Dear Colleagues in Ministry,

As March gives way to April, after what seems like a very long winter, I am giving thanks for the subtle signs of Spring...longer days, a bit of warm sunlight, a robin in the yard, crocuses pushing up through the hard ground. As March gives way to April here at Advocate Lutheran General, we are celebrating Doctors' Week, and giving thanks for the many dedicated, skilled and faith-filled physicians who provide compassionate care for our patients and families. This year as part of our Doctors’ Week celebration we unveiled our Physicians’ Recognition Wall, a space dedicated to honoring our physicians with their pictures and quotes from their grateful patients. The first five physicians being honored are Leslie Brookfield, MD Cardiology; Robert Moss, MD Geriatric Medicine/Family Medicine; M. Scott Peckler, MD General Surgery; Ehab Shams, MD Internal Medicine; and David Thoele, MD Pediatric Cardiology. Each month five new physicians will be recognized in this way. We in Mission and Spiritual Care also are giving thanks for the addition of five new chaplains who will serve you and the members of your faith communities through your work here. Using a job share model, Chaplains Marilyn Barnes and Cheryl Scherer will be providing full time chaplaincy to patients and families in our Emergency Department, Trauma, and Critical Care areas, and Chaplains Willy Abraham and Greg Allen will be providing full time chaplaincy during our midnight to 8:00 a.m. shift. With Chaplain Christine Hoffmeyer joining Chaplain Stanley Buglione on our Saturday staff, we are able to provide care to more of our patients and families on weekends.

As noted in the attached bulletin inserts, which I encourage you to print and use in your worship bulletins, April 16th is Health Care Decisions Day. Preparing an Advance Directive is one more way that people can make informed decisions about their health care at end of life. Chaplains are available to talk about Advance Directives to your Adult Forums or other congregational events. Call 847-723-6395 to schedule a speaker.

We are here to serve you!

With thanks to God for your partnership in ministry,

Kathie Bender Schwich
EXTENDED CPE PROGRAM

A diverse group of seven new Clinical Pastoral Education (CPE) students is engaged in a 23-week “extended program” running from January-June. Hailing from countries of origin that include Korea, India, Ireland, and the US, they also represent other diversities, such as age (26-70), and religious tradition (Greek Orthodox, Roman Catholic, Pentecostal, United Methodist and Presbyterian.) On-site only 12-20 hours per week, they have had a steep learning curve as they learn not only the significance of empathic listening and reflective spiritual care, but also the protocols involved in providing ministries for Health Care Powers of Attorney, ER traumas, and sensitive pastoral care for people facing a loss in pregnancy. These extended students also have participated in an exciting new area of responsibility for the Mission and Spiritual Care Department. As a result of a three-day process improvement study and a pilot project, the Mission and Spiritual Care department assumed responsibilities previously held by another hospital department. These responsibilities involve working with our multi-disciplinary staff and funeral home directors to assure the smooth transition of a deceased patient’s body from the hospital to the family’s preferred funeral home. This role ensures that chaplains can provide compassionate care to dying patients and their families from the point of admission to final departure.

Our extended CPE program is open to faith community members, both clergy and lay. While lay persons may not have formal seminary training, some pastoral experience may qualify them for the program. The next Extended CPE program is planned for fall through early winter 2011-12. If you would like to be part of this profound ministry learning experience, please contact Supervisor René Brandt at 847.723.7270 for more information.

ALGH Senior Services presents 
Chiropractic and Acupuncture

Gerald Monk DC (Doctor of Chiropractic) will speak on the benefits of chiropractic and acupuncture and how it can affect your health. He will also talk about the role it plays in medical treatments.

Friday, April 15, 2011 
at the Old Country Buffet

Presentations include a continental breakfast at 8:30 am followed by a 9 am lecture. Registration Required

To register, call 1.800.3.ADVOCATE (1.800.323.8622) or visit advocate-health.com/senioradvocate and click on “I need” and “to register for a class.”

Look for upcoming news on a new program that LGH Older Adult Services is developing for those patients who have been diagnosed with early onset Alzheimer’s disease.

Advocate Lutheran General Hospital 
Hosts LSTC Gospel Choir

On Friday, April 15, 2011, Advocate Lutheran General Hospital will be hosting the Lutheran School of Theology at Chicago Gospel Choir to perform their concert in honor of Black History Month that was rescheduled due to the blizzard. This concert will take place at 7:00 PM in Johnson Auditorium on the ground floor of the Parkside Professional Building. Since you are a very important part of our extended family and ministry, we would like welcome you and your community to this special service. We hope you can join us for this special concert and for delicious pastries, coffee, or hot chocolate as we celebrate the diversity that surrounds us.
An Afternoon of Hope and Remembrance

May 1, 2011
3:00 pm

Chapel at Advocate Lutheran General Hospital

Join us for this special afternoon, bringing together family and friends to honor the legacy of loved ones who gave the gift of hope through organ, eye and tissue donation.

Following the service we will release Monarch Butterflies in the Meditation Garden in memory of loved ones who gave the gift of hope through organ and tissue donation.

A gift of hope

Advocate Lutheran General Hospital is all in the family for the Abrahams

By Camille Vicino, Intern Public Affairs and Marketing at ALGH

Advocate Lutheran General Hospital employees often say their coworkers are like family because of their close relationships, but for Molly Abraham, her coworkers are family. Molly is a preoperative care unit nurse, her husband, Willy, a chaplain, and daughter, Wilsy, an operating room volunteer who hopes to one day become a doctor. Additionally, her son, Wilson, was a medical surgery nurse and is now completing his Clinical Pastoral Education residency at the hospital as part of a master’s degree in Theology. A few weeks ago Wilson’s wife, Greta, joined the rest of the family when she was hired as a telemetry nurse.

In June 2002, Willy became the first member of the family to work at Lutheran General when he began his chaplaincy internship, less than a year after moving from India. Willy loved the hospital and the values which it represented. He often talked about what a nice place it was to work and encouraged Molly to apply for a job. Molly was hired as a nurse in August and immediately she understood why her husband loved working there.

“Whenever someone asks me where to work I always say Lutheran General,” said Molly. “If anyone ever needs surgery I tell them to go to Lutheran General because I think it is the best. The hospital treats the whole person -- not just the physical body, but the spiritual side as well -- which is so important. The hospital’s mission is put into practice; it is not just talked about.”

The Abraham family has been a part of living out this mission every day. There have been times when Molly was preparing an anxious patient for surgery and the patient asked for prayer. So she paged a chaplain and her husband, Willy, answered the call. When Wilson was working as a nurse, he would often deliver presurgical reports to his mom. Molly was always proud when she would later meet the patients and they would tell her about the outstanding care they received from her son.

Molly says that working at Lutheran General has been a blessing for her family, and Lutheran General staff and patients say that the Abraham family has been a blessing to them as well.

The Abraham family: Top row beginning at left; Greta, Wilson, Wilsy Bottom Row; Molly, Willy
New Chaplains

The department of Mission and Spiritual Care is honored to announce the addition of several new chaplains to its staff.

**Chaplain Cheryl Scherer** serves as a co-chaplain for our Emergency Department and Critical Care areas. Cheryl is a licensed minister of the Evangelical Covenant Church. Cheryl completed her Clinical Pastoral Education at Evanston Hospital, Northwestern Memorial Hospital, and Advocate Lutheran General Hospital. Cheryl also is a Licensed Clinical Social Worker in Private Practice in Evanston.

**Chaplain Marilyn Barnes** also serves as a co-chaplain for our Emergency Department and Critical Care areas. Marilyn is Minister of Children and Congregational Life at St. John African Methodist Episcopal Church in Aurora. Marilyn completed her Clinical Pastoral Education at various hospitals in the Advocate Healthcare System.

**Chaplain Willy Abraham** is one of our co-chaplains for the Night Shift (12am—8am). Willy also serves as a chaplain at Midwest Palliative Care and Hospice. Willy completed his Clinical Pastoral Care education here at Advocate Lutheran General Hospital. Willy has many years of pastoral experience from parishes in India to locally in Des Plaines, Illinois.

**Chaplain Greg Allen** also is one of our co-chaplains for the Night Shift. Greg serves as Pastor of New Faith Apostolic Church in Chicago. Greg completed his Clinical Pastoral Education at Advocate Lutheran General Hospital. Much of Greg’s ministry has been spent working with youth and providing vocational services to the community.

**Chaplain Christine Hoffmeyer** joins our team by providing pastoral care on Saturdays. Chris is a pastor in the Methodist Church. She completed her Clinical Pastoral Education at Advocate Lutheran General Hospital. Chris comes to us with both a wide range of experiences serving as the Protestant Chaplain at Hofstra University to serving as Pastor to three Long-Island churches.

We are very excited to welcome each of these gifted and chaplains into our Lutheran General family. Please know that they are here to assist you in providing compassionate spiritual care to the members of your faith communities while they are here at Lutheran General. Do not hesitate to call any of us with any questions or concerns.

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**Health Care Issues for Muslims**

Advocate Lutheran General Hospital’s Mission and Spiritual Care Department will host a live national broadcast of a webinar entitled "Health Care Issues for Muslims" presented by Sheikh Kifah Mustapha on Tuesday afternoon, May 17, 2011, from 2-4:30 p.m. in the Johnson Auditorium, ground level, west end of the main hospital. A panel of medical professionals and community members, composed of health care providers at Advocate Lutheran General Hospital as well as members of the Islamic Community Center of Des Plaines, will respond to the webinar presentation and speak to their experiences of providing and receiving health care at Lutheran General. Interested community members are welcome to attend. Please reserve your attendance by registering online at: [https://ww2.advocatehealth.com/db/cme/registration?course_id=486](https://ww2.advocatehealth.com/db/cme/registration?course_id=486)
Q. To what extent can hospitals inform clergy about parishioners in the hospital?
A. The HIPAA Privacy Rule allows hospitals to disclose a patient’s name, general condition, location in the facility, and religious affiliation to members of the clergy, even if they do not inquire about an individual by name. A hospital must include disclosures to clergy in their Notice of Privacy Practices and must give patients the opportunity to opt-out of being included in the hospital directory. If a patient does not opt out, his or her information, including religious affiliation, can be provided to clergy.

Q. Can I ask a hospital to call me anytime a patient states they are my parishioner?
A. No. The hospital cannot call clergy to inform them that their parishioner has been admitted to the hospital. Clergy should remind members of the congregation that the most effective way to ensure that they are aware of an individual’s admittance to a health care facility is to make sure that someone – the individual a family member or friend – notifies their clergy.

Q. Where do I go to get a list of patients and their religious affiliation?
Clergy can obtain a list of patients and their religious affiliation from either the information desk in the Parkside Building, the information desk in the main lobby or the mission and spiritual care office.

Q. If a parishioner is having an outpatient procedure performed can I call the hospital to confirm the appointment time?
A. The hospital cannot provide this type of information to clergy over the telephone. Hospital associates need to be very careful when disclosing patient information and need to be able to verify to whom they are speaking. Clergy should again impress upon their parishioners that in order to ensure their presence, the parishioner must notify the clergy about any scheduled out-patient procedure and any change in that appointment time.

Q. Do I need to have an ID badge or proof that I am clergy?
Although this is not a specific HIPAA requirement, to ensure that we are protecting patient privacy it would be advisable to always have a form of ID with you.

Q. Who should I contact if I have any specific privacy-related questions?
A. Feel free to contact Advocate Health Care’s Chief Privacy Officer, Dina Mansour, at 630-684-9373.
Now Is the Time to Make Life Choices

Today when admitted into a hospital, people are asked about their advanced care plans. But such determinations are best made while you are healthy – in advance of hospitalization, serious illness or an accident. Making these decisions when you are well and can more easily process information results in choices that truly reflect your wishes.

There are several advantages to determining your preferences now and discussing them thoroughly with your loved ones:
+ You and they have time to think through and discuss feelings, fears and wishes.
+ Your loved ones are spared ever having to guess your wishes and instead can honor what you have explicitly told them.
+ Conversations with your faith leader, your health care provider and other advisors about significant options and important issues can help you make the very best decisions.
+ Taking time, talking, going through the process – all this will crystalize your beliefs. Important feelings have room to surface and be aired. Fears may be lessened, and trust enhanced.

Without direction from you about your wishes, loved ones are often left feeling confused, ineffective and guilty when a crisis arises. Completing your Advance Directives is a responsible and loving gift you can give your family on National Health Care Decisions Day. Putting your thoughts down on paper in an Advance Directive not only clarifies your wishes, it also shows true kindness to those you love.

April 16 is Health Care Decisions Day

Prayer: Creator God, help me prepare for each day whether in the fullness of life or at life’s end. Grant me wisdom in preparing for the time when I must let go of the life that you have given me. Amen.

FAQs about Advance Directives

Q: What is involved in an Advance Directive?
A: There are two major types of documents, neither of which is used unless you are unable to speak for yourself.

A Healthcare Power of Attorney documents the person you select to be the voice for your health care decisions if you are unable. A Living Will specifies your wishes about medical treatment at the end of life – especially the refusal of life-prolonging treatment – only when death is imminent. Again, both of these documents become effective only if you are unable to speak for yourself.

Q: What’s the difference between Power of Attorney and Health Care Power of Attorney?
A: Power of Attorney appoints someone to handle your financial affairs while you’re unavailable or unable to do so. Power of Attorney for Health Care appoints someone to make health care decisions for you if you cannot.

Q: Do I need a lawyer to complete an Advance Directive?
A: No, these documents are readily available as pre-printed forms. If you would be more comfortable consulting a lawyer or if you have special needs, by all means talk to one.

Q: If I sign this and later change my mind, what do I do?
A: You may revoke an Advance Directive at any time. You can do this in any of three ways: by destroying the document, by dating and signing a statement of revocation or by verbally expressing your intent to cancel.

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What Causes Arthritis?

No longer considered just a consequence of aging, arthritis is the inflammation of one or more joints that results in pain, swelling and limited movement. Arthritis involves the breakdown of cartilage which normally protects the joints and allows for smooth movement. Without it, bones rub together and discomfort results.

There are over 100 different types of arthritis, and about 37 million Americans of all ages suffer from some form. Osteoarthritis (OA) is the most common type and the one most likely to occur with aging. While it can affect any of the joints, it is most common in the hips, knees and fingers.

Risk factors include being overweight, a previous injury to the affected joint and using the affected joint in a repetitive action. Genetic defects, musculoskeletal defects and injury are uncontrollable factors that can cause arthritis, too.

But there are actions you can take to avoid OA and protect your joints:

- Maintain your ideal weight.
- Move! Build muscles! Exercise strengthens the muscles and in doing so protects the bones. Strong muscles keep joints from rubbing together and wearing down the cartilage. Low-impact aerobic exercise and range of motion exercises for flexibility are important, too.
- Practice good posture to protect neck, back, hip and knees.
- Pace yourself. Take breaks when engaging in heavy activity.
- Listen to your body. Do not ignore pain.

May Is Arthritis Month

Prayer: Loving God, as I go about my day, help me remain aware of my movements. Keep me mindful as I protect my body against strain and stress. Amen.

Managing Arthritis Pain

While at age 65, about half the people suffer from arthritis, by age 85, virtually everyone does. Inflammation and damage to the joints are painful conditions. More subtle but still painful aspects of the disease are depression, fatigue and stress. These can result in a cycle that makes pain management difficult.

But if you think of pain as a signal rather than just an ordeal, you are more likely to take positive action when it happens. Here are some ways to help you manage arthritis pain:

- Heat and cold therapy may reduce the stiffness of arthritis.
- Massage warms and relaxes the pained area.
- Practicing relaxation can help you gain a sense of control and well being. Prayer, meditation and breathing exercises are ways to bring you to a more relaxed state.
- Consider surgery. Regardless of your age, it can improve your life remarkably and is always worth weighing as an option.
- Learn more about the differences in the way men and women relate to pain, and make this information work to help you. For example, male and female bodies absorb, store, break down and excrete drugs in different ways. Also, women report lower pain thresholds while men don’t want to report their pain even though it exists.
- Build your life around wellness not sickness. This means having a sense of humor, eating right, exercising regularly, enjoying time with your friends and family and being committed to following a treatment plan.

- advocatehealth.com
- arthritis.org – Arthritis Foundation
- arthritis.about.com
- cdc.gov/arthritis
- Email info.pr@arthritis.org to find out about events and programs specific to Greater Chicago.
Rainbow Hospice and Palliative Care and Advocate Lutheran General Hospital Present the Hospice Foundation of America 18th Annual Living with Grief® Teleconference Spirituality and End of Life Care

Wednesday, April 13, 2011 11:30AM—4:30PM

Event Location:
Advocate Lutheran General Hospital
Olson Auditorium & Atrium
1775 Dempster St
Park Ridge, IL

Cost of Teleconference: FREE
Cost of Box Lunch & Companion Book—Spirituality and End-of-Life Care: $10.00

Free Parking—West Garage at the Center for Advanced Care. Vouchers provided at end of conference.

Agenda:
11:30-12:00  Box lunch in Olson Auditorium
12:00-1:15  Conference Segments 1 & 2
1:15-1:30   Break
1:30-2:45   Conference Segments 3 & 4
2:45-3:15   Local Panel Presentation
3:15-3:30   Break
3:30-4:30*  Optional Conference Call with National Presenters

Three Continuing Education credit hours are available to participants online or by mail from HFA. There is a $25 online processing fee per certificate, per participant, until April 27, 2011. The cost after this date is $30 per participant (online only, up until April 12, 2012). CE’s via mail are $35 per participant.

*HFA requires attendance at Conference segments 1-4 and the local panel to meet continuing education hour requirements. Attendance at the national conference call is optional and not required for CE.

Registration:
Register on-line at www.RainbowHospice.org
For more information please contact Lisa Miller, Administrative Secretary
847-292-1012 or LMiller@RainbowHospice.org
Event is free!
COLLECTING DONATIONS
All proceeds donated for this event benefit
Mended Little Hearts of Advocate Lutheran General Children’s Hospital

Saturday May 7th, 2011  1:30pm-3pm
Meet Dr. M. Ilbawi and film maker Mercedes Kane

1675 Dempster Street–Park Ridge, IL 60068
Room Location TBA
Please RSVP to event Melanie Toth: littleheart10308@yahoo.com

Michel Ilbawi, M.D., leads the pediatric heart surgical team at The Heart Institute for Children. Headquartered at Hope Children’s Hospital in Oak Lawn, Illinois, they perform over 400 operations and care for more than 3,500 children with heart defects each year. With over 25 years experience as a pediatric heart surgeon and more than 20,000 surgeries performed, Dr. Ilbawi is nothing short of a miracle-worker to the families whose children he treats daily.

Little Hearts Hold Big Hopes
www.mendedlittlehearts.org