

Gift of Health

Our Philanthropy Magazine

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2016

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BostonBound

The long road back
to the start

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for donors of Saint Joseph Mercy Health System

The Boston Marathon is the world's oldest annual marathon and ranks as one of the best-known road racing events. It attracts 500,000 spectators, and amateur and professional runners from all over the world compete in it each year. For runners it's the most elite a race can be and participating in it is a unique honor. When an injury threatens a runner's ability to participate in the Boston Marathon, it is devastating – just ask Mami Kato.

Just before Christmas 2014 and less than five months before her first Boston Marathon, Mami came down with debilitating pain in her left hip. "I was limping, and I could barely walk let alone run" Mami recalls.

Steven Karageanes, DO, FAOSM, medical director, sports medicine, St. Mary Mercy Livonia, evaluated Mami and diagnosed her with hip bursitis and tendinosis. He recommended physical therapy for strengthening and correcting muscle imbalance.

"I began physical therapy with Paul at MercyElite," Mami said. "Right away, I knew I was in good hands. Paul is an endurance runner. He understood my concerns and he knew firsthand what it takes to complete the distance of 26.2 miles. At my first session, I told him that I just wanted to get to Hopkinton, the starting line of the Boston Marathon."

For three months, Paul made minor adjustments to Mami's body movements for better alignment. They focused on strength training the quads and glutes. In February, Mami attempted her first 20-mile training run since the pain began. At mile 10, she felt the pain. By mile 17, Mami was unable to continue running.

"I was committed to working with Dr. Karageanes and Paul," Mami said. "I was building body strength again, but I couldn't help but wonder if I'd make it to Boston. Paul was my motivator. He assured me that I'd get there. He kept pushing and encouraging me."

Two weeks later, Mami ran another 20-mile training run. This time, she made it with very little pain. By April, and two weeks before the Boston Marathon, the pain was mostly gone. Mami made it to the starting line with some nerves.

"I had only run 550 miles to prepare for Boston," Mami said. "In my previous marathon, I ran 750 miles in training. But, I was thankful to be there, and my mind was focused on the finish line on Boylston Street. I only had 10 weeks to train for Boston, but after working with Dr. Karageanes and Paul, I was somewhat confident that I could finish the course without breaking down midway through the race."

The 2015 Boston Marathon was a beast for Mami and the other runners. It was cold, rainy and there were strong head winds. In fact, the crowd was thinner than usual. But that didn't dampen Mami's spirit. She finished one of the most prestigious races in the world, was pain-free, and even ran a negative split thanks to MercyElite.



For more information visit www.MercyElite.com. Call 734-655-8240 for physical therapy and sports performance or 734-655-1327 for sports medicine. To learn more about how to support St. Mary Mercy Livonia or to make a gift, call Sara Stauffer, Director of Development at 734-655-2980.



Giving the Gift of Health

Michael & Suzi Coghlan

Pictured above: Suzi and Michael Coghlan with SRSLY members

It was the elementary school DARE (Drug Abuse Resistance Education) assembly and Michael and Suzi Coghlan watched as their daughter and her friends excitedly ran around, proudly wearing their t-shirts and soaking up every word of the facilitators. The Coghlan's, parents to three daughters, couldn't help but wonder, "What happens between fifth grade and high school when many kids start experimenting with drugs and alcohol?"

That was 2006, and the Coghlan's were inspired to build upon their long-standing relationship with St. Joe's Chelsea (Chelsea Community Hospital at the time) by presenting their idea for a program to fill the gap in substance abuse prevention for kids ages 10 to 17. The timing was perfect - the Hospital and Chelsea School District leaders had also recognized issues related to substance use and were working on gaining support.

From their vision, SRSLY Chelsea was formed.

As a complement to school-based prevention and intervention programs, SRSLY is a community coalition of students, families, educators, law enforcement, health care providers, business owners and anyone ages 10 and up who wants to prevent destructive behavior in Chelsea youth.

“When developing SRSLY, hospital leaders hired an expert in coalitions who understood that you have to get the community engaged otherwise programs like these fizzle out, the coalition makes it sustainable,” said Michael.

The couple made a significant donation to the Hospital to start the coalition. The total commitment was for 3 ½ years and about a half-million dollars. Michael, a successful private investor, retired at 37 from Chicago’s financial district. He considers the investment in SRSLY Chelsea a solid one.

“This is a significant commitment, and we’ve never had any doubt because St. Joe’s Chelsea is the steward,” said Michael. “We would have never done this without a structure like the Hospital.”

SRSLY engages kids through projects, support and events – low-cost and free activities related to skill building, sports, art, leadership and more as well as events like St. Patrick’s Day and New Year’s Eve parties. “One of my favorites is SRSLY Cinema, Thursday night movies in the park,” said Suzi. “Kids know they can go there, hang out with their friends, and that no one will be pressured into drinking or doing drugs.”

“SRSLY helps keep kids safe - there is Safe Zone, a list of parents who pledge to ensure there will be no underage drinking or drug use in their homes,” added Suzi. “SRSLY has the support of local law enforcement with the anonymous hotline. And, Sticker Shock where SRSLY members put neon green stickers on alcoholic products at local stores as a deterrent to kids attempting to buy before prom and homecoming – two of the most heightened times for teen alcohol use.”

“An ultimate benefit of SRSLY is that in addition to reducing substance abuse, kids are gaining a lot of self-confidence and self-worth,” explained Michael.

The proven benefits of SRSLY were evident within the first two years and earned a 5-year federal grant from the Drug Free Communities Support Program*. Organizations are eligible for two grant cycles and SRSLY is currently waiting response to its proposal for years 2016-2020. As a stipulation of the grant, an organization is required to match funding by a percentage including volunteer hours, in which SRSLY is abundant. Since August 2008, approximately 1 out of every 15 residents in the Chelsea School District has volunteered for the coalition – 1,143 youths and adults working 17,780 hours to prevent and reduce youth substance use.

SRSLY members playing volleyball at a volunteer party



Giving the Gift of Health



SRSLY members and local law enforcement volunteer for Sticker Shock before homecoming

SRSLY Chelsea was named the 2011 Spirit of Excellence National Runner Up, *Modern Healthcare Magazine* and received the 2013 Ludwig Community Benefit Award, Michigan Health and Hospital Association. This proven success has resulted in additional federal funding to mentor programs being developed in Dexter, Ann Arbor, Stockbridge and Manchester.

In addition to SRSLY, the Coghlan's have supported many St. Joe's Chelsea programs including a significant gift to the new Cancer Center, Michael is Vice Chair of the Board, and they serve on the Spring Auction Committee. But, their generosity and support reach beyond the Hospital. Suzi is Vice-Chair of the Washtenaw Area Council for Children, focused on programs that promote safety and wellbeing. The couple supports Special Days Camp in Ann Arbor for kids who are undergoing cancer treatments. And, the Coghlan's made a gift to name the Craniofacial Anomalies Fellowship at UM dental school, inspired by their own experience with their daughter who after years of examination was ultimately diagnosed with cranial frontal nasal syndrome and needed multiple surgeries and ongoing specialized orthodontic care. Their gift in gratitude to Dr. Kathleen Kelly and her team recognized an unmet need that will now be addressed through advanced orthodontic education, awareness and enhanced availability of care.

"The scalability of a project is important. Like the fellowship and SRSLY, we know that our initial support will continue to benefit our community and it will create programs and services that can be replicated or extended throughout the state or the nation to benefit as many people as possible," said Michael.

SRSLY Making a Serious Difference

With support from the Coghlan's, the community and a federal grant, SRSLY has made a dramatic impact on the Chelsea community. *According to the Michigan Profile for Healthy Youth (MiPHY) Survey:

- The percentage of high school students who have ever drunk alcohol has gone down from 50.0% in 2007 to 29.6% in 2016
- The percentage of Chelsea High School students who have recently drunk alcohol (last 30 days) has also gone down from 29.3% in 2007 to 13.2% in 2016

"Ever since SRSLY started, it's been easier for kids to come out of their shell and say, 'No, I'm not into that, that's not my thing. I don't want to drink or do drugs,'" explained a 9th Grade SRSLY member.

For more information about SRSLY visit srslychelsea.org



Students having a fun summer night at SRSLY Cinema

Leaders, Teachers, Healers



Dr. Philip J. Stella, SJMHS Medical Director of Oncology, has been caring for patients and saving lives for 30 years. While he is a leading researcher and expert physician, his patients often count on him for the loving, compassionate way he provides care. His passion, intelligence, experience and hopefulness lead him to treat the whole patient: body, mind and spirit. "I'm the luckiest guy in the world with a beautiful wife and great kids, a vocation where I meet people and help them during the most challenging time of

their lives, and I get to do all these creative things – create a cancer care program, research and study how treatments work, sculpt, grow a garden. I'm blessed to have a family and close personal friends, great people to work with, and the patients who let our team into their lives. I feel humbled and hope that we're worthy to serve them in the way that honors God," said Dr. Stella.

Dr. Stella is among the doctors at St. Joe's who serve as leaders, teachers and healers.

Tell us a little about yourself. Where did you grow up? Where did you study medicine?

I grew up in northwest Detroit in Rosedale Park. I went to a Jesuit high school, U of M for undergrad, and Michigan State University College of Human Medicine. My residency was at St. Joe's. And, I did a two-year fellowship in Oncology at Mayo Clinic.

How did you choose your specialty?

I chose oncology for multiple reasons, but the main reason is because in oncology, the patients really need help. When I finished my time at Mayo Clinic, I worked with Mother Teresa in Calcutta, mostly in hospice caring for people dying from diseases curable in western society. She taught that God is there for the poorest of the poor. Cancer is the great equalizer. So for me caring for those with cancer - helping them through their journey from treatment to emotional support, to spiritual care - became a vocation.

How long have you been at St. Joe's? And, what drew you here?

Thirty years ago, I chose to live out my vocation at St. Joe's because it is truly a unique place. It's the only private hospital in town with a medical staff committed to one system. That results in an invested and focused staff working collaboratively - our physicians, nurses, clinicians and administration working together to deliver the best care to the community. And that's a wonderful place to practice. That is what has kept me here.

Working with an outstanding team, dedicated to seeing the cancer program grow, has been an ongoing inspiration. I was named St. Joe's Medical Director for Oncology in 1994, and at that time, our team developed one of the first comprehensive cancer centers in Michigan with chemotherapy, radiation therapy and collaborative care in one place.

Our program has continued to advance tremendously - we've added the nurse navigator program to help patients right from their initial diagnosis. We now have multidisciplinary clinics for various cancer types, which bring together an expert team for integrated care including surgeons who specialize in cancer and robotics. St. Joe's has the best radiation therapy anywhere with our Cyberknife®. When we started our research program, we had 3 research staff, we've grown to 25, and in the next few years, we'll go up to 35. We have financial navigators. We have genetic counselors. We didn't even think about genetics 22 years ago or navigators or so many of our services like our specialized palliative care and survivorship programs. And, so with these new and expanding programs, our staff has also increased significantly. Today, we also have a patient and family experience committee. Everything we do now, we consider, "How does it look from the patient standpoint?"

I share a vision and commitment with a whole team of physicians and staff - to provide the best oncological care and develop the best program around.

What are your roles at St. Joe's?

I'm the Medical Director of Oncology and I share leadership with Dr. Katie Beekman, Director of Infusion Services, and Dr. Walter Sahijdak, Director of Radiation Oncology, as well as the Surgical Directors for all of the tumor types. In addition, I currently provide direct practice half time.

I'm the Principal Investigator for St. Joe's NCORP (National Cancer Institute Community Oncology Research Program). We are one of 34 NCORPs in the country, and our most recent grant was rated number one in the nation with a perfect score, which is very uncommon.

St. Joe's participates in clinical trials that you would find at any leading cancer institution such as Mayo Clinic or Sloan Kettering. Our expert doctors are sought to speak locally and nationally - for example Dr. Robert Cleary is renowned for his pioneering work treating colorectal cancer with robotic surgery, and a few weeks ago I was a guest speaker on a local news show regarding our NCI-MATCH trials* putting St. Joe's at the forefront of the molecular genomics era. Other prime examples include UroNav trials for prostate

cancer and the next generation of trials studying check point inhibitors that harness the power of the immune system to treat cancer. Our research not only improves care, being community based, it gives patients access to experimental treatments close to home and long before they are common practice.

What is most important to you about your work?

I would say the most important thing is serving my patients in any way God presents them to me. Every day I say a prayer that says this: make me worthy of serving my fellow man. And, then I set out to give back by serving this special population of patients through direct care and by creating the best program and research program possible. *(Jim Pantelas is one example of a patient who has benefitted from Dr. Stella's care. See photo, right.)*

What is on the horizon for your program and field of medicine?

St. Joe's is embarking on the expansion and renovation of our Cancer Center in Ann Arbor to house the dramatic growth in programming, staffing, and patients. We have redefined comprehensive care and as a result, we must transform our Cancer Center.

Out of our cancer program in Ann Arbor, we built beautiful state-of-the-art centers at St. Joe's Brighton, Canton, and Chelsea, and we have a new cancer center at St. Mary Mercy Livonia, all right in the patient's backyard. Now, it's time for the Ann Arbor location – the first comprehensive cancer center – to be renovated, to reflect the ongoing commitment to serve in a nurturing environment that enhances the overall patient experience.

Secondly, we are looking at how to deliver care in a different way in a new era, especially as it relates to the value of care. We have been chosen by the National Cancer Institute as one of 10 programs to lead research on how to deliver the best quality care while ensuring the best value for the patient first and foremost. So for example, what are the best ways to reach patients and treat cancer during the earliest most treatable stages, how do we address care from a population management standpoint, how can improving care for our community also improve care for a region or for society? We are actively looking for and developing solutions.

How do you describe the role of philanthropy in the work you do, at the hospital and in our communities?

Throughout the 30 years I've been at St. Joe's, my wife, Lynn, and I have always recognized the importance of philanthropy, supporting the hospital and serving the hospital in its fundraising efforts. When we built the Cancer Center in 1994, it was in thanks to the generous support of our community including Judy Dow Rumelhart for whom our Robert H. and Judy Dow Alexander Cancer Center is named.

Today, as we transform the current facility and program, philanthropy continues to play a role and we will rely on the community to be our partners in this project. To kick-off fundraising, my wife Lynn chaired the 2015 Holiday Ball and I served as Philanthropy Chair to support the Cancer Center. She did an amazing job and our community, colleagues and friends came out to make gifts of more than \$1.1 million for the event – a record breaking amount! I could not be more proud of Lynn and all she has done to raise these vital funds for the transformation of the Cancer Center and for all the patients who will benefit.



While his wife, Cathy, was pregnant, Jim Pantelas was in Dr. Stella's care, undergoing cancer treatment. Jim survived the cancer. And, he and Cathy named their daughter...Stella. Jim Pantelas and his wife Cathy with their daughters (left to right) Leda, Stella and Grace.

If you weren't a doctor, what is your second choice for a career?

I would be a sculptor. Under the guidance of renowned sculptor John Pappas, I recently sculpted a replica of Prometheus located in Rockefeller Center in Manhattan with my colleagues and friends Doctors Masini and Falahee to display at the Holiday Ball. That inspired me to get back in the studio and I have been loving every minute of it.

What are your favorite things to do in your "spare" time?

I love to garden and landscape. My wife and I went with some friends to the south of France. When we came home, we built and planted a French kitchen garden in my backyard. I built limestone pillars - I wasn't sure what I was doing, but I figured, "hey, I'm Italian, I can do this." And, then I installed an iron gate from Materials Unlimited. We grow some vegetable and flowers and I could be out there all day - it's the same passion I have for sculpting.

What are your favorite travel destinations?

Tuscany - my dream is that my wife and I are going to go for a month and just soak in the Tuscan sun. I'd like to spend some of my retirement there. I envision myself with suspenders and a fedora, checking on my fruit trees and grapes, patting my grandkids on the head.

I heard you climbed a mountain...

(Laughs) Yes, Mount Kilimanjaro. I went with Doctors Falahee, Walsh, Masini, Sarosi and others. It was fantastic. It was the hardest thing we've ever done. We were the oldest guys on the mountain, but we all made it up. Now, they're afraid because I'm trying to think up the next challenge.

What is your favorite movie? What is your favorite book?

I'm a big movie guy, I love movies. I'm not sure if I can pick just one. I like the comedy classics like "The Blues Brothers" and "Ghost Busters" and anything National Lampoon, and I'm a sucker for plays and musicals. I love to read too... oh one of my favorites is "Undaunted Courage," it's about the Lewis and Clark expedition. But really anything from biographies to historical fiction - I could read all day.

For more information about cancer care at St. Joe's call 734-712-HOPE (4673) or visit www.stjoeshealth.org. Or, if you would like to support cancer care, contact Katie Elliott, Director of Major Gifts, at 734-712-3919.

**More information about the NCI-MATCH trials can be found on page 10.*



(Left to right) Bill Dirksen, Dr. Mike Sarosi, Tim Patton, Dr. Philip Stella, Dr. Mark Falahee, Dave Kelley, Dr. John Walsh, Dr. Mike Masini atop Mount Kilimanjaro.

Saint Joseph Mercy Health System Michigan Cancer Research Consortium joins first-of-its kind NCI-MATCH clinical trial



Saint Joseph Mercy Health System's Michigan Cancer Research Consortium is participating in a genetic mutation study called the National Cancer Institute's Molecular Analysis for Therapy Choice program, or NCI-MATCH, to identify and target specific DNA mutations in patients' tumors.

Genomic-based clinical trials such as NCI-MATCH are a growing field of study in which researchers are determining if treating patients based on the genomic make-up of a tumor rather than the site of the cancer—such as lung or breast—can be effective, especially for patients whose cancer is not responding to standard treatment protocols.

"Traditionally, chemotherapy has used a broad approach to fighting the spread of cancer cells," said Philip Stella, MD, principal investigator for the Michigan Cancer Research Consortium at Saint Joseph Mercy Health System. "This study indicates the new direction in cancer treatment in which physicians are going beyond standard treatment to attack genetic mutations. This is a major game changer, and gives patients more options."

A tumor could have up to 200 different mutations, and treating it based on mutation instead of disease site may enable doctors to better target the treatment plan. If a cancer then mutates in an effort to "outsmart" the anti-cancer treatment, the medication can continue to be adjusted to adapt to the current mutations and keep the cancer from growing.

For more information including a list of current clinical trials, call 734-712-5658 or visit <http://www.stjoesannarbor.org/cancer-research-clinical-trials> or www.mcrconline.org



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Or call our Office of Development:

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St. Joseph Mercy Livingston/Brighton	810-844-7207
St. Joseph Mercy Oakland	248-858-6146
St. Mary Mercy Livonia	734-655-2980



Revolutionizing

HEALTH CARE

Your support for telemedicine at St. Joe's Livingston & Brighton is making it possible for area residents to get the health care they need without leaving the county. This year marks St. Joseph Mercy Livingston's 10th anniversary of providing life-saving care and improved outcomes using stroke robots. Today, telemedicine activity has expanded beyond the longstanding stroke network. "We have been piloting several technologies that allow physicians in separate physical locations to interact with our ER patients and inpatients being cared for in our local facilities," said Bill Makela, Sr. Project Manager for the St. Joseph Mercy Livingston & Brighton Transformation.

One example is our RP-7i® robot using InTouch Health technology. This state-of-the-art robot enables real-time patient monitoring and triggers remote intervention from physicians and other health care providers right at the bedside or exam room. Additionally, St. Joe's Livingston is piloting the use of Skype™ for Business using real-time video conferencing to decrease wait times for patients who need a physician specialist consultation on the inpatient units.

Kim Keenan was the first patient to receive care as part of the Skype™ inpatient pilot. After a week of experiencing swelling in her finger and hand, she awoke with a red line going up her arm and knew it was an infection. Kim rushed to St. Joe's Brighton ER and was diagnosed with cellulitis and admitted to St. Joe's Livingston. "The IV antibiotic wasn't yielding the expected results so they told me about the pilot program," explained Kim. "I was able to stay at St. Joe's Livingston while Dr. Kothari (SJMHS infectious disease specialist) provided an exam and new prescription for treatment from his office in Ann Arbor."

Having worked at several health systems including Mayo Clinic, Kim added, "I can see how telemedicine will be beneficial for patients and hospitals - more efficient and more cost effective. I'm glad I could be part of the pilot project - I think it gives a better solution, another path, and the doctors can spend the time caring for patients instead of driving to see them."



"On average, we have experienced reductions by over 24 hours from the time of the order to the time of the physician consultation for our inpatients," added Makela.

"The main purpose of advancing telemedicine is to provide patients in the Livingston County community with the best health care resources," said Amy Jolgren MSN RN CNL, Clinical Nurse Leader and Front Line Leader of Telemedicine

Community support, including gifts to our recent fundraising events, has begun to benefit telemedicine as part of St. Joseph Mercy Livingston & Brighton's Transformation. In addition to advanced telemedicine services, this initiative includes the development of an innovative short stay center at the Health Center in Brighton to fill the need between inpatient and outpatient care with 18 private rooms and added surgical options and testing services. Renovations at our hospital in Howell include new, updated inpatient units and state-of-the-art operating rooms.

To support the Transformation of St. Joseph Mercy Livingston and Brighton, please call Katie Rusak, Director of Development, at 810-844-7207.

St. Joseph Mercy Ann Arbor

announces first implant of world's smallest, minimally invasive cardiac pacemaker



St. Joseph Mercy Ann Arbor has inserted its first implant of the world's smallest pacemaker: the Medtronic Micra™ Transcatheter Pacing System (TPS) as part of a global pivotal clinical trial. St. Joe's is the only hospital in Michigan offering the procedure.

One-tenth the size of a conventional pacemaker and comparable in size to a large vitamin, the Micra TPS pacemaker is delivered directly into the heart through a catheter inserted in the femoral vein. Once positioned, the pacemaker is securely attached to the heart wall and can be repositioned or retrieved if needed. The miniature device does not require the use of wires, known as "leads," to connect to the heart. Attached to the heart via small tines, the pacemaker delivers electrical impulses that pace the heart through an electrode at the end of the device.

"This miniaturized technology is designed to provide patients with the advanced pacing technology of traditional pacemakers via a minimally invasive approach," said Dr. Timothy Shinn, medical director of the Electrophysiology Lab at St. Joseph Mercy Ann Arbor, who implanted the Micra transcatheter pacemaker. "We are proud that St. Joseph Mercy Ann Arbor was selected among an elite group of institutions to take part in this clinical trial. If positive, the results of the trial could potentially benefit the more than one million people globally who received pacemakers each year."

In contrast to current pacemaker implant procedures, the Micra TPS implant does not require a surgical incision in the chest and the creation of a "pocket" under the skin. This eliminates a potential source of complications, and any visible sign of the device. The Medtronic Micra TPS is an investigational device worldwide.

So far, 100 percent of the first 140 patients who have received the Micra TPS experienced a successful implant procedure. These patients spanned a wide variety of profiles, including ages ranging from 21 to 94 years, weight ranging from 90 to 362 pounds and global residency including Asia-Pacific, Europe and the U.S.



Transforming Care

...for the Communities We Serve

The SRSLY Chelsea* program for the prevention of alcohol and substance use among 10-17 year olds is an example of St. Joseph Mercy Chelsea's commitment to quality, compassionate Behavioral Health Services (BHS). During Saint Joseph Mercy Health System's recent Community Needs Assessment, individuals in our community identified Behavioral Health (including mental health and substance abuse) as one of the top three health issues affecting either themselves or their families. For more than 40 years, St. Joe's Chelsea has provided the communities it serves with outpatient mental health and an innovative adult BHS Inpatient Wing with both a secured unit and an open unit - the only open unit in the state. The Hospital is currently transforming the BHS Wing, investing an estimated \$1 million and asking the community to support the project with an additional \$1 million. This renovation project will include a new modern design and more efficient use of the space while adding to the comfort and care of patients. Gifts will enhance the BHS Wing's innovative and expert care and healing environment and ultimately, support patients in leading healthier, happier lives.

If you would like to learn more or make a gift to SRSLY or the transformation of St. Joseph Mercy Chelsea's BHS Inpatient Wing, contact Judy Stratman, Development Director, at 734-593-5373.

**To learn the origin of SRSLY, turn to page 3.*

Your Legacy

You can ensure the Remarkable Medicine, Remarkable Care that your family has counted on is available for future generations. Making a gift through your will or trust is a simple and meaningful way to leave your legacy.

Call Fran Petonic, Vice President for Development, at 734-712-4040 for sample language and allow us to recognize you as a member of one of our Legacy Societies.





Be healthy and active.

Be Remarkable... Be healthy and active.

Meet Richard and Patricia Freeman, a happily married couple from Waterford. Four years ago, when both were in their mid-to-older 70s, this remarkably supportive couple made a pact to be proactive with their health and wellness.

To do this, they knew they needed to establish a healthy diet and exercise regimen.

"I knew we needed to do it," Richard says. "I needed to maintain my weight and although my wife and I were relatively healthy, we knew that as we aged, anything was possible."

All things considered, Richard was right. The two have had few medical issues through the years. At the time Richard and Patricia made their pact, they were considered by most to be in good physical health.

But there were some warning signs, says Richard. "I didn't have as much energy as I once did and I had had some lower back pain."

Together, Richard and Patricia registered for Senior Fit classes offered through St. Joseph Mercy Oakland. The program, which is geared towards adults age 55 and up, aims to improve stamina, lower blood pressure and decrease the risk of osteoporosis among senior adults. The program also focuses on exercise to help maintain strong bones, control body fat, reduce stress and improve an individual's sense of well-being.

BeRemarkable.



Richard and Patricia started attending Senior Fit classes three days a week on Mondays, Wednesdays and Fridays.

"It's nothing we couldn't do," explains Patricia. "Workouts include marching in place, bands, weights and chair exercises. Don't get me wrong, it's very challenging but the instructors are understanding of our limitations and have only encouraged us to 'do what we can.'"

Richard attributes Senior Fit as an important part of healthy living.

"We both have more energy to do the things we love to do together," Richard says. "I've got more energy on the golf course and my back pain is all gone."

Richard and Patricia can still be found in the Senior Fit classes three times a week and spend their retired years on date nights, eating out, catching up on Netflix, and traveling up north and around the country spending time with their family.

To learn more or to make a gift in support of St. Joseph Mercy Oakland, call Megan Miller, Director of Development, at 248-858-3161.

#BeRemarkable

Thank you for sharing our vision and mission. Our donors make being remarkable possible. With every new day at St. Joe's, we dedicate ourselves to being a compassionate, transforming, healing presence in the lives of patients. The mission we all share is why we are here – it's what drives us. Our combined efforts are nothing short of remarkable.

At St. Joe's, remarkable is the uncommon blend of extraordinary care and medicine that your gifts support. Your gifts benefit our patients who inspire us to be the best in everything we do.

Be always seeking, bravely fighting, forever hoping...Be Remarkable.

Do you have a remarkable patient story to share? Do you want to see more Be Remarkable stories? Visit stjoeshealth.org/beremarkable

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Please contact us at 1-855-257-1719 if you wish to have your name removed from lists used to send fund-raising requests supporting Saint Joseph Mercy Health System.

Fast Facts

In April 2016, St. Mary Mercy Livonia became the first hospital of its kind in Michigan to perform elective Percutaneous Coronary Intervention (PCI), commonly known as coronary angioplasty. Elective PCI is a non-surgical procedure used to treat narrowed arteries of the heart found in heart disease. After proven success in performing emergency PCI (angioplasty) since 2005, St. Mary Mercy has received approval from the State of Michigan and from Accreditation for Cardiovascular Excellence to perform elective PCI procedures. To learn more or determine eligibility, please call 734-655-2851 or visit stmarymercy.org.

Chronic hypertension puts you at higher risk for heart attack, stroke, heart failure, kidney disease and death. St. Joseph Mercy Oakland is one of only 10 locations in the U.S. participating in two new global clinical trials for hypertension – the minimally invasive, investigational Symplicity Spyral™ catheter and Symplicity G3™ radiofrequency (RF) generator. To learn more or determine eligibility, please call 248-858-6962.

St. Joe's Chelsea Diagnostic Imaging is proud to announce we are a Breast Imaging Center of Excellence with prestigious accreditation from the American College of Radiology (ACR) in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy. For appointments call 734-593-5500.

In addition to being listed among Truven's 2016 Top 100 Hospitals for the eighth time, St. Joe's Ann Arbor was also honored with Truven's prestigious Everest Award – one of 15 chosen from among 2,790 hospitals throughout the nation - for achieving both the highest current performance and the fastest long-term improvement over five years in categories including patient care, operational efficiency, and financial stability.

The Health Exploration Station at St. Joseph Mercy Canton, developed, built and sustained with philanthropic funding, continues to serve the community by providing engaging education. For example, in February second graders from Holmes Elementary School in Ypsilanti participated in the "All About Me" program, courtesy of a grant from the Ford Motor Company Fund. Visit healthexplorationstation.com or call 734-398-7518.