A Note from Rev. Kevin Massey

Anyone who is connected to a church or temple or synagogue or mosque knows that volunteers are an essential part of the ministry. When I was a parish pastor I deeply appreciated the work volunteers did in ministries like the Altar Guild, the Sunday School, the facilities crew, and the Stephen Ministry. Volunteers are really the lifeblood of organizations that care for the needs of the community.

Advocate Lutheran General too is a place where volunteers make our healing ministry what it is. I would like to invite all of you, readers of this newsletter, to help us appreciate our volunteers this quarter. Upcoming in the week of April 22nd will be our Volunteer Appreciation Week. Last year volunteers contributed over 110,000 hours of service in our healing ministry. Volunteers work in nearly every part of the hospital, serving in patient care areas, transportation, hospitality and information, food service, and administrative areas. They deserve to be recognized and thanked for their service.

We also have volunteers contributing significantly to the Department of Mission and Spiritual Care. We have volunteer chaplains caring for our patients of a number of faith groups. We have volunteer Ministers of Care visiting our patients providing Holy Communion. We have Heart to Heart Visitors caring for the spiritual needs of our Muslim patients and families. These volunteers are an integral part of our ministry in caring for the spiritual needs of the whole community.

So during this upcoming Volunteer Appreciation Week and during every week, please take the time to thank a volunteer for their active role in serving here. If you have members of your faith community who volunteer here with us in any capacity, please especially thank them and pray for them and their ministry here. Thank you all for your partnership with us in our healing ministry.

Ground Breaking Diversity Dialogue at Advocate Lutheran General Hospital

Lutheran General Hospital has a long tradition of bringing together professionals across disciplines of study and practice to address and engage the needs of its patients. Chaplains as well as chaplain training through the Association for Clinical Pastoral Education (CPE), i.e. the professional training program by which chaplains learn and gain qualifications for certification, are among the valued long time health care disciplines in the service of patient care at Lutheran General. In its origin, Clinical Pastoral Education and those who supervise this specialized professional cont. on page 6

The Jewish holy day of Shavuot – The Festival of Weeks – comes exactly seven weeks after the beginning of Passover. This year, it occurs from sundown on Tuesday, May 14 through sundown on Thursday, May 16. Shavuot is one of three biblical pilgrimage festivals and originated as an agricultural holiday. The most significant meaning of Shavuot today relates to Jewish understanding that the Torah, the Bible, and all of Jewish cont. on page 6
“Extended Winter-Spring CPE Underway with Six Chaplain Students”  
by Chaplain and Supervisor Joseph Tamborini Czolgosz

Dr. Seuss once wrote a story about the “Mid-Winter Jickers” in which he inimitably narrates the trials and emotional “terror” that winter can visit upon people. Six intrepid Chaplain students are braving our own version of the “Midwinter Jickers.” Along with me as their supervisor here at Advocate Lutheran General Hospital, we are learning from their visits with persons whose health and lives are knowing trials and terrors.

On Tuesday, January 8, 2013, at 8:00 sharp, these chaplain students arrived at A.D. Johnson Chapel foyer to formally begin orientation to the hospital and to the program of training known as Clinical Pastoral Education (CPE). As part of their extensive orientation to the procedures, processes and resources used in the provision of spiritual care, CPE chaplain students shadowed staff chaplains to observe how ministry to the spiritual and religious needs of patients is carried forward here. They have begun solo visiting patients and are working with interdisciplinary staff to best address patient issues, concerns, and needs. On Tuesdays through June 11, they engage group process learning to engage more deeply and learn from their efforts in ministry. On the next page you will find a brief autobiographical statement of introduction to these student chaplains, as well as their pictures. If you happen to meet any of them over the course of their program, please introduce yourself and allow them to enrich your understanding of the learning and ministry that they will have engaged. Here in picture and in their own words, then, are the members of Lutheran General’s Winter-Spring Extended CPE Class of 2013.

See Page 3 .
Advocate Lutheran General Connections Newsletter

Apr—Jun 2013

Rev. Dr. Kevin Bergmann was born and raised in Buffalo, New York. After graduating from high school, he enlisted in the U.S. Coast Guard for four years. During that time, he was confirmed in the Lutheran Church in Cape Elizabeth, Maine. Following his honorable discharge, he graduated from Concordia College in St. Paul, Minnesota, and went on to study at Concordia Theological Seminary in Fort Wayne, Indiana, graduating with the Master of Divinity degree in 1988. After graduating, Kevin was ordained and installed as Pastor of St. Paul Lutheran Church in Whiting, Indiana, a congregation of the Lutheran Church Missouri Synod, where he served for 23 years. Kevin completed his Doctor of Ministry degree in May, 2011. He and his wife, Laura, have been married for 22 years. They have been blessed with one daughter, Alison. Kevin is taking the first unit of Clinical Pastoral Education to explore chaplaincy as an option for future ministry.

Wallace Kelley: Greetings! My name is Wally Kelley and I grew up in the Humboldt Park neighborhood of Chicago. I graduated from the University of Illinois at Chicago with a degree in Finance and spent 30 years in the banking industry, retiring from Northern Trust in 2010. I am married to Susan, a Speech-Language Pathologist at Patton school in Arlington Heights. We have two grown children, Ryan and Erin. I felt God’s calling to take early retirement from banking and prepare for full time Christian service. I am a student at Garrett Evangelical Seminary. Susan and I have been residents of Prospect Heights, Illinois for 25 years.

My name is Jeremiah Lee, and I am Chinese born in Korea. I am married with Shannon and have a son named Isaac who is eight years old. I came to USA when I was a teenager, and met Jesus in these years. I am about to graduate in May from Garrett-Evangelical Theological Seminary in Evanston. God has called me to serve, and I am so grateful to be able to serve in Lutheran General. I hope this would be an unforgettable experience for me, and will help me to move forward on what God has called me to do. May God bless you!

My name is Paul Lee. I was born in a loving family in a suburban area of South Korea. My wife and I have been dating for about 6 years before our wedding and married for about 7 years. We have traveled many places around the world together and the U.S. is the 11th country that I have been. While staying in Hawaii, I found my calling to do church ministry in the U.S., so I came to Garrett-Evangelical to start over all my ordination process. The reason I'm doing CPE is my two bosses highly recommended me to do this. The one is my senior pastor saying "it will be extremely good for you to be a good pastor." The other is my wife. So far, I'm learning a lot from my group, particularly our Supervisor Chaplain Joseph. I feel that I'm so blessed to have this privilege to do the CPE here. Thanks.
Save the Date

**Fad Diets: Why They Fail and How to Successfully Lose Weight:** Community Lecture Tuesday, April 2, 2013 from 7-8pm at the West End Conference Center (registration required see page 11).

**A Healthy Night’s Sleep:** Community Lecture Tuesday, April 9, 2013 from 7-8pm at the West End Conference Center (registration required see page 11).

**Migraines: Diagnosing, Managing and Prevention:** Community Lecture Tuesday, April 16, 2013 from 7-8pm at the West End Conference Center (registration required see page 11).

**Home is where the heart is.** Friday, April 19, 2013 Old Country Buffet across from Lutheran General Hospital (registration required see page 13).

**Stroke Prevention:** Community Lecture Tuesday, April 23, 2013 from 7-8pm at the West End Conference Center (registration required see page 11).

**Warning Signs and Living with Dementia:** Community Lecture Tuesday, April 30, 2013 from 7-8pm at the West End Conference Center (registration required see page 11).

**Keeping Strong No Matter What Your Age.** Friday, May 17, 2013 Old Country Buffet across from Lutheran General Hospital (registration required see page 13).

**World of Elegance: An International Fashion Show Benefiting Women’s Health Services.** Friday, May 10 at Chateau Ritz in Niles. For more information, contact Jaqueline.mathews@advocatehealth.com or tammy.metropulos@advocatehealth.com. (See page 12).

**Make your plates brighter with fruits and vegetables.** Friday, June 21, 2013 Old Country Buffet across from Lutheran General Hospital (registration required see page 13).

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**Benefiting Advocate Lutheran General Hospital and Advocate Children’s Hospital Park Ridge**

**What:**
Men & Women’s Association of Advocate Lutheran General Hospital’s 38th Annual Golf & Tennis Classic

**When:**
Monday, June 17, 2013
Registration - 10:00 a.m.
Lunch - 11:00 a.m.
Shot Gun Start - 12:30 p.m.
Tennis - 2:00 p.m.
Dinner & Cocktails - 5:30 p.m.

**Where:**
Park Ridge Country Club
636 N. Prospect Avenue
Park Ridge, IL 60068

**How:**
To register or for sponsorship opportunities, call Jackie Mathews at (847) 723-2343

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**Lutheran General Named a Top 100 Hospital**

For the fourteenth time, Lutheran General Hospital has been named a 100 Top Hospital® by Truven Health Analytics, formally Thomson Reuters. This prestigious honor means Lutheran General is a top notch medical center that provides high quality care for the patient it serves.

Sharing this honor with Lutheran General is sister hospitals: Advocate Christ Medical Center, Advocate Good Samaritan Hospital and Advocate Illinois Masonic Medical Center.

“All Lutheran General Hospital associates, physicians, and volunteers should take pride in their contributions to the outstanding care being provided through our health ministry each day.

Congratulations and thank you for continuing to provide our community with nationally recognized care.” said Tony Armada, president, Lutheran General Hospital.
“We’ve had suicides in our community and just an increase in a lack of ability to get help. I think the economy and lack of funding from the state have all contributed to difficulties for people.” Fran Hook Hume, a committee member and chief executive officer with Park Ridge-based Maine Center, which assists residents dealing with mental health and substance abuse issues, said the survey’s responses will serve as a “barometer” for what is missing in the community and what needs to be done. “It’s to see what’s on the community’s mind,” Hume said. “We have little groups here and there and we have ideas from them, but we don’t have a community-wide survey. We hope the community participates so we know what the community is thinking, not what we think they’re thinking.”

Peter Ryan, a member of Park Ridge’s Health Commission agreed. “This gives a depth of insight you just can’t get without a survey,” Ryan said. (“Without a survey) it just becomes anecdotal and one person’s point of view.” Unlike area suburbs like Niles, Morton Grove, Mount Prospect, Des Plaines an others, the city of Park Ridge does not have a department dedicated to human services. Residents must turn to non-governmental organizations or Maine Township for assistance.

The Healthier Park Ridge Project committee members will be involved in reviewing the results of the survey with the city of Park Ridge and Lutheran General Hospital. Besler, who launched the project, said the hospital is on board to provide financial support to initiatives that are created as a result of the survey. One possibility, she said, is the creation of a community health specialist position. What this individual would do will be determined by the survey’s findings, Besler said.

Surveys are expected to start arriving at homes next week and are funded primarily through Advocate Lutheran General Hospital with help from some outside donations, Besler said.

The Healthier Park Ridge Project is seeking additional donations in order to produce more surveys. Anyone interested in making a donation can contact Besler at paula.besler@advocatehealth.com or at (847) 723-7188.

In addition to mailing out more surveys, those involved in the project are just hoping as many residents as possible respond. “In these tough times we really want people’s voices to be heard and we want to hear as many as we can,” Besler said.
Diversity Dialogue—cont. from page 1
practice, was largely of Christian origin. Now, however, patient populations, and those studying CPE, represent a broad diversity of society.

The Jewish community is one of those minority faith and cultural groups served by Lutheran General Hospital in its care and in its teaching/learning. Rabbi Naomi Kalish, President of the National Association of Jewish Chaplains and one of a few Jewish CPE Supervisors, was invited by Rev. Joseph Czolgosz Manager of CPE at Lutheran General, to meet with area CPE supervisors to reflect on and learn about the experience of Jewish seminarians and others Jewish students who study CPE. Also, invited was the local Jewish Staff-Chaplain group co-facilitated by Rabbi Joseph Ozarwoski. A panel of Jewish chaplains reflected upon their CPE experiences, where cultural comfort including liturgy, holidays, diet, and other dynamics are growing edges in translation for CPE Supervisors and other student group members. Jewish members of the panel also saluted their supervisors of whatever faith tradition as their rabbis (teachers) and models of hospitality.

The meeting on March 5 heightened awareness and sensitized supervisors towards recognizing who their Jewish students are culturally, religiously, and spiritually. With this renewed recognition of supervision for Jewish students it is hoped that supervisors will more fully engage the needs of future CPE students of the rainbow of minority cultural and faith traditions. More information about CPE is available from Joe Czolgosz at 847-723-7333 or joseph.czolgosz@advocatehealth.com.

2013 Summer Volunteer Program
RECRUITMENT NOW OPEN! The summer volunteer program is an opportunity for junior and senior high school students to win one of seven $500 internships and spend five weeks during the summer in a hospital environment, immersed in various hospital areas, including orthopedics, surgical unit, pediatric physician therapy, child life, music therapy and several non-clinical areas.

The application deadline is Friday, April 5. For more information visit www.advocatehealth.com/luth/high-school-internship-program, stop by the volunteer services office on 9-South, or call 847-723-6105.

Shavuot—Cont. from page 1.
teaching were given on Shavuot. There are festive meals on the first two nights and first two days of Shavuot, including wine and/or grape juice and challah (egg bread or roll). Following synagogue services on Shavuot, Tikun Leyl Shavuot occurs. Jewish homiletic tradition teaches that the children of Israel fell asleep as they were about to receive the Law at Mount Sinai. God was forced to awaken the people with thunder. In order to right that wrong of the first Shavuot, Jews traditionally remain awake studying as a community on the first night of the holy day until morning services. Jews greet one another on Shavuot by saying, Chag Sameach (Hebrew) or Gut Yontef (Yiddish). Another custom related to Shavuot is eating dairy products, such as blintzes and cheese cake, instead of meat or poultry food items. There are many explanations for this practice. Some say that until the giving of the Law at Mount Sinai, Jews did not understand the restrictions of slaughtering and preparation of kosher food. Once these laws were revealed at Sinai on the first Shavuot, it was easier to accommodate the new teachings by preparing and eating dairy products. Diet permitting, kosher dairy items especially blintzes are available to Jewish patients /families during Shavuot. Electric candles are lit before sundown on the nights of Tuesday, May 14 and Wednesday, May 15. As is traditional, kosher grape juice and challah can be requested for the Holy Day dinner meal on May 14, at lunch and dinner on May 15, and at lunch on May 16. Shavuot meals can be ordered directly from Lutheran General Food Service by patients and family members at 847-723-6130. Associates, volunteers, and others desiring such meals can order them directly from the Top Deck [10th Floor dining area] Supervisor at 847-723-7040. Those desiring to borrow Electric Sabbath/Holy Day candles or seeking more information about Shavuot may consult Rabbi Len Lewy, Lutheran General Jewish Chaplain at lenard.lewy@advocatehealth.com. or 847-723-6395.

from Left: Fortunee Belilos, Pastoral Care Associate; Leonard Lewy, Chaplain; Joe Ozarwoski, local Jewish Staff Chaplain; Joe Czolgosz, Mgr. Clin. Pastoral Education

Register as an Organ & Tissue Donor
April is National Donate Life Month and Advocate Lutheran General has partnered with Gift of Hope Organ & Tissue Donor Network to encourage staff and community members to be organ and tissue donors. You can reaffirm or register as an organ donor and share why you support donation at www.hospitals4hope.org/companies/advocatelutheran. Take 30 seconds to join the Advocate Lutheran General community of organ and tissue donors.
Greater wellness . . . for children
through healthy eating and an active lifestyle

To raise healthy children, parents need to recognize and accept that nutritious foods build strong bodies and that physical activity leads to bodies that function at their best. Healthy eating and an active lifestyle work together to create good health — our natural, normal state.

Healthy eating

Parents play the most significant role in assuring that a child eats right. You can help parents positively maximize their impact by reminding them of some important things.

¬ The most important thing: Be a good role model.

When a parent chooses healthy snacks, eats at the table rather than in front of the television, takes appropriate portions and maintains a healthy weight; that parent is being a good example.

¬ Have regular family meals.

Any meal a child and a parent eat together is a family meal. Children benefit from its comfort and bonding, and parents have a chance to catch up with their kids. Studies show that children who take part in regular family meals are more likely to eat fruits, vegetables and grains and less likely to snack on unhealthy foods.

Eating dinner together as a family has been shown to benefit children. Only one third of Americans do so, and America ranks 23rd out of 25 countries when it comes to family meals. Kids who eat dinner with their families do better in school and are less likely to drink, smoke, do drugs or develop eating disorders. Research shows that you can reap most of the same benefits by gathering at any meal — have breakfast together, enjoy a bedtime snack as a family, share Sunday supper together — even if it is just once a week.

¬ Involve the kids.

Parents can let children choose from three healthy dinner options they suggest. Include kids in meal-planning and shopping. Show them how to read a food label. Let them select and prepare their school lunches.

Resources for clergy

Advocate Health has many classes about nutrition and physical activity. Go to advocatehealth.com, and explore the options in the Advocate hospital in your area.

Just Eating? Practicing Our Faith at the Table is a seven-session study that uses scripture, prayer and stories to explore our relationship with food. Find more about the curriculum at chicagofaithandhealth.org/learn/resources/good-nutrition-and-food-access/just-eating-curriculum.

Although wellnessintheschools.org was developed to serve schools, this site provides ideas and methods faith leaders and parents can also use.

Dozens of practical health sheets, games, helps for parents and teachers are available at kids.usa.gov/health-and-safety/health/index.shtml.

During 2013, Connections newsletters will focus on an important topic: achieving greater wellness through eating healthily and being active. Each issue will focus on one group: spring: children, summer: young adults, fall: mature adults, winter: clergy. As always, our intention is to serve you, our reader, with helpful information and resources for your congregants or yourself.
→ Teach children about the amazing human body and about food.

The human body miraculously heals a cut and grows new skin. It fights invaders (germs). But bodies need to be fueled with healthy foods to work their best. Talking about this inspires life-long healthy eating.

→ Avoid food fights.

Parents shouldn’t make mealtime a battlefield or bargain about food. Cancel membership to the Clean Plate Club! Find ways other than food to celebrate or reward children.

→ Stock up on healthy foods.

Kids, especially younger ones, eat mostly what is available at home and what is set before them. That’s why it’s important to remind parents that they control the supply lines – both what is served for meals and what is on hand for snacks. Children will choose from the options parents offer. Here are some guidelines to offer parents:

- Serve fruits and vegetables at every meal. Try beginning the menu with the vegetables: “Tonight we’re having carrots, broccoli, a green salad, oh, and some chicken.” Offer a variety of fruits and vegetables, and make a game of tasting something for the first time.

- Have healthy, ready-to-eat snacks on hand. Make it easy for kids to choose nutritious snacks. Allow them to help in their preparation. Even the youngest child can be part of the experience by putting carrot circles into a container.

- Limit fast food. In today’s busy world, this is often difficult. However, good food simply prepared is superior to almost all fast food meals. Simple and natural food trumps fast food any day of the week.

- Downplay dessert and sweets. Perhaps the highlight of the meal is the salad or the salad dressing. When dessert is served, keep portions small.

- Limit soda pop, fruit-flavored drinks and outlaw diet drinks. Serve water and milk instead.

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**Fresh produce in Chicago**

Finding good quality produce can be difficult in parts of the city where there are few supermarkets and often a shortage of fresh fruits and vegetables. Fortunately, there are several programs and online resources that can help congregants of limited means find affordable healthy food for themselves and their families.

The [Illinois: Where Fresh Is website](http://agr.state.il.us/wherefreshis) contains a directory of farmers’ markets as well as a chart that shows when Illinois-grown produce is in season. Local, in-season produce is often less expensive and of better quality than non-seasonal produce.

Home cooks looking for creative ways to prepare fresh produce can visit the Nutrition & Fitness section at [KidsHealth.org](http://kidshealth.org/parent/nutrition_center?cat=20744) for menu guidelines and nutritious, family-friendly recipes.

Congregants who rely on Illinois Link benefits (also known as SNAP benefits or food stamps) should also know that many farmers’ markets accept Link cards as payment. The [Illinois Department of Human Services website](http://www2.dhs.state.ill.us/Services/FoodAssistance/Link) offers a list of such farmers’

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**Baha’i prayer for children**

O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver.

Thou art the Compassionate.

*Abdu’l-Baha*
An active lifestyle

Activity guidelines and suggestions

Just as they do with healthy eating, parents also play the most significant role in assuring that a child is physically active. They need to:

- Choose an activity that is age appropriate for the child.
- Help the child! Show him/her the basics, encourage him, provide the necessary equipment and take him to playgrounds.
- Focus on fun! Don’t take things too seriously yourself, and keep in mind kids don’t do things they don’t enjoy.
- Provide time to practice. As skills improve, offer praise!

Parents can also plan a highly active family vacation such as hiking or biking, or they can go camping, another way to get everyone in the family moving.

If a neighborhood is unsafe, parents may find places for active outdoor play by checking with local libraries, YMCAs, rec centers, after-school programs, supervised playgrounds and outdoor play courtyards.

Active indoor play includes dancing, hula hoops, jumping rope, playing Twister® and even housecleaning tasks like making beds. Houses of worship can be a wonderful resource – especially if parents are ready to help with the planning and leading of activities.

Recommended TV limits

One of the best ways to get kids more physically active is to limit their screen time. The American Academy of Pediatrics recommends:

- Children under 2 years of age watch no TV at all.
- Children over 2 years of age limit TV to just 1 – 2 hours of quality programming.

Recommended activity levels for children

<table>
<thead>
<tr>
<th>Age</th>
<th>Minimum Daily Activity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant*</td>
<td>No specific requirements</td>
<td>Physical activity should encourage motor development</td>
</tr>
<tr>
<td>Toddler*</td>
<td>1½ hours</td>
<td>30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)</td>
</tr>
<tr>
<td>Preschooler</td>
<td>2 hours</td>
<td>60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)</td>
</tr>
<tr>
<td>School age</td>
<td>1 hour or more</td>
<td>Break up into segments of 15 minutes or more</td>
</tr>
</tbody>
</table>

* Infants and young children should not be inactive for more than one hour unless they’re sleeping. School-age children should not be inactive for longer than two hours.

National Association for Sport and Physical Education

Next issue: Greater wellness... for young adults

Advocate Health Care

Advocate Health Care Facilities:
Advocate BroMenn Medical Center, Normal
Advocate Children’s Hospital – Oak Lawn
Advocate Children’s Hospital – Park Ridge
Advocate Christ Medical Center, Oak Lawn
Advocate Condell Medical Center, Libertyville
Advocate Eureka Hospital, Eureka
Advocate Good Samaritan Hospital, Downers Grove
Advocate Good Shepherd Hospital, Barrington
Advocate Illinois Masonic Medical Center, Chicago
Advocate Lutheran General Hospital, Park Ridge
Advocate South Suburban Hospital, Hazel Crest
Advocate Trinity Hospital, Chicago
Advocate Medical Group – multiple locations
Advocate at Home – multiple locations

Share the news! This publication may be copied for use by others if printed acknowledgment of source is included.

Looking for a previous issue? To read back issues of Connections, please go to: advocatehealth.com/newsletters
Rev. Stacey Jutila Named Vice President of Mission and Spiritual Care, Advocate Children’s Hospital

Advocate Health Care is pleased to announce the appointment of Rev. Stacey Jutila as vice president of mission and spiritual care for Advocate Children’s Hospital.

In her new role, Rev. Jutila will administer and oversee all strategy, planning and programs for mission and spiritual care services at the Advocate Children’s Hospital flagship campuses in Park Ridge and Oak Lawn, as well as for pediatric care programs throughout the Advocate system.

“I am delighted that Stacey has agreed to join the children’s hospital in this capacity,” said Mike Farrell, president, Advocate Children’s Hospital. “She has served as a pediatric chaplain for the past 10 years, working successfully to improve the delivery of health care to children and families. Most inspiring are her achievements as a pediatric bereavement coordinator at our Oak Lawn campus, where she created a comprehensive bereavement support program and provided outstanding pastoral care and support to patients, families and associates.”

Rev. Jutila joined Advocate Christ Medical Center as a staff chaplain in 2007. Previously, she serves as a staff chaplain at Children’s Memorial Hospital.

She earned her Master of Divinity from the Lutheran School of Theology at Chicago, and a Bachelor of Arts degree in medical anthropology from Middlebury College, Middlebury, Vt. In addition, she completed hospital chaplaincy internship and residency programs at St. Mary’s Medical Center, Duluth, Minn. and the Mayo Clinic Rochester, Minn.

Rev. Jutila resides in Naperville with her husband and daughter.
Community HealthBeat

Healthy Living
Fad Diets | Healthy Night’s Sleep | Migraines | Stroke Prevention | Living with Dementia

**Fad Diets: Why They Fail and How to Successfully Lose Weight**
Tuesday, April 2, 2013
Presented by Family Medicine Physician:
Naomi Parrella, MD*
Class Code: 8G52

**A Healthy Night’s Sleep**
Tuesday, April 9, 2013
Presented by Neurologist and Co-Medical Director, Neuroscience Institute:
Wayne Rubinstein, MD
Class Code: 8G52

**Migraines: Diagnosing, Managing and Prevention**
Tuesday, April 16, 2013
Presented by Neurologist:
Terrence Li, MD*
Class Code: 8G52

**Warning Signs and Living With Dementia**
Tuesday, April 30, 2013
Presented by Geriatrician and Chief of Medicine:
William Rhoades, DO*
Class Code: 8G52

**Stroke Prevention**
Tuesday, April 23, 2013
Presented by Neurologist:
Steven Wolf, MD
Class Code: 8G52

All lectures are free and take place from 7 – 8 pm at the West End Conference Center. Free valet parking and refreshments are provided to attendees.

Looking forward to weekly lectures in 2013: May: Healthy Women

**Registration | Space is limited!**
To register for an event, call 1.800.3.ADVOCATE (1.800.323.8622) and mention the class code or go to advocatehealth.com/luth and click on “I need a class or support group” and type the class code in the keyword box.

* Advocate Medical Group Doctor

Advocate Lutheran General Hospital
Inspecting medicine. Changing lives.
Women’s Physician Group Invites You to

World of Elegance
An International Fashion Show

Advocate Lutheran General Hospital
Advocate Children’s Hospital

Friday, May 10, 2013 at Chateau Ritz
9100 North Milwaukee Avenue, Niles, Illinois
Reception and welcome 6 to 7pm
Dinner at 7pm
Fashion Show by Zzazz Productions

$75 per guest
Proceeds to benefit: Minimally Invasive Robotic Surgery, Oncology & Cancer Survivorship, Maternal Fetal Medicine, Women’s Physician Group, and Women’s Health Enterprise of Lutheran General Hospital

For reservations please call Jacqueline Mathews at 847.723.2343, Tammy Metropulos at 847.657.7229
SENIOR ADVOCATE
BREAKFAST CLUB

What do you want your legacy to be?
This time of year is a good time for us to reassess that question. As we
get into 2013, it will be very helpful given the economic ups and downs
and new tax law changes of what our legacy will be. John Holmberg
Director of Gift Planning at Advocate Charitable Foundation will lead us in
this discussion.
When: Friday, March 15th, 2013
Code: 8S13

Home is where the heart is.
Strategies for aging in place given by our own Jean Mau RN, APN, DNP
(who just received her Doctorate in Nursing Practice). Jean specialties
include cardiac care and seniors. She will share with us what we need to
do to remain where we want to be.
When: Friday, April 19th, 2013
Code: 8S14

Keeping Strong No Matter What Your Age.
Scott Chovanec MS, MA, MBA, FAWHP will give us a range of exercises
to keep us fit and strong. Scott amongst other things is an exercise
physiologist who is able to adapt exercise regimes to meet your individual
needs.
When: Friday, May 17th, 2013
Code: 8S15

Make your Plates Brighter with Fruits and Vegetables
Eileen Walsh Registered Dietitian from Advocate Lutheran General
Hospital will share with us how to live a healthier life style by changing
our diets. Summer is just the time to add these colorful changes.
When: Friday, June 21st, 2013
Code: 8S16

To register, call 1.800.3.ADVOCATE (1.800.323.8622) or visit
advocatehealth.com/seniорadvocate and click on "I need" and
"to register for a class"
Senior Information and Resource - Information and Resource is a free service that connects you with trained staff that can provide you with information on a wide variety of services and programs.

Senior Advocate - Personal assistance with Medicare and supplemental insurance billing.

Adult Day Center - This program offers a fun, creative and stimulating environment for older adults who, because of physical or cognitive disabilities require some assistance during the day. Take a tour for yourself, loved one or friends.

Expressions – A new program designed for people with early memory loss. It’s upbeat, interesting and keeps our minds active.

Phillips Lifeline is a personal response system that links older adults to help at the push of a button 24 hours a day. The newest technology can automatically detect a fall and summon for help. This product saves lives every day.

Home Delivered Meals - A support service provided to homebound elderly, individuals recovering from hospital stay or disabled persons who cannot prepare their own meals.

Advocate Lutheran General Hospital's Senior Information and Resource office
Call us for help: 847.296.0737

Free blood Pressure Screening done the first Wednesday of every month between 10:00am and Noon at our Senior Advocate office located at: 8820 W. Dempster Street, Niles, IL

(Across from Advocate Lutheran General Hospital)

Older Adult Services & Senior Advocate staff members you should know:

Mindy Haglund: Information and Referral Specialist, Home Delivered Meals and Philips Lifeline Coordinator 847.296.0737

Agata Doerfler: Senior Advocate billing counselor 847.723.7277

Linda Gonzalez: Senior Advocate billing counselor 847.723.7277

Sandra Mueller: Senior Advocate billing counselor 847.723.7277

Edythe Hirasawa: Manager, Medical Model Adult Day Service 847.824.5142

Katie Kiehn: Coordinator of Expressions (early stage Alzheimer’s program) 847.296.0434

Gwynne Chovanec: Director of Senior Advocate and Older Adult Services 847.824.5143

“The longer I live the more beautiful life becomes”.
Frank Llyod Wright