Best wishes to you in the remaining weeks of summer. We hope that your summer has been refreshing even as we all begin to prepare for school and fall programming to get underway in the coming weeks.

As this issue of Connections is published, the world has begun celebrating the Olympic Games in London. For me one of the most inspirational parts of the Olympic Games is the symbol of peace that it represents. In a world where war and conflict command the headlines, we can see, even if only briefly, the nations of the world competing side by side in peace.

An interesting part of the London Games is extensive planning to meet the spiritual and religious needs of the competitors from around the world. London has a stunning diversity of religious practices represented and faith community leaders from the many religious traditions have participated in planning for the games. There is an interfaith center in the Olympic Village where religious services and resources are available for many world religious traditions. In addition, 192 chaplains will be serving the community of athletes, trainers, and staff, all of whom will wear a common Faith Badge for identification.

Inter-faith cooperation and sensitivity is a symbol of peace that the games are sharing with the world. Athletes from all of the world’s faith traditions share the field in peaceful competition, an example that will endure long after the games have concluded.

Announcing…
Complimentary Parking at Lutheran General Hospital

We are extremely excited to announce that effective Sunday, July 29, 2012 all Advocate Lutheran General Hospital/Lutheran General Children’s Hospital patient and visitor parking will be complimentary.

In our continued efforts to enhance our patient and visitor experience we see this as a positive initiative moving forward. For any questions please contact Guest Services Parking Hotline 847.723.PARK (7275).
Rosh Hashanah is the Jewish New Year holy day, which begins this year at sundown Sunday, September 16th, 2012 and continues on Monday, September 17th, and Tuesday, September 18th until sundown. The festival commemorates the creation of the world, according to Jewish belief, 5,773 years ago. On Rosh Hashanah Jews traditionally spend significant time in synagogue reciting special prayers appropriate to the day. In addition, prayers are said at meals that usually include ritual wine or grape juice, egg bread (challah – often baked in a round loaf in accord with the cyclical beginning again of the year) and apples dipped in honey. In observing the latter custom Jews begin the New Year with a moment of sweetness and goodness. Honey cake is another sweet food that has a place at the Rosh Hashanah table.

Jews customarily wish one another Shanah Tovah (Hebrew for good year), and/or a Gut Yontef (Yiddish for a good holy day). On the days of Rosh Hashanah a ram’s horn (shofar) is customarily blown as a reminder of the need to turn hearts and minds to G-d, to one another, and to ourselves in the New Year. The sound of the shofar will be available live for individual patients and on the internal television system at Lutheran General.

Traditionally Rosh Hashanah candles are lit before sundown on the nights of Sunday, September 16th and Monday, September 17th. Electric cande-
Save the Date

Keeping your Teenager Healthy—Community Lecture Tuesday, August 14, 2012 from 7-8pm at the West End Conference Center (registration required see page 6)

Blood Drive: Wednesday, August 15 from 10am—5pm in Grainger Atrium. For more information, contact Lutheran General Human Recourses Department at 847-723-5402.

Runners University: A community education symposium for runners. Lutheran General Hospital, Olson Auditorium Saturday, August 18, 10 am to 4pm (see attached flyer)

17th Annual Korean Fest and 5K Run: Saturday, August 18—Sunday, August 19 at 3200 W.Bryn Mawr Ave., Chicago, IL. For more information or to register for the 5K Run, visit www.ChicagoKoreanFestival.com. (attached flyer)

Positive Parent/School Partnerships—Community Lecture Tuesday, August 21, 2012 from 7-8pm at the West End Conference Center (registration required see page 6)

Keeping your Teenager Healthy—Community Lecture Tuesday, August 14, 2012 from 7-8pm at the West End Conference Center (registration required see page 6)

Sports Health—Community Lecture Tuesday, August 28, 2012 from 7-8pm at the West End Conference Center (registration required see page 6)

Free Skin Cancer Screening: Saturday, September 8 from 9am—Noon at the Center for Advanced Care, first floor. To register, call 1.800.3.ADVOCATE and mention class code (8C03).

The Second Women’s Health and Wellness Symposium: Saturday, September 8 from 7am—3:30 pm at Drury Lane Conference Center, Oakbrook Terrace, IL

Rosh Hashanah Jewish New Year holy day, begins this year at sundown Sunday, September 16th, 2012 and continues on Monday, September 17th, and Tuesday, September 18th until sundown.

Homecoming/Coming Home Gala Event—Honoring the late Dr. Harold Shafter and Dr. Lee Sacks: Saturday, October 6 at the Donald E. Stephens Convention Center, Rosemont, IL. For more information, visit advocatehealth.com/lutherangala.

CPE Alumni Initiative to Begin!

Ever wonder what happened to that CPE peer who supported you through the ups and downs of Open Group? Want to network with others in ministry who got their start here? Interested in any follow-up to your CPE learning? Curious about some of the pastoral care staff and supervisors you worked with? We’re curious about you!

LGH has been offering CPE for over 50 years and over 1000 students have participated in ministry and learning here. We know that some CPE groups have planned social events after their experience together here; we want to be supportive of those kinds of peer support opportunities. We are gathering as many e-mail addresses as we can find, to let you know about developments in the department, news of colleagues, opportunities for continuing education here at ALGH, and plans for get-togethers. Please let us know your preferred e-mail address so we can add you to the list!

E-mail LGH-CPE-ALUMNI@advocatehealth.com.
ER Doc: Keep Your Bike-Riding Kid Alive, Well

By Clifford Spanierman, M.D., Pediatric Emergency Medicine, Advocate Lutheran General Hospital

As I drive to work each day, through towns like Morton Grove, Niles and Park Ridge, I see a lot of kids out riding their bikes and other kid-powered things like skateboards, rollerblades and scooters. I see a lot of adults on bikes too. What I don’t see a lot of are helmets.

It occurs to me that maybe we’ve gotten a little too casual about safety and have forgotten how important the basics—like helmets really are. As a pediatric emergency medicine physician, I see what happens when kids don’t wear helmets or follow some of the other basic safety rules. Especially during the summer, when the weather’s good and the kids are out of school, the number of kids coming into the emergency room because of bike accidents increases substantially. So here are four tips to keep your children safe this summer, whether they’re on bikes, skateboards, rollerblades or scooters. The tips are good for adults too, so keep them in mind when you hop on your own bike. Leading by example is crucial to getting your kids to be safe too.

Tip 1: Wear a helmet

Bet you could have guessed that would be my first tip. Helmets are absolutely essential to safe biking, skateboarding, rollerblading and scooter-riding. A helmet acts like a second skull and absorbs a lot of the impact of a fall or collision. As a result, kids who wear helmets generally suffer less severe head and brain injuries than those who don’t. Kids who don’t wear helmets have a greater chance for suffering more severe brain injuries. At the risk of stating the obvious, head injuries are serious. Head injuries are especially serious in kids because their brains are still developing. The brain does not always compensate well after an injury and there can be unforeseen long-term consequences. Sometimes there are personality changes and the return of previous cognitive abilities can be delayed. Wearing a helmet should be a no-brainer. No matter who, no matter where, and no matter how old, everyone should wear helmets while biking—especially kids. Wearing a helmet can mean the difference between walking out of the ER or going to the OR.

Tip 2: Maintain Your Bikes

Summer is here and everyone’s ready to hit the road for a family bike ride. Before you do, though, you should think about some basic bicycle maintenance. Make sure the chain is in good condition. Kids (and adults too) can get lacerations on their legs that may require treatment when a chain snaps. Like the chain, brakes need to be properly lubricated to work...
continued from page 4

the way they’re intended to. And although it’s not, technically, part of the bike, helmets need to be inspected, as well. Kids’ heads grow and last year’s helmet may need adjustment or may need to be replaced. Proper helmet fit is key to its ability to protect the skull and brain. You can bring the bikes and helmets in to a local bike shop for a tune up and a fitting. Or with a little online research or a trip to the library, you can learn how to do it yourself. Bottom line: a well-maintained bike is a safer bike.

**Tip 3: Dress Smart**

Long sleeves and long pants are safer than short sleeves and shorts because they prevent “road rash”. Road rash is what we call the abrasions that kids get on their arms and legs when they wipe out on their bikes, skateboards, rollerblades or scooters. Treating road rash can be pretty uncomfortable because it requires scrubbing the affected area to remove all the gravel and dirt. It’s not fun and it’s best to avoid it, by dressing properly. Closed-toe shoes are safer than sandals or flip-flops. Riders have more control with closed-toe shoes and their feet are much better-protected. If kids have to be riding a bike at night or in poor weather, where visibility is reduced, they should not wear dark colors. Light colors and some sort of reflective clothing are much safer options. Their bikes should have lights and reflectors, as well, so that drivers are better able to see them. For optimal safety, though, kids should be off the road before dark.

**Tip 4: Be a Defensive Rider**

In a showdown between a bike and a car, the car will win every time. And the biker will get injured, every time. So you need to make sure your child knows and flows the rules of the road. I always remind kids to make eye contact with the drivers who are stopped at an intersection, before they start across the street. With so many distractions inside the car—passengers, phones, radio, dvd players—drivers are frequently not focused on what’s going on outside the car. Making eye contact with the driver is a way of making sure the driver actually sees them. I also recommend that kids bike on roads that are less-traveled and that have lower speed limits. Fewer cars generally mean fewer opportunities for accidents. Drivers traveling at slower speeds have a better ability to react and avoid striking a biker.

These tips probably sound like common sense...and they are. But as I see every morning on my drive to work, they’re easy to forget or overlook. By simply remembering to make your child wear a helmet, keep their bikes in good condition, wear safe clothing and ride defensively, you can go a long way toward assuring that they’re safe on the road.
Update on Alzheimer’s disease

This year, the Alzheimer’s Association and the National Institute on Aging jointly issued new guidelines for Alzheimer’s disease (AD), replacing those issued in 1984.

There are three significant changes: These guidelines place greater focus on early detection of this neurological disorder. The list of symptoms now go beyond memory impairment to include spatial cognition problems, impaired reasoning and difficulty expressing oneself with words. Finally, instead of just one, today’s criteria offer three phases of Alzheimer’s:

- **Preclinical Alzheimer’s** is the newly recognized and first stage of the disease. In this phase, key biological changes are happening, but the disease hasn’t yet caused any noticeable symptoms. Changes in brain benchmarks (called biomarkers) may occur years before symptoms can be detected by affected individuals or their doctors. These biomarkers can help identify changes and predict a person’s risk of developing AD.

- **Mild Cognitive Impairment** is the second stage. Here a person has mild changes in memory and thinking abilities that are noticeable but not severe enough to disrupt day to day life.

- **Dementia** is the stage in which impairments decrease a person’s ability to function independently in everyday life.

What do these new guidelines mean to us? Perhaps they remove some of the fear. With a broader acceptance of the importance of early detection, more people will be helped at earlier stages, and disabling consequences can be delayed.

Hope is growing . . .

**Prayer:** Comfort those who live in confusion and who can no longer trust their memories. Be with them and their caregivers each and every day. Amen.

**Resources:**
- advocatehealth.com • alz.org/alzheimers_disease_what_is_alzheimers.asp
- alz.org/alzheimers (Alzheimer’s Disease Research, American Health Assistance Foundation) • act.alz.org/chicago2012 (Walk to End Alzheimer’s, Sunday, Sept. 9, 2012, Montrose Harbor, Chicago, IL and other locations)

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**Practical Guide to the Health Care System:**

**How to talk to a doctor**

Talking with a doctor can be daunting – but it doesn’t have to be. Here are a few tips to help you feel more comfortable and have a more productive conversation with your medical professional:

**Prepare for your visit:**
- Buy a spiral notebook dedicated to doctor visits, date all your entries and always bring the notebook with you.
- Prior to the visit, write down symptoms, questions or concerns as they occur to you.
- Think ahead to what the doctor might want to know so you have answers ready.
- List all your medications, vitamins and supplements.
- Provide the contact information of your other health care professionals.

**During your visit, request what you need:**
- If you are unfamiliar with a medical term or want to know how to spell what is being discussed, simply ask for help.
- If you don’t understand a procedure or treatment, ask for a fuller explanation.
- If the pace is too fast or you need time to process what is being said, ask the doctor to slow down or stop a moment.
- Request written material you can read at home.

**Listen carefully as your doctor speaks to you:**
- Maintain focus on what is being said.
- Jot down key points in your notebook.
- Repeat information back to the doctor to be sure you understand correctly.

**Tell the truth:**
- Set aside your ego, embarrassments and fears.
- Answer all questions as honestly and completely as possible.

**Coming in September:** How to prepare for a hospital stay
Healthy Children “Back To School”
Keeping Your Teenager Healthy | IEPs: Positive Parent/School Partnerships | Sports Health: Competing Safely

Keeping Your Teenager Healthy
Tuesday August 14, 2012
Presented by:
Karen Bernstein, MD, MPH*
Director of Adolescent Medicine
Associate Program Director,
Pediatric Residency Program

IEPs: Positive Parent/School Partnerships
Tuesday, August 21, 2012
Presented by:
Marjorie A. Getz, PhD
Department of Pediatrics/
Developmental Pediatrics &
Education

Sports Health: Competing Safely
Tuesday, August 28, 2012
Presented by:
Shaun T. O’Leary, MD, PhD, FAANS
Neurosurgeon, Co-Director
Midwest Center for Concussion Care
Kara Vormittag, MD CAQ*
Department of Sports Medicine
Program Director

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.

Coming in September: “Healthy Cancer Survivorship” Lecture Series

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 click on “I need a class or support group” and type the class code in the keyword box.

*Advocate Medical Group
The Second Women’s Health and Wellness Symposium
A Unique Event for Healthcare Providers to Rejuvenate and Refresh the Mind, Body and Soul

Save the Date | Saturday, September 8, 2012

A unique event focused on the health and wellness of female professional caregivers and the patients they are privileged to serve. Join your peers for a day of professional and personal education.

- Breakfast and Registration: 7 – 8 am
- Conference: 8 am – 3:30 pm
- Lunch Provided
- 100 Drury Lane, Oakbrook Terrace, IL 60181

Early Bird Registration Deadline: August 1 ($5 off registration fee)
Registration Deadline: August 31
Advocate physicians: $50; Advocate associates: $30
Non-Advocate physicians and guests: $50

To register, go to advocatehealth.com/seminars
or call: 1.800.3.ADVOCATE

Lectures and presentation topics include:
- Work Life Balance
- Personal Journey: An Inspirational True Story
- Women’s Cancers and Survivorship
- Women’s Heart Health
- Women of Different Cultures
- Nutrition and Wellness
- Power of Humor in the Workplace
- Pelvic Health
- Skin Health and Facial Aesthetics
- Menopause/ Hormone Replacement Therapy

Advocate Health Care
Inspiring medicine. Changing lives.
17th Chicago Korean Festival

시카고한인축제

gateway to korea
Come and celebrate our heritage!
Experience Korean traditional culture!

Aug 18 (Sat)~19 (Sun). 2012
12:00pm~10:30pm

3200 W. Bryn Mawr Ave.
(Bryn Mawr & Kedzie)
Chicago

www.ChicagoKoreanFestival.com
Runners University
A community education symposium for runners

Join Advocate Lutheran General Hospital, Illinois Bone and Joint Institute and the Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science for a day of interactive lectures and education on a variety of topics that will help you become a better runner.

Lutheran General Hospital, Olson Auditorium
Saturday, August 18, 10 am to 4 pm

Keynote Speaker:
Craig Virgin, 3 time U.S. Track and Field Olympian and 2 time World Cross Country Champion

Session Moderators:
Kara Vormittag, MD, CAQ, and Alan C. League, MD

- Meet presenting physicians and experts
- Learn about medical conditions in runners
- Find out how yoga helps runners
- Discover if barefoot running is for you

To register or for more information call
1.800.323.8622 and mention class code #8N35
or visit advocatehealth.com/luth/Runners

Breakfast and lunch will be served for all registered participants
Cost: $25 for ages 21 and older and $10 for ages 20 and under