

Programs for Your Good Health

Special Services

Alice Gustafson Center
(Ambulatory Care Center)
248.858.6700

Amicare Home Healthcare
248.858.7735
Provides nursing, therapy, support services and equipment.

Business Health Services
248.858.6411
Provides physician staffing services, travel medicine and executive physicals to area employers.

Cranbrook Hospice Care
248.452.5300
Terminally ill patients live their final days with peace and dignity in their own homes or in nursing homes.

Emergency Center
248.858.3100

Eye Services
248.858.3251
The Eye Clinic offers exams by ophthalmologists. Glaucoma and retina clinics are available. Visual field testing is also available.

Fund Development
248.858.3161

Grief Counseling
248.858.3710
Counseling and referral to community resources for people who have lost loved ones.

Healthy Start/ Healthy Families Oakland
248.335.5638
Multi-agency health and human services collaborative; provides home visitation services to at-risk families with infants and young children.

Joint Care Center
248.858.3227
Provides comprehensive 7-step program for patients needing joint replacement.

LifeTime Fitness
248.267.1000
Full service health club in partnership with St. Joseph Mercy Oakland.

Medical Centers
Bloomfield – 248.334.3136
Lake Orion – 248.693.5700
Pontiac – 248.858.3126
Rochester – 248.656.3515
Union Lake – 248.360.1200
Waterford – 248.674.9300

Medical Records
248.858.3180

Mercy Healthcare at Home
1.800.852.3638
Offers private duty assistance and healthcare services.

Mercy Place Clinic
248.333.0840
Offers basic health care services and preventive health education for people in need.

Nutrition Counseling
248.858.3020

Individual counseling on weight loss, healthy eating habits, diabetic and cardiac patient nutrition.

Parish-Nurse Program
248.858.3042
Volunteer nurses foster health and healing at churches in Oakland County. Screenings, counseling and support groups are available.

Passage Point Young Adult Program
248.338.0345
Program for people 18 to 55 with disabilities requiring skilled nursing care. Held at the Bloomfield Hills Nursing Center.

Pharmacy
(St. Joseph Mercy Oakland Professional Pharmacy)
248.858.3059
Pharmaceutical services are available at the hospital.

Preventive Medicine For the Executive
248.276.0693
Receive a comprehensive medical history and exam. Health-risk appraisals, as well as nutrition and stress assessments are also available.

Pulmonary Rehabilitation
248.858.6289
Outpatient education and exercise training to help patients and their families understand and cope with lung disease.

Sleep Disorders Center
248.371.1726
Symptoms include excessive snoring, gasping for breath while sleeping, inability to sleep at normal times, excessive daytime sleepiness and more.

Smokeless System
810.781.0014
Uses proven techniques to help you stop smoking.

Speakers Bureau
248.858.3160
Healthcare professionals are available to speak to community groups on a range of topics.

Travel Medicine Program
248.276.8854
Individualized, medically supervised program offers information on international travel, health precautions, immunizations and more.

Urgent Care Center For the Executive
248.858.3120
Treats patients with minor medical problems.

Volunteer Services
248.858.3035
Enjoy the rewards of volunteering. Many opportunities are available.

Weight Management Program
248.601.3092
Health Management Resources offers a medically supervised, individualized program including rapid weight loss, long-term maintenance, easy diet plans and lifestyle education.

Heart Programs

Cardiac Rehabilitation Services
248.858.3128
Phases II and III cardiac rehabilitation are available for people who have had angioplasty or other cardiac treatment. A physician's referral is required. Services also are available in the Prescription Fitness Building in Waterford and at LifeTime Fitness in Troy.

Cardiopulmonary Resuscitation (CPR)
248.267.6651
Instruction is available for both adult CPR and infant/child CPR.

Chest Pain Emergency Center
248.858.3103
Determines the source of your chest pain quickly and gets you the treatment you need in those first critical hours.

Heart Management Program
248.858.6710
Classes for persons with heart failure, their families and friends.

Mended Hearts
248.623.1168
Educational group for cardiac patients and their families.

Nutrition Counseling
248.858.3661
Individual counseling for cardiac patients.

Cancer Programs

Breast Cancer Information
248.858.3962

Breast Cancer Support Group
248.858.3962
Provides education and support for women undergoing treatment for breast cancer.

I Can Cope
248.858.3000, ext. 4724
A cancer education and support group where a wide variety of topics are discussed.

Family Cancer Risk Screening
248.858.3456
A free, confidential program to help identify one's risk of getting a cancer that runs in the family. Education and counseling are available.

Rehabilitation Services

Rehabilitation Services
248.858.3111
Inpatient and outpatient; physical and occupational therapy, speech pathology and audiology services are available throughout Oakland County.

Rehab Outpatient Clinics
Lake Orion – 248.814.9955
Union Lake – 248.360.0052

Driver Rehabilitation Program
248.858.3111
Assesses people with disabilities who have been seizure-free for six months. Training sessions available in some cases. A doctor's referral and a valid driver's license required.

Golf Clinic (Adaptive)
248.858.3116
Warren Orlick, PGA Hall-of-Famer, works with therapists to help disabled people play golf again.

Help for Hearing Loss
248.858.3111
Program for the hearing impaired and their families.

Support Groups in Rehabilitation

Spinal-Cord Injury
248.858.3020
Emotional support and education for people with spinal-cord injuries.

Stroke Folks
248.858.3111
Support group provides information, medical management and complementary therapy for people recovering from a stroke.

Traumatic Brain Injury
248.858.3116
Support group for survivors and their families and friends. Explores social opportunities and community resources.

Women and Children

Children's Grief Workshop
248.452.5300
Resources available for children and adolescents grieving the death of a loved one.

HELP Program
248.858.3526
Helps people who have experienced the loss of a pregnancy.

Mercy OB/Gyn Center
248.858.6272
Offers full scope of OB/Gyn care, including care for high-risk pregnancies.

Mercy Women's Care Center
248.858.6200
Screening and diagnostic mammograms; core biopsy of breast lesions.

Mom/Baby Home Care
1.800.852.3638
Offers two home visits from a specially trained nurse within 24 - 48 hours of patient discharge. Homemaker services are also available.

Natural Family Planning Class
248.858.3560
Learn the Billings Method for determining fertility potential.

Nature's Way Breast-Feeding Class
1.800.372.6094

Nurturing Healthy Families
248.858.6272
A comprehensive teen pregnancy program which includes prenatal care, childbirth classes and more. Services are free of charge.

Pediatric After-Hours Center
248.858.3493
Provides care for children ages 17 and younger who suffer minor medical problems after their own doctors' offices have closed.



Pediatric Subspecialty Clinics
248.858.3492
Offers a variety of pediatric subspecialty clinics. Days and times vary.

Pre & Postnatal Education
Classes help parents welcome a new life into the world. They include:
• Prepared Childbirth
• Prepared Childbirth Marathon
• Prepared Childbirth Refresher
• Prepared Sibling
• Breast-Feeding
• Infant Care



Surgical Stars
248.858.6700
Prepares children for surgery. Children and their families watch a video and puppet show and tour surgical areas.

Telephone Help for the Deaf
TDD phone service available for pregnant patients and their families.

Diabetic Programs

Diabetes Education
248.858.3020
Classes for people with diabetes and their families and friends.

Diabetes Forum
248.858.3020
Features a variety of speakers for diabetics and their families.

Insulin-Pumpers Club
248.858.3020
Educational and support group for people using an insulin pump to control diabetes.

Nutrition Counseling
248.858.3020
Individual counseling for diabetic patients.

Senior Services

Alexander Mercy Living Center
248.545.0571
Offers short-term convalescent or long-term care in a neighborhood setting.

Alzheimer's Disease Support Group
248.651.6950
Helps families and friends caring for someone with Alzheimer's or related disorder.

Deaf Unit
248.338.0345
Meets the medical and social needs of deaf, long-term residents. Located at the Bloomfield Hills Nursing Center.

Heritage Place
248.693.9197
Independent living residence for people who are at least 62 years old or are mobility impaired with limited incomes.

Highland Haven
248.889.2726
Independent living housing for the elderly and handicapped with limited incomes.

Lifeline
248.858.3035
In-home emergency-response system for the elderly and handicapped living within 30 miles of St. Joseph Mercy Oakland.

Medicare/Medicaid Assistance Program
248.858.3035
Counseling for Medicare or Medicaid beneficiaries and their families who need help understanding rules and regulations.

Mercy Bellbrook Retirement Community
248.656.3239
Offers all levels of senior living; privately owned condominiums, apartments, assisted-living rooms, special-care rooms for the memory-impaired and a skilled-nursing area.

Behavioral Medicine

24-hour Access Center
248.858.3623
Provides immediate assessments for individuals suffering from psychiatric crises. Includes admissions to the substance-abuse or psychiatric unit.

Alcoholics Anonymous
248.858.3177
Men and women work together to recover from alcoholism.

Attention Deficit Hyperactivity Disorder (ADHD)
248.858.3177
Provides diagnoses and care for children with ADHD. The program is tailored to the individual.

The Masters Therapy Group
248.858.3177
Designed to help members 55 and older with issues related to aging, including the grief/loss process, self-esteem, prolonging independence and more. Call to schedule an intake evaluation.

Mercy Behavioral Medicine Center – Clarkston
248.620.0605
Provides comprehensive assessments and outpatient treatment for mental health and substance abuse disorders.

Outpatient Psychiatric Clinic
248.858.3177
Assesses and treats people suffering from emotional disorders or substance abuse.

Substance Abuse Services
248.858.3177
Treatment focuses on the patient's mental, physical and spiritual needs.

Women Sharing Sobriety
248.858.3177
Women share their experiences, strength and hope to recover from alcoholism.

Complementary Medicine Programs

248.858.3233
The Division of Complementary Medicine offers information and services on acupuncture, healing touch, yoga, meditation, pain management and more.



Healthy living is just a click away.

www.stjoesoakland.org

- Will St. John's Wort be the solution to my depression?
- How many calories would I burn walking for one hour?
- When is a hysterectomy necessary?
- What causes sleep apnea?
- What are the risks and benefits of children's vaccines?
- Pain medications – is there really a difference?
- What precautions can I take for the heart disease that runs in my family?

Click on "Health Information" for the answers to your health care questions.



A MEMBER OF TRINITY HEALTH

