self-management for your diabetes. We also have free classes to help you live a healthy lifestyle (see page 6-9).

Bulletin Board

11th annual Men's Health Event

Ford Field, Detroit
Saturday, Oct. 9

Setting the stage for your next decade...

This **free** event will provide men with a better understanding of how to stay healthy; provide free health screenings to assess their current health; and share information about advances in healthcare.

This year, full health and wellness services will again be available including vital screenings; in-depth bloodwork; flu vaccinations; HIV testing; colorectal cancer screening; skin cancer screening; hearing tests; eye exams; diabetes testing; COVID-19 testing/vaccines; haircuts; employment assistance; education assistance; and more.

Join us for the 11th annual Men's Health Event on Saturday, Oct. 9 when we return to Ford Field.

For more information, please visit
mumenshealthfoundation.org

Ascension Providence Rochester
22nd annual

Breast Cancer Awareness Event

1101 W. University, Rochester
Wednesday, Oct. 13
4:30-7 p.m.

Activities include:

- Expo with breast cancer specialists
- Strolling refreshments
- Health and wellness activities
- One-mile walk

Join us as we celebrate Breast Cancer Awareness Month.



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.

♥ Exercise classes and lectures

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

No class Thur., Nov. 25

Classes start Oct. 4 and will end Dec. 16, and will resume on Jan. 4, 2022.

These virtual exercise classes take only one registration for participation. Registration can be found under Virtual Ongoing Exercise - Oct.-Dec. 2021.

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

♥ Lunch Time 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. 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

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.

Virtual lectures

Mon., Oct. 11 — 3-4 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 SEM Community Health

Wed., Oct. 13 — 11 a.m.-noon

Improving Mental Health: Stress and Well-being

Join us to learn about stress and how it affects your health. Identify stress factors and how to alleviate them for improved mental and emotional well-being.

Speaker: Debra Gainor, LLP, CAADC, MAC
Ascension Eastwood Behavioral Health

Thur., Nov. 4 — noon-1 p.m.

The Intersection Between Mental Health & Physical Health

This lecture will explore not only the link between mental health and physical health, but also discuss ways to make healthy changes to improve a sense of well-being physically, mentally and emotionally.

Presenter: Nicole M. Bryant, LPC, CAADC
Ascension Eastwood Behavioral Health
Livonia

Tue., Nov. 9 — 5-6 p.m.

Do I have Diabetes? What to do now?

Join us to learn about the signs of diabetes and the next steps on your journey to good health. Dr. Hehar is an endocrinologist specializing in diabetes, with tips to manage your diabetes every day.

Presenter: Jaspreet Hehar, DO
Ascension St. John Hospital

Wed., Nov. 10 — 11 a.m.-noon

Healing Power of Nature

Discover aspects of nature that stimulate the senses and provide peace and calm.

Speaker: Katherine Perry, Chaplain
Ascension Van Elslander Cancer Center

Fri., Nov. 19 — 11 a.m.-noon

Celebrate With Healthy Choices

Join us to learn tips for healthy eating during the holidays while still enjoying the food you eat. Explore ways to minimize stress and stay within your food budget.

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

Wed., Dec. 1 — 4-5 p.m.

Take Charge of Your Eating

Having difficulty sticking to your healthy eating goals? Is it hard to resist certain foods or habits? Learn more about nutrition cues, triggers and other things that affect your eating habits and how you can take control over them.

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

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., Dec. 8 — 1-2 p.m.

Mental Health Benefits of Exercise

Regular exercise can have a positive impact on depression, anxiety and ADHD. Join us and learn how exercise can also relieve stress; improve your memory; help you sleep better; and boost your overall mood.

Presenter: Belinda Kabodian, BS, RN
Ascension SEM Community Health



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

Starts Thursday, Oct. 7 — 4:30-5:30 p.m.

Starts Thursdays, Oct. 21 — 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.

Conversations in Diabetes

Wednesdays, Oct. 13-Nov. 17 — 6-7:30 p.m.

This is an eight-week virtual workshop. The road to managing your diabetes! Similar to planning a trip on the road in which we use maps and directions, we also need a "road map" to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

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)

Thursdays, Oct. 28-Dec. 16 — 10 a.m.-noon
(No class Nov. 25)

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.

Healthy Habits

Tuesdays, Nov. 2-16 — 3-4:30 p.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.

Kidney PATH (Personal Action Toward Health)

Mondays, Oct. 4-Nov. 29 — 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, Oct. 19-Nov. 30 — 1-3 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.

♥ What is the MIND diet?

The MIND Diet stands for **Mediterranean-DASH Intervention for Neurodegenerative Delay**. The MIND diet is a combination of the Mediterranean and DASH (Dietary Approaches To Stop Hypertension) diets that have been found to reduce the risk of heart attack, hypertension, stroke and some slowing down of cognitive decline. The MIND diet takes the components of these diets that affect brain health. A study over 4-1/2 years showed that following the MIND diet reduced the risk of Alzheimer's disease by 53 percent for those who strictly followed it, and 35 percent for those who moderately followed it. This shows that you don't need to stick to it all of the time to get some benefit. Also, the people who followed this diet strictly showed a slowing of brain aging by 7.5 years. After a stroke the MIND diet has been shown to decrease the risk of cognitive decline.

Eat these 10 foods more often:

- **Beans** — At least three servings per week. One serving = ½ cup.
- **Berries** — At least two servings per week. Any berries but especially blueberries. One serving = ½ cup.
- **Fish** — At least one serving per week. Focus on fatty fish such as salmon, herring, mackerel and sardines. One serving = 3 oz.
- **Leafy greens** — At least six servings per week. One serving = ½ cup cooked or 1 cup raw.
- **Nuts** — At least five servings per week. One serving = 1 oz.

- **Olive oil** — One serving per day. Make this the main cooking oil you use. Serving size = 2 Tablespoons.
- **Other vegetables** — At least one serving per day. One serving = ½ cup.
- **Poultry** — At least two servings per week. One serving = 3 oz.
- **Whole grains** — At least three servings per day. Serving = 1 slice bread or ¾ cup pasta or cereal.
- **Wine** — One 5 oz. glass per day. If you do not already drink alcohol it is not recommended that you start.

Eat these five foods less often:

- **Butter and stick margarine** — Limit to less than 1 Tablespoon per day.
- **Cheese** — No more than one serving per week.
- **Fast food and fried food** — No more than one meal of fast food or fried food per week.
- **Pastries and sweets** — Four servings or less per week.
- **Red meat** — Aim for three servings or less per week. One serving = 3 oz.

While more studies need to be done, the MIND diet seems to have promising results for reducing the risk of Alzheimer's disease and cognitive decline of the brain.

Need help in this digital world?

Anyone can access more than 350 free online group classes designed for and led by older adults. Offerings include classes on how to use a smartphone or tablet; how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine; as well as virtual social hours. An Internet connection is all that's needed to access GetSetup.

Visit getsetup.io

♥ Kale holiday salad

Serves 8

Ingredients

- ½ cup pecans, chopped
- 4 cups baby kale, chopped
- 4 medium radishes
- ½ cup dried cranberries, unsweetened
(or substitute dried cherries or raisins)
- 1 medium Granny Smith apple
- 1 can (14 ounces) chickpeas, drained and rinsed
- 2 Tablespoons olive oil
- 1-½ Tablespoons apple cider or white wine vinegar
- 1 Tablespoon water
- 1 Tablespoon smooth Dijon mustard
- 1-½ teaspoons honey
- Fresh ground pepper to taste

Instructions

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat the oven to 350 degrees.
3. Spread pecans evenly on a baking tray. Place the baking tray in the oven and toast pecans about 5-8 minutes until golden brown. Turn pecans over halfway through toasting. Remove the tray from the oven and let cool.
4. Place baby kale in a colander and rinse thoroughly. (Note: If you use another type of kale, wash the kale, pat it dry and then massage the leaves with your hands until the leaves are darker in color and fragrant to make them more tender. To do this, lightly scrunch handfuls at a time.)
5. Place kale in a salad bowl.
6. Thinly slice the radishes and add to kale in the bowl.
7. Coarsely chop the pecans and cranberries, and add them to the bowl.
8. Wash the apple in running water and then core the apple. Cut it into bite-sized pieces and add it to the bowl.
9. Drain and rinse the chickpeas and add them to the bowl.
10. In a small bowl, whisk together the olive oil, vinegar, water, Dijon mustard, honey and ground black pepper. Add the dressing to the salad and toss until the salad is evenly coated.
11. Let stand for 20 minutes and serve.

Nutrition Facts

8 servings per recipe

Serving size 1 cup

Amount per serving

Calories **174**

% Daily Value*

Total Fat 9 g **14%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 123 mg **5%**

Total Carbohydrate 21 g **7%**

Dietary Fiber 4 g **15%**

Total Sugars 5 g

Includes 1 g Added Sugars **2%**

Protein 4 g

Vitamin D 0 mcg 0%

Calcium 46 mg 5%

Iron 1 mg 5%

Potassium 97 mg 3%

*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
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

We have created space on the web for Community Health programming:

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.