Summer 2013
Volume 4, Issue 2

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Office for Mission & Spiritual Care
The Office for Mission & Spiritual Care provides spiritual care for patients, their families and associates 24 hours a day every day of the year. The office is open Monday through Friday from 8:30 a.m. to 5 p.m. To contact us, call 708.684.5175. Evenings and weekends, ask for the paging operator and request #2296 for the house chaplain or #2299 for the emergency department chaplain.

Change is all around us
We have two major construction projects in the works simultaneously here at Advocate Christ Medical Center: a beautiful bed tower to accommodate more patients and an out-patient facility to better serve our community.

Although these improvements will take years to complete, the impact of those changes will be felt this summer. So let’s get practical. Where do you park?

As a faith leader in our community, you are often here visiting with your congregants and their families at times of great joy, times of deep grief and uncertain times. But when you drive here, you certainly don’t want to worry about parking! So in this issue of Connections, we have given you all the details about parking accommodations at the hospital for the next year or so.

You might even print the article and keep it in your glove box, knowing you will certainly use the information some time during the next twelve months.

Other changes at our hospital are much more delightful – like the colorful new jackets the volunteers in our Mission & Spiritual Care Office now wear and the new group of volunteers from our Muslim community who are offering comfort to our Muslim patients and their families.

I hope that the article filled with parking information makes you breathe more easily and the article about our volunteers brings a smile to your face.

May the emerging season of summer be filled with easy breathing and smiles of delight for you and those you tend.

Rev. Wendell Oman, Vice President, Office for Mission & Spiritual Care

Grace Notes
The first duty of love is to listen.
Paul Tillich

Grace Notes are readings, poems or quotes from a variety of faith traditions and writers. Each reflection tries to touch on the heart of being human in this world. To receive Grace Notes five or seven days a week, please click here or contact AHC-gracenotes@advocatehealth.com.
You may have noticed that different departments within Advocate Christ Medical Center now have jackets of different colors. The volunteers working within the Mission & Spiritual Care Office all wear purple jackets.

“The purple jackets make it easier for patients, nurses and doctors alike to identify instantly that this is one of our volunteers,” says Fran Genender, who works closely with the Eucharistic ministers. “People are more apt to approach them – even off the floor. One of our Eucharistic ministers was getting a drink of water when a doctor recognized her jacket and asked if she would give her communion.”

For many years, a team of Eucharistic ministers has been providing the sacrament of Holy Communion to patients who identify as Catholics. Eucharistic ministers are recruited by their parishes and trained by the Diocese to bring the Sacrament to those who are hospitalized, home bound or in nursing homes. Some choose to serve in the hospital, working in teams of four or five, offering the Sacrament or prayer to Catholic patients.

Christ Medical Center has a rich tradition of chaplaincy and the department includes representatives from a number of traditions: Muslim, Jewish, Christian (Catholic and Protestant). These chaplains have been trained to provide care across faith lines, round regularly and attend all medical codes and deaths.

“Even with this broad department”, Ch. Janet MacLean says, “we cannot reach every patient, every day. Spiritual care volunteers, seeing patients and families from their own tradition, help immensely.”

Recently, a group of Muslim women became spiritual care volunteers at the hospital – and also wear the purple jackets. “Over the years, groups from the mosque in Bridgeview have shown interest in becoming hospital volunteers and visiting with Muslim patients,” says Ch. MacLean, “but there hasn’t been a tradition of training members to visit with the hospitalized or ill as in some of the other traditions – think Stephen ministers or Eucharistic ministers. There wasn’t an established practice for visiting people in a hospital who are not part of one’s family.

“With the help of our Ch. Refat Abukhdeir, we met a group of interested women at the mosque and developed a program to train them as spiritual care volunteers. We explained what the hospital would need from them as volunteers – background checks, immunizations, an understanding of hospital policy about privacy and safety and a commitment to come regularly – just like the Eucharistic ministers. The women also studied the dynamics of comforting someone who is sick.

“Many of these women are taking care of children or grandchildren, and their first priority is their family. Visiting in the middle of the day is working out well for most of them,” says Ch. MacLean, “and the Muslim patients and their families deeply appreciate their visits.”

Both the Eucharistic ministers and the Muslim women are serving within their own faith traditions. The grateful beneficiaries of their service? The patients and families of Christ Medical Center.

Major construction is happening on the campus of Advocate Christ Medical Center, and a comprehensive plan has been developed to keep parking manageable for all visitors.

Currently, two large projects are underway. First, we are building a new Out-Patient Pavilion on 95th Street. Although this building doesn’t open until 2014, a parking garage to accommodate its visitors has already been completed. That garage is located at 95th and Kilbourn where the Paragon Restaurant once was.

Second, the West Garage is coming down. This is the garage that is attached to the hospital. It’s located west of Kostner and on the east side of the hospital campus. Shortly, you will begin to see construction on a new bed tower in its place.

Because many parking spaces will be lost when the West Garage comes down, Advocate Christ Medical Center has made several accommodations for its car-driving visitors (see map on next page):

An increase in valet service at the Main Entrance. The valet hours will begin at 5:30 a.m. Afternoon visitors can drop off their cars for valet parking until 5 p.m. Valets will retrieve parked cars until 7 p.m. After hours, guest services and/or public safety will assist.
Connections - Advocate Christ Medical Center Office for Mission and Spiritual Care

Service of Remembrance
Siemers Chapel
Advocate Christ Medical Center

Special Memorial Service for Recently Bereaved
Sun., Aug. 11, 4 p.m.
A special memorial service will be held for the hospice and patient families of Christ Medical Center and Hope Children’s Hospital who have recently lost a loved one. Christ Mission & Spiritual Care and Advocate Hospice join together in leading this service of prayers and readings as a comfort for the families they serve. For more information, contact Penelope Gabriele at 630.829.1753.

In upcoming issues
POLST – a new form for Advance Directives
Greater wellness . . . for mature adults

Advocate Christ Medical Center
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Staff Chaplains:
Refat Abukhdeir, Moslem Ministries
Cathy Arsenault, Mennonite
Fr. Bill Browne, Roman Catholic
Mary Anne Cannon, Roman Catholic
P.V. Chandy, Quaker
Fr. Casimir Eke, Roman Catholic
Christy Howard-Steele, Christian
Richard James, Southern Baptist
Marjorie Kooy, Christian Reformed
Eliza Leatherberry, United Church of Christ
Sr. Peggy Nau, Roman Catholic
David Saleblade, United Church of Christ
Tyron Smith, Baptist

Clinical Pastoral Education Supervisors
Angie Keith, Pentecostal ACPE Supervisor/Candidate/Chaplain
Janet MacLean, United Church of Christ
ACPE Associate Supervisor
Phyllis Toback, Jewish ACPE Supervisor/Chaplain

Clinical Pastoral Education Chaplain Residents
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Eucharistic ministers, the Department, Office of Manager of Spiritual Services
Jacquelyn Perkins, Coordinator, Faith Health Partnership

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Corky DeBoer, Christian Reformed
Manager of Spiritual Services, ACPE Supervisor
Wendell Oman, Evangelical Free Church of America
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Additional shuttle service. Two small shuttles will be dedicated to bringing visitors from Garage B and Garage C (on the east side of Kostner and the east side of the hospital campus) across from Advocate Children’s Hospital to and from the Main Entrance of Advocate Christ Medical Center from 6 a.m. until 8 p.m., seven days a week.

Out-Patient Pavilion garage. The already-constructed garage to accommodate the Out-Patient Pavilion (known as Garage D) can be used now for parking. Regular hospital shuttle service will be provided from this garage M-F 24 hours per day to any location on the hospital campus. This is the best location to park if you are going to our emergency room, Day Surgery, Imaging Center or Outpatient Oncology. If you have questions, call the parking office: 708.684.1378.

Valet parking drop-off/pick-up.
Healthy eating

Eating on their own

Whether living in a dorm, off campus or in a starter apartment, young adults living on their own are often at a loss as to how to eat well. Invariably convenience and accessibility trump nutrition for college students and first-time cooks. The easiest, the quickest and the tastiest sit at the top of their food pyramids.

The transition to independent living is not easy. With the stress of studying or learning a new job, managing laundry, tracking spending and socializing, it’s no wonder that “Eat well” gets cut from the To Do list.

Dormitories offer a wide range of foods today, but students tend to avoid fruits and vegetables and gravitate toward a few favorites meal after meal. New cooks – living off-campus or in an apartment that accompanies a first job – seldom know how to plan a meal . . . or shop for food . . . or cook. After one or two failures, many simply give up.

Many young adults know just enough about nutrition to be dangerous. They may opt for something that is low in calories – but devoid of nourishment. They may select the no-fat option – without realizing it is loaded with extra sugar. They know too much weight isn’t healthy so they may try to eliminate those few extra pounds by skipping meals – and then grab whatever food is on hand and overdo it.

Food cost is a challenge for many, too, and often the healthier foods (proteins in particular) are more costly. Eating nutritious fare can happen even in most fast-food restaurants, but that requires both knowledge and dedication.

Parents still have influence.

Parental influence on a child’s eating habits does not end when that child’s independent living begins. Research for Penn State verifies that college students eat more fruits and vegetables (and exercise more) on days when they communicate more with their parents.

From parent to young adult:

8 tips to healthier eating

1. Eat God’s food not man’s food. Choose meats, fish, fruits, vegetables and natural oils like nuts and olive oil rather than processed or artificial foods.

2. Drink smart! Stay hydrated – and coffee and soda do NOT count. Think WATER.

3. Learn and practice portion control. Moderation is the key, so be aware of how much is piled on your plate. Standard portions are often smaller than expected.

4. Don’t linger in the dining hall. The longer you stay, the more you eat and the less likely you are to select healthy foods.

5. Focus on what your body needs vs. what you feel like eating.

6. Picture a healthy plate: half veggies and fruit, a quarter protein, a quarter starch.

7. Go for variety. Don’t always choose the same things. Try different fruits and vegetables.

8. Stock up on healthy snacks. Most dining halls let students take out a piece of fruit. Avoid the cost and empty calories of the vending machine.
Communication with parents has both direct and indirect effects on college students’ behaviors. Direct because parents remind them to eat healthy foods and be more active. Indirect because communicating with parents reminds students that someone cares about their well-being – which may motivate them to take better care of themselves.

When college students talked with their parents for 30 minutes or more, they were 14 percent more likely to consume fruits and vegetables and 50 percent more likely to engage in 30 minutes or more of physical activity.

Parents are perfectly positioned to instill the basics of good eating as well as meal planning, shopping and preparation. Talking about healthy eating with young adults before they set out on their own helps. Starting that conversation when those young adults are still children is the best route of all. Those who are exemplary in their own food choices have a great influence on their children at every age.

➡️ Alcohol impacts young adults.

Drinking is a fact of life on many college campuses and in young adult neighborhoods. Inexpensive drinks are marketed at young people; clubs and bars target them. Some young adults see drinking as the only way to socialize with others their own age. Many find it hard to imagine realistic alternatives and believe the openness and breaking down of barriers that often accompany alcohol is good.

Binge drinking is highest among young adults 18 to 25 years, and more than half of college students binge drink on a regular basis. Otherwise healthy young adult college students who regularly binge drink show damage to blood vessels similar to that caused by high blood pressure and cholesterol, both factors known to increase risk for heart disease later in life. The immediate tragic consequences of binge drinking are well known.

Regarding alcohol, the role of parents and faith leaders is in part simply to prepare the child for the road ahead. Discussions of upcoming decisions about alcohol can be immeasurably helpful. Talking about what-to-do-when can arm a young person.

➡️ An active lifestyle

At every age, being active is a very good idea, but when young people step out on their own, physical activity wanes. Researchers found that regular exercise steeply declines among youth as they move to college. The changes in physical activity during the transition from late adolescence to early adulthood represent the most dramatic declines in physical activity across a person’s life.

- There is a 24% decrease in physical activity over the 12 years from adolescence to early adulthood – with the steepest declines among young men entering college.
- 23% of college students report having zero physical activity in the last seven days.
- Freshmen walk 12 hours/week while seniors walk only seven hours/week.

Sedentary behavior has increased in the past decade in large part due to increased computer and Internet usage. Social networking sites like Facebook and Twitter have heavily influenced the amount of time college students spend in front of a screen.

➡️ Physical activity makes real sense.

(Adapted from The Dorm Room by Daphne Oz, 2010)
College students who want to boost their grades can start by increasing their level of exercise, new research suggests. After controlling variables such as gender, area of study and study time, findings from the American College of Sports Medicine showed that exercise made a sizable difference in a student’s G.P.A. On a 4.0 scale, students who exercised vigorously seven days a week had G.P.A.’s that were .4 points higher than those who didn’t exercise.

Many young adults find playing a sport – whether organized or spontaneous – easier to fit into their new independent lives than exercising. The enjoyment and challenge of sports participation get young adults moving more than working out does. It is successful because it is simply more fun!

Whether in the gym or on the soccer field, physical activity has a very positive impact on wellness and quality of life for a young person on the road toward independence.

→ What a parent and faith leader can do.

Parents as well as faith leaders can help young adults prepare for what they face beyond the demands of studying. They can alert them to what is needed for healthy independent living in an apartment.

Poor food choices have a negative impact on more than the waist sizes of young adults. Energy levels, memory, mood and the ability to concentrate are all impacted – positively or negatively – by what is consumed.

Ready young adults for threats to their patterns of healthy eating. Prepare them for making choices about meals and alcohol. Review with them the basics of nutrition. Remind them to be active. Serve as a model of wellness yourself. All this gives the young adult in your life a better chance of staying well.

Blessing

Blessed be the Earth for giving birth to this food.
Blessed be the Sun for nourishing it.
Blessed be the Wind for carrying its seed.
Blessed be the Rain for quenching its thirst.
Blessed be the hands that helped to grow this food,
   To bring it to our tables,
   To nourish our minds, bodies and spirits.
Blessed be our friends, our families and our loved ones.
Blessed be.

– The World Prayer Foundation

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.
Laughter – the wonder medicine

Laughter is a very powerful tool against disease. It lowers blood pressure and stress, increases oxygen use and muscle flexion, makes positive changes in hormones and even activates the immune system.

Humor has a positive impact on pain, too. As early as the thirteenth century, surgeons used humor to distract patients from the pain of surgery. One recent study found the use of humor led to an increase in pain tolerance, and another found that stress-related hormones decreased during episodes of laughter.

Deb Stankiewicz, Advocate parish nurse at The First Congregational Church of Western Springs, has taught many workshops on laughter and wellness. She keeps humor alive in her life because she knows it’s healthy:

*My number one wholistic health strategy is to try to "see funny" in every day and in every way. I have become expert at doing so – by practicing daily! One must be willing and intentional about honing a quick wit that provides the brain with a continuous bath of the stuff that pushes the release of those feel-good neurotransmitters. I even have a free humor app on my phone that I use every day to get a few laughs myself and to pass a few giggles along to people around me.*

Laughter is infectious and healthy for you. It feels good, costs nothing and has no side effects. Why not exercise your sense of humor today and every day!

**Prayer:** Creator God, help me remember to practice finding the joy in each day. Let laughter fill my home. Show me how to make others smile. Lighten my heart. Amen.


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**Practical Guide to the Affordable Care Act**

**Top things for healthy individuals to know**

1. An insurance company can no longer drop you when you get sick just because you made a mistake on your coverage application. However, it can still rescind coverage if you intentionally put false or incomplete information on your application or if you fail to pay your premiums on time. Your insurance company must give you at least 30 days’ notice before it can rescind your coverage, giving you time to appeal the decision or find new coverage.

2. Parents have new options to cover their children. If you have children under age 26, you can insure them if your policy allows for dependent coverage. The only exception is if you have an existing job-based plan and your children can get their own job-based coverage.

3. Job-based health plans and new individual plans are no longer allowed to deny or exclude coverage to any child under age 19 based on health conditions. This includes babies born with health problems.

4. Starting in 2014, if your income is less than the equivalent of about $88,000 for a family of four today and your job doesn’t offer affordable coverage, you may get tax credits to help pay for insurance.

5. Starting in 2014, if your employer doesn’t offer insurance, you will be able to buy insurance directly in the Health Insurance Marketplace that gives you power similar to what large businesses and members of Congress have to get better choices and lower prices.

The Illinois Consumer Assistance Program helps with problems and questions about health coverage. Its walk-in location is 100 Randolph St, 9th Floor, Chicago, IL 60601. Call 877.527.943, or visit [insurance.illinois.gov](http://www.insurance.illinois.gov) to learn more.

Kaiser Family Foundation ([kff.org](http://www.kff.org)) and [Healthcare.gov](http://www.healthcare.gov) are the sources for the above information. Please refer to those sites for further explanation and clarification.

**May focus:** Individuals with health concerns
The importance of sleep for teens

Today’s American teenagers are not getting enough sleep. Most high schools begin at 7:20 a.m., setting wake-up time during the week. Because of changes in their body clocks, many teens feel exhausted by mid-afternoon, then somehow perk up at night and just can’t fall asleep much before 10 or 11 p.m. But the fact remains that teens need between 8 ½ and 9 ¼ hours of sleep each night!

The impact of too little teen sleep is both obvious (crabbiness, inattention, drowsiness) and surprising (pimples; cravings for foods, especially carbs; obesity).

Another important aspect is the effect of sleep on learning and memory. Research shows that during sleep, the brain consolidates and practices what was learned during the day. That means that sleep after a lesson is as important as a good night’s sleep before a big test, and learning a new task (whether sports or music) is enhanced by sleep.

To improve sleep, teens can keep their bedrooms dark, cool, and quiet. Getting lots of daylight, being active, having a set bedtime and staying away from exercise, Internet and television shortly before bed all help, too.

Naps are great, but teens need short, power naps during the week and should sleep only an extra two hours on weekends.

Sleep is as vital to good health as eating and exercise. The sooner parents help their children form good sleep habits, the easier it will be to uphold them during the teen years.

Prayer:

Rest is important, God, but I don’t always honor that. Help me make the most of this life you have given me. Remind me to care for myself fully and be a better example for others. Amen.

Resources:
- advocatehealth.com
- kidshealth.org/teen/your_body/take_care/how_much_sleep.html (How Much Sleep Do I Need?)
- sleepfoundation.org/what-makes-good-nights-sleep
- ncbi.nlm.nih.gov/pmc/articles/PMC2528821 (Teens and Sleep)
- nytimes.com/2011/05/31/health/31brody.html (A Good Night’s Sleep Isn’t a Luxury – It’s a Necessity)

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Practical Guide to the Affordable Care Act

Top things for those with health concerns to know

1. Starting next year, the Affordable Care Act guarantees that all Americans – regardless of their health status or pre-existing conditions – will have access to quality, affordable coverage. On Oct. 1, when open enrollment begins, people can apply for affordable health insurance coverage choices in Health Insurance Marketplaces that will offer a choice of quality, affordable health plans. Coverage begins on Jan. 1, 2014. Visit healthcare.gov/marketplace to learn more.

2. If a new insurance plan doesn’t pay for services you believe were covered, you now have clear options to appeal the decision. If you don’t speak English, you may be entitled to receive appeals information in your native language.

3. Insurance companies can no longer drop you when you get sick solely because you made an honest mistake on your coverage application. (Your insurance company can still rescind coverage if you intentionally put false or incomplete information on your insurance application, and it can cancel your coverage if you fail to pay your premiums on time.)

4. Starting in 2014, if your income is less than the equivalent of about $88,000 for a family of four today and your job doesn’t offer affordable coverage, you may get tax credits to help pay for insurance.

5. Starting in 2014, job-based and new individual plans won’t be able to exclude you from coverage or charge you a higher premium for a pre-existing condition, including a disability.

If you have insurance and have problems with your plan or questions about your coverage, you can get help through the Consumer Assistance Program. Its walk-in location is 100 Randolph St, 9th Floor, Chicago, IL 60601. Call 877.527.9431, or visit insurance.illinois.gov to learn more.

Kaiser Family Foundation (kff.org) and Healthcare.gov are the sources for the above information. Please refer to those sites for further explanation and clarification.

June focus: Seniors

Advocate Health Care

Inspiring medicine. Changing lives.
Fear not – and be safe from falling

“Fear of falling actually causes falls. The more afraid someone is, the less he or she moves. The less she moves, the poorer her balance. The poorer her balance, the greater the likelihood of a fall,” says Jenyll Rys, senior advocate at Advocate Good Samaritan Wellness Center.

Because of their extensive life experience, seniors often anticipate problems. If an older adult sees his balance is decreasing, then witnesses a friend fall or falls himself, he may begin worrying. Rys says, “What begins as a fear of falling often ends as an actual fall.”

While a fall can be frightening, therapy and physical activity after a tumble help significantly. With ongoing effort, things improve. Confidence builds and fear recedes.

An exercise program makes life better in many ways, and it’s never too late to begin being more active. Simple chair exercises, shoulder rolls, the box step, a morning stretch – these easy movements improve balance and build strength.

Making a home safe is important, too. “Get rid of throw rugs. Don’t have loose cords to trip on. Have plenty of good light. Put a table halfway down a long hallway to lean on if you need to.

“I really hammer at those throw rugs,” admits Rys. “My 90-year old aunt lived with me when I was growing up. One day when she came in from the slushy snow, she didn’t want to get the throw rug dirty so she stepped over it – then slipped and fell. I tell my seniors, ‘Get rid of those rugs! Don’t be a slave to your decorating. Be safe instead!”

Prayer: Quiet my fears, God, when they begin to overtake me. Remind me that you are beside me on every step of this journey. Help me feel sure-footed. Amen.

Resources: advocatehealth.com (Advocate hospitals have programs such as A Matter of Balance that deal with challenging aspects of senior life. Many are free. Check out the website of the hospital nearest you for details and schedules.) • aarp.org/about-aarp/press-center/info-06-2008/falls_tips.html (AARP’s Ten Tips to Avoid Falls)

Practical Guide to the Affordable Care Act

Top things for seniors to know

1. Your existing guaranteed Medicare-covered benefits won’t be reduced or taken away. Neither will your ability to choose your own doctor.

2. Millions of people with Medicare received cost relief during the law’s first year. If you had Medicare prescription drug coverage and had to pay for your drugs in the coverage gap commonly known as the “donut hole,” you received a one-time, tax free $250 rebate from Medicare to help pay for your prescriptions.

3. If you have high prescription drug costs that put you in the donut hole, you now get a 50% discount on covered brand-name drugs while you are in the donut hole. Between today and 2020, you’ll get continuous Medicare coverage for your prescription drugs. The donut hole will be closed completely by 2020.

4. Medicare covers certain preventive services without charging you the Part B coinsurance or deductible. Some of the free screenings are for cervical cancer, cholesterol, colorectal cancer, diabetes, prostate cancer and mammograms. For some preventive services, you will pay nothing, but you may have to pay co-insurance (a part of the cost) for the office visit when you get these services. You can also get a free annual wellness exam. (See the full list of preventive services at medicare.gov.)

The Illinois Consumer Assistance Program helps with problems and questions about health coverage. Its walk-in location is 100 Randolph St, 9th Floor, Chicago, IL 60601. Call 877.527.9431, or visit insurance.illinois.gov to learn more.

Other helpful resources: advocatehealth.com, Campaign for Better Health Care (cbhconline.org), Illinois Maternal & Child Health Coalition (ilmaternal.org) and for suburban Cook County, AgeOptions (ageoptions.org).

Kaiser Family Foundation (kff.org) and Healthcare.gov are the sources for the above information. Please refer to those sites for further explanation and clarification.

July focus: ACA and small businesses