



Oakwood's Services in the Community!

Oakwood

You don't have to be in a doctor's office or hospital room to benefit from Oakwood Healthcare System's everyday commitment to you and your good health. As our neighbor you have access to a host of Community Outreach services designed to improve your knowledge, your fitness, your spirit and your family's opportunities for the best possible quality of life.

Since the early 1980s Oakwood Community Outreach has reflected our core values of Compassion, Respect, Excellence, Diversity and Ownership, and has maintained a seamless dialogue between healthcare professionals and consumers:

Children and Youth

Children in the Oakwood community have access to basic healthcare through Oakwood's

- State-of-the-art Center for Exceptional Families, providing an array of services for children with disabilities. To visit or inquire, call 313.996.1960 or go to www.oakwood.org/cef
- School-based and school-linked clinics:
 - Inkster Teen Health Center, 734.729.3650
 - Romulus Teen Health Center, 734.941.1400
 - Taylor Teen Health Center, 734.287.2076
 - Adams Child and Adolescent Health Center-Westland, 734.728.2423
- Partnerships with a multitude of community-based health service agencies

- Classroom-based and active fitness programming for students at Project Fit America schools and through after-school programs.
- Junior running events in connection with Oakwood's annual Red October Run.

Arts For The Spirit

- Patients and visitors enjoy the healing and community-building inspiration of fine art in galleries throughout the public spaces of Oakwood hospitals. For information contact Sandra Baughman at 313.586.4941.
- Each year Oakwood recognizes and celebrates Young Artists from all over its service area, as well as the artistic talents of its employees and volunteers.
- Any community member can join Oakwood's monthly Creative Writing workshops to explore and sharpen their writing skills. To sign up, contact Michael Madigan at 313.586.4902.

Health, Safety and Fitness

Community Health programs maintain a consistent presence of screeners, educators and practical health support on-site and in the field:

- Free heart health and diabetes presentations – to engage for your group, contact Colleen Cooper at 313.586.5495
- Heart health, diabetes and stroke screenings – to arrange for your organization, contact Colleen Cooper at 313.586.5495
- Free nutrition workshops– contact Ryan Sledge at 313.586.5351
- Car seat safety check and assistance for parents from new birth through all stages of car seat use, as well as group demonstrations – to obtain this service, contact Julie Brown at 313.586.5488

- CPR training classes – to enroll, contact Oakwood Health Line 313.543.WELL
- Oakwood's Quit Smoking Resource Line for effective options and referrals – call Ryan Sledge at 313.586.5351

Red October Run

- Since 1991, both serious and recreational runners and walkers of all ages have participated in this nationally sanctioned, Oakwood-sponsored annual event. To register, contact Cynthia Cook at 313.586.5486.

Faith-Based Initiatives

- Church health ministers, pastors and administrators gather each month for learning, networking and support in Circles of Care, sponsored and hosted by Oakwood. To join, contact Cathy Stock at 313.586.4996.
- Faith communities throughout the Oakwood service area significantly enhance their social ministry with *Stewardship of Health*, a series of self-directed health education materials incorporating a spiritual context. To order for your faith community, contact Cathy Stock at 313.586.4996.

Speakers Bureau

- Scores of popular health topics are presented by Oakwood physicians, clinicians and administrators to audiences in local community centers, churches, schools and workplaces.
- Speakers Bureau talks are most often given free. To book a speaker, contact Michael Madigan at 313.586.4902.

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