A New Spiritual Beginning as the Modernized Chapel Opens
By Reverend Frederick Rajan, Vice President
Mission for Spiritual Care, Advocate Good Shepherd, Condell, Sherman

Francis and Patricia Ann Houlihan Chapel
Advocate Good Shepherd Hospital's campus modernization project is the largest renovation project in our 35 year history. Highlights of the project benefits include: private rooms for all patients, new operating rooms with state of the art technology, new diagnostic testing center, breast care center and a modern chapel.

By the grace of God, the new Francis and Patricia Ann Houlihan Chapel will be dedicated on August 11, 2014. This modern chapel will have more light, space, and advanced audio-visual equipment to broadcast the worship and other programs live on our dedicated TV channel.

Open year round, this beautiful chapel will be open to all. Please pray for this new Francis and Patricia Ann Houlihan Chapel, so that this chapel may continue to be the place of solace and comfort for the faithful.

Please pray for the chaplains who extend the healing presence. Please pray for our patients. Please pray for our gifted associates, skilled physicians, and our dedicated volunteers, that they may continue to be a source of inspiration for all. May all know the Healer of All is watching and waiting with them.

Come and visit our Francis and Patricia Ann Houlihan Chapel for a moment of prayer and contemplation at any time.
In 2013, Advocate Health Care’s Post Acute Network and Advocate Medical Group (AMG) announced the appointment of Joann Bennett, DO, FACOI, as senior medical director of system palliative medicine. In this role, Dr. Bennett leads Advocate Health Care’s systemwide palliative medicine initiative, which provides palliative care services across the spectrum of inpatient, outpatient and home care settings. The initiative has led to the creation of a home-based palliative medicine program, with an average daily census of 220 patients, as well as outpatient palliative medicine clinics at several Advocate hospitals.

Many people are unfamiliar with palliative medicine and the benefits it can provide to patients facing serious illness. In the following, Dr. Bennett answers some of the frequently asked questions.

**Q. What is palliative medicine?**

A. Palliative medicine, often referred to as palliative care, is a medical specialty that focuses on helping patients manage serious illnesses by providing an extra layer of support.

**Q. Why and when is it needed?**

A. Facing a serious illness can put many pressures on patients and their loved ones. They may be worried about their symptoms and how they will affect the ability to enjoy life. They may feel stress, worrying about how illness is affecting the family. Palliative medicine can help, and can be provided to patients on an outpatient basis or in the hospital or skilled nursing facility.

**Q. What kinds of help can palliative medicine provide?**

A. Palliative medicine helps patients in many ways. The palliative care team, which includes physicians who specialize in palliative medicine, along with nurses, therapists, chaplains, and other health care providers, will:

- Help patients understand their medical condition and their choices for medical care
- Help improve the ability to go through medical treatments
- Listen to patients’ concerns, take extra time to explain things, and answer questions
- Provide excellent symptom and disease management
- Reduce stress and anxiety
- Help patients navigate the health care system
- Connect patients and families to other resources that can help

**Q. Does the palliative medicine team replace the patient’s other physicians?**

A. No. The palliative medicine team works closely with the patient’s primary and specialty physicians to accomplish the goals I described. We work together to provide each patient with the best possible care.

Dr. Bennett can be reached at joann.bennett2@advocatehealth.com

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**Voices of Hospice**

Choosing hospice care can be a difficult, emotional decision for patients and their loved ones. To help explain the benefits of hospice care, Advocate Hospice has produced a series of brief videos featuring members of the team…a physician, hospice nurse, social worker, chaplain, aide, bereavement counselor, massage therapist, hospice liaison and volunteer. The goal of this series is to show how our dedicated Advocate Hospice team members work together to fulfill our mission to make every day count, providing compassionate end of life care for patients and sustained support for their loved ones. The videos can be viewed by visiting www.advocatehealthcare.com/hospice.
Want to stay healthy? Start journaling

By, Mallory Wilczynski
Public Affairs and Marketing Intern

Benjamin Franklin, Anne Frank and Ronald Reagan are just a few of the many famous people known for keeping handwritten journals before technology boomed. Pen and paper may be old-fashioned, but recent studies show these tools are able to improve one’s physical well-being in a way a computer can’t.

The American Psychological Association has found increasing evidence that writing about emotions and stress can boost immune functioning. Their studies proved that this is especially true in patients with such illnesses as HIV/AIDS, asthma and arthritis.

“Writing is a simple way to personally come to terms with a traumatic or taxing event,” says Dr. Brian Waxler, a psychologist on staff at Advocate Good Shepherd Hospital in Barrington, Ill. “By regularly tracking experiences and personal thoughts, you can reduce the negative impact of stressors on your physical health.”

Journaling is also beneficial to the health of your brain. As you write, the left side of your brain is occupied and focused on the physical action while the right brain is available to feel and create. This simultaneous brain activity helps to remove mental blocks and utilize more brainpower.

“This can lead to better understanding yourself, others and the world around you,” Dr. Waxler says. “Consistent writing will also allow a person to think more clearly and rationally so that he or she may be able to relax or resolve problems calmly and efficiently,” Dr. Waxler says.

The world may be a busy place, but all you need is a pen, paper, and five minutes to get started. Still not sure? Here are three simple tips to get started:

1. Shortly after waking up, grab a pen and write down a few thoughts. This can set a positive mood for the entire day.
2. If you happen to be a night owl, before turning off the light jot down a couple reflections from the day.
3. Choose expressive and meaningful words to interpret your personal experiences. This way, the writing is more therapeutic and beneficial.

Begin to journal and see just how quickly you are able to clarify your thoughts, reduce stress and boost your immune system. In addition, you will create a collection of memories to look back on or to be passed down from one generation to the next. Who knows? Maybe someday your journal will be added to the famous collection.

A Place for Smiles and Support
By, Gina Pryma, Public Affairs
Advocate At Home

For the second year in a row, Advocate Hospice’s Camp Bear Hugs provided children who have experienced the loss of a loved one with a safe, supportive and fun-filled environment. Held over two days in June at Willowbrook’s Arabian Knights farm, 19 children and their adult volunteer “buddies” sang together, played games, and enjoyed activities including horseback riding and feeding the animals in the petting zoo. Highlights included the activity that lends its name to the camp itself. In the Bear Hugs memory bear activity, children assembled a bear using material belonging to their loved one. Many used soft shirts or pajamas, and several chose items worn by loved ones at their jobs. One camper lovingly used a Jewel Food Store jacket that belonged to her dad and another used a Home Depot apron worn by her mom.

“My dad worked there,” said one little boy, proudly, as he assembled his bear with a shirt from Hollywood Casino.

The camp is presented as part of Advocate Hospice’s Daybreak Bereavement Program, which provides a wide range of counseling and support services to those grieving the illness and/or loss of a loved one. For more information about the Daybreak Bereavement Program, please contact Matt Holmes at matthew-j.holmes@advocatehealth.com.
Plan for the future now at “When I’m 64”

Turning 65 is a milestone—in more ways than one.

To help guide sixtysomethings as they look toward retirement, the Barrington Area Council on Aging and the Barrington Area Library will sponsor “When I’m 64,” a three-part workshop series. The workshops will be on Mondays from September 8 through September 22, from 7-8:30 p.m., at the Barrington Area Library, 505 N. Northwest Highway, Barrington.

[Click on this link to view complete schedule of workshops.]

The workshops are free and may be attended separately, but registration is required. To register, or for more information, call BACOA at (847) 381-5030.

Good Shepherd

The Chapel is always open...

A Summer Blessing

May you walk with God
This summer, in whatever you do
Wherever you go
Walking with God means...
Walking with honesty, and with courage,
Walking with love, and respect
And concern for the feelings of others

May you talk to God
This summer
And every day and in every situation
Talking with God means...
Praying words of praise
For the beauty of creation, Saying prayers of thanks, for friends and good times,
Asking God’s help, in all your decisions
Expressing sorrow, when you have failed
May you talk with God, every day.

- Author unknown

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