

# Gift of Health

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At the Root of  
 Good Health  
 First Clinical Hoop House

SAINT  
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# The Farmer is In...

The circular drive around St. Joe's is the path to wellness. It leads you to vital health services – the Cancer Center, the Family Birth Center, the ER, Michigan Heart...the Farm. It's that last sign that most people don't expect to see. St. Joe's Ann Arbor is one of the first hospitals in the nation and the first in Southeast Michigan to have its very own farm.

In three years, the Farm has gone from an idea – to a vision – to three hoop houses (solar-heated greenhouses to grow fresh produce year round), a 22-acre bed with rows of fruits and vegetables, a quarter-acre co-op garden, and a beehive that's operated by the Ypsilanti Food Cooperative. "Since its inception, the Farm has remained almost entirely volunteer run," said Dave Raymond, SJMH Director of Planning and Design. "For us, it's a passion." And, in June 2013, St. Joe's was awarded the Achievement Citation for "innovative programming that changes people's lives" by Catholic Health Association (CHA) of the United States.

Farm fresh greens, lettuce, broccoli, garlic, peppers, tomatoes and more are offered to inpatients and at Joe's Java Café and cafeteria. And, each Wednesday patients, visitors and staff flock to the Patient Tower lobby to the Farmer's Market for fruits,

vegetables and flowers grown on the Farm at St. Joe's as well as partnering farms.

"Fresh food tastes better and it makes you feel better," Lisa McDowell, SJMHS Director of Clinical Nutrition, told CHA when describing the inpatient meals. "We want those trays to be trays of love; a special, colorful tray that tells patients, 'we want you to heal.'"

"The growing awareness about sustainable farming has led the hospital to also purchase locally grown, better quality fruits and vegetables and support area farmers," said Dan Bair, Director of Hospital Farming. And, Since 2010, St. Joe's has donated more than 3,200 pounds of surplus vegetables to local food banks, including Food Gatherers, and to patients in need who are fighting cancer and might otherwise go without beneficial nutrients.

"Our commitment to health is not simply medical, we aim to enrich the entire range of well being: mind, body and spirit," said Rob Casalou, President & CEO St. Joseph Mercy Ann Arbor and Livingston.



**Farmer Dan** holds a bachelor's degree from the University of Michigan and an organic farming certificate from Michigan State. He is also an inspiring leader.



"An amazing part of my job is working with kids in St. Joe's ShapeDown program who are fighting obesity. They walk to the farm with their families to learn how food grows and how to select vegetables for picking and eating. Then they prepare it back at the Hospital's education center kitchen. It's a journey toward healthy eating."

St. Joe's commitment to education extends to giving local students valuable exposure to an agricultural environment where health care is the focus. The Hospital has developed a sustainable agriculture internship program for master's and doctoral students studying public health and nutrition at the University of Michigan. The program has been nationally recognized as an innovative way to train students in the clinical and farm setting.



Clinical Hoop House

*Patients working toward greater independence*

## The First Clinical Hoop House

St. Joseph Mercy Ann Arbor and the Eisenhower Center, which provides outpatient services and residential programs for those recovering from traumatic brain injury, collaborated to design and build the first accessible clinical hoop house in the U.S. at the Farm at St. Joe's. The hoop house will be used to provide therapy to patients from both organizations, many who are recovering from stroke or injury from accidents. The hoop house was designed with ample aisles between raised planters, some that allow easy access and some that help build upper body strength or dexterity from a seated position in their wheelchair.

"The hoop house is a unique and beautifully designed facility that will be a stepping stone for patients towards greater independence," said David Steinberg, MD, Medical Director for Rehabilitation services and Vice Chair for the department of Internal Medicine. "So many of us use gardening for spiritual renewal and as a stress reliever. There's nothing better than putting food on your table that you grew from seed."

**Cover Photo:** Dan Bair, Director of Hospital Farming

For more information visit [stjoeshealth.org/thefarm](http://stjoeshealth.org/thefarm), watch "the Farm at St. Joseph Mercy Hospital" on YouTube, or to make a gift call 734-712-4040.



## Healing Inside and Out

"Every place that I went for a wig, I realized that they were not able to understand the journey of a cancer patient or how to address any of my questions and side effects," Trish Tyl described her experience fighting breast cancer seven years ago. "I was looking for a place that was warm and positive feeling and realized such a place did not exist."

A licensed cosmetologist and hair stylist for 15 years, Trish envisioned opening a spa-like place for services like wig styling and fitting, make-up consultations, oncology massage therapy and prosthesis and bra fitting. Her dream came at just the right time. She heard from a friend that St. Mary Mercy Livonia was opening an Image Recovery Center (IRC) for cancer patients. Trish was hired for the role of Coordinator, which included certification through Johns Hopkins hospital as a Clinical Cosmetologist and Specialist.

Today, patients from St. Mary Mercy Livonia and hospitals throughout the community rely on Trish and the IRC team including a second Clinical Specialist and an Oncology Massage Therapist. The team works closely with doctors and staff to understand

the effects of different cancers and treatments such as hair loss, fatigue and pain. They build personalized care plans that provide physical, emotional and spiritual relief.

"Patients always feel empowered when they realize that I have gone through what they are about to go through," said Tyl. "They are amazed that all my hair came back and that I look and feel so 'normal.' It gives them great hope and helps with their fears."

Our patients say it best. Shelly Y. wrote this letter to David Spivey, SMML President & CEO:

"I recently had need to visit the Helen Palmer Image Recovery Center. My hair was falling out, due to chemotherapy. I had no idea what a precious resource the Center would be for me. Trish Tyl took me under her wing. She became my educator, my guide and my cheerleader. She helped me make the difficult decision of how to cut my hair and prepared me for wearing a wig. Unbelievably, she styled a wig for me in such a way that my friends and family think the style is more flattering than when I had my own hair. Ms. Tyl makes a

woman feel safe, comfortable and normal again. In fact, I told her I'd like to live at the boutique while I go through this treatment process. That's how reassuring it is to visit the Center during such a frightening time. I am so grateful you have this service for women. Thank you."

"We truly believe that we are part of the cancer treatment plan. We go to great lengths to educate and empower patients to get through their journey with dignity and confidence," explained Tyl. "No one is ever turned away here. Our goal is to help everyone, no matter what their financial situation is." Gifts from the community and staff, including Roberta Palmer's gift of \$500,000 to name Livonia's Image Recovery Center for her mother Helen Palmer, made it possible to open in 2007. The IRC is a model for services at St. Joe's Ann Arbor through the Inspirit Salon. And, St. Joe's Oakland is currently creating a space to meet the essential image needs of patients fighting cancer. For more information visit [stmarymercy.org/image-recovery-center](http://stmarymercy.org/image-recovery-center) or [stjoeshealth.org/inspirit](http://stjoeshealth.org/inspirit).

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Coming soon ...

a new cancer center at  
Chelsea Community Hospital



# Branching Out

Giving Hope a New Home.

## The *Need*

57,750 people were diagnosed with cancer in Michigan in 2012. Yet services are limited and many patients must drive 30 minutes or more for treatment, depleting their time and energy and adding to the costs and risks of cancer.

## The *Goal*

To partner with the communities we serve through our \$6 million Branching Out Campaign. Gifts will directly support the creation of the Cancer Center at Chelsea Community Hospital.

## The *Philosophy*

A cancer center should be a place of hope for patients and their families. The best way to offer comprehensive care is to draw on the strengths and resources of our large health system and our local hospital in ways that will heal body, mind and spirit.

## The *Vision*

To expand cancer care to Chelsea Community Hospital. Our patients will benefit from comprehensive, expert cancer care with expanded chemotherapy and surgical services, research and support programs, and the addition of radiation therapy.

For more information or to make a gift, visit [cch.org/ways-to-give-cch](http://cch.org/ways-to-give-cch) or call 734-593-5373.

# Fungal Update

## One Year Later, fungal infection patients praise St. Joe for groundbreaking expertise and compassion

Last year at this time, hundreds of people across the nation were unknowingly injected with pain shots filled with a black fungus. Since then, their lives have never been the same.

On September 8, 2013, TV news anchor Heather Unruh of ABC's Boston affiliate WCVB TV 5 met with a group of these patients at St. Joseph Mercy Ann Arbor to talk about what occurred in their lives and what is happening now.

"It was very compelling and emotional," said Michele Szczyпка, SJMHS Chief Marketing Officer. Szczyпка said the patients spoke highly of the physicians and caregivers of St. Joe's. "They felt thankful because the medicine was far superior at St. Joe's compared with the rest of the country. They went out of their way to thank our medical community."

Nationwide, the CDC reports more than 750 people contracted fungal meningitis and other infections linked to the use of injectable steroids from three recalled lots distributed by the New England Compounding Center (NECC).

Michigan experienced the highest concentration of fungal infections. St. Joe's took the lead treating 195 confirmed cases, more than any hospital in the country. One patient remains hospitalized. Many others continue treatments through the Fungal Outbreak Clinic at Reichert Health Building. St. Joe's doctors opened the clinic shortly after the outbreak last fall to screen 629 patients who received the contaminated steroids at a nearby pain clinic. The team's approach and findings of spinal abscesses in many patients helped shape the diagnostic advice CDC issued for physicians nationwide.

"I think that our proactive approach caused us to find patients before they developed dramatic symptoms," Dr. David Vandenberg, Medical Director of the Outpatient Clinic, told the Boston Globe. Vandenberg said many who have completed treatment have done well, but a few are still reporting rashes, headaches, blurry vision, and mental slowing. The hospital intends to follow-up with patients it treated for fungal infections indefinitely.

To see the television report visit [stjoeshealth.org/discover-remarkable-tv](http://stjoeshealth.org/discover-remarkable-tv).  
For more information on St. Joe's response visit [stjoesannarbor.org/fungalloutbreak](http://stjoesannarbor.org/fungalloutbreak).



Health Reporter Lila Lazarus hosted SJMHS's Discover Remarkable's Special Report: Inside the Fungal Meningitis Outbreak



TV reporter Heather Unruh of Boston's ABC news affiliate meets with fungal infection patients who were treated at St. Joseph Mercy Ann Arbor.



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## Fast Facts

- St. Joseph Mercy Cancer Program was recognized as one of only seven community oncology research programs for improving cancer care by the Conquer Cancer Foundation of the American Society of Clinical Oncology (ASCO).
- Chelsea Community Hospital and St. Mary Mercy Livonia received an "A" for patient safety from The Leapfrog Group.
- The Health System's Emmy award-winning Discover Remarkable television series is available online at [stjoeshealth.org/discover-remarkable-tv](http://stjoeshealth.org/discover-remarkable-tv)
- The first class of 22 physicians completed St. Mary Mercy Livonia's Graduate Medical Program in June 2013.
- 2,600 patients needing testing for heart disease benefited from the D-SPECT™ Cardiac Imaging System located at Michigan Heart / St. Joe's Ann Arbor since acquiring this revolutionary equipment in summer 2012. Saint Joseph Mercy Health System is the first in Michigan, Ohio and Indiana with D-SPECT technology. This equipment reduces testing time from 20 to five minutes and radiation exposure by 50 percent.
- Lakshmi Halasyamani, MD, chief medical officer of St. Joseph Mercy Ann Arbor & Livingston, was honored with the 2013 Michigan Hospital Association Keystone Center for Patient Safety & Quality Leadership Award for her innovative and steadfast leadership in the midst of an unprecedented fungal infection outbreak.