Dear Colleagues In Ministry,

As you gather steam for another fall of programs and planning, let me introduce myself to you as the Interim Vice President of Mission and Spiritual Care at Advocate Lutheran General Hospital. As most of you know, Rev. Kathie Bender Schwich has moved to the corporate offices in Oakbrook to the position of Senior Vice President, Mission and Spiritual Care at Advocate Healthcare. Until a permanent Vice President is called here at Lutheran, I will fulfill the Interim role.

I am a pastor of the Evangelical Church in America and have served two parishes in Illinois for 23 years until I became a member of the synod staff in Chicago and then a member of the ELCA national staff in our foundation office. Following my election as Bishop, I serviced for six years and then retired to begin a series of interim positions in the ELCA that included the Board of Pensions, 3 ARCA parishes, 3 separate interim terms as Bishop in Detroit, MI and now this role at Lutheran General.

I look forward to sharing this healing ministry with you and welcome you to meet with me whenever your ministry brings you to this place of healing for those you serve.

Kenneth R. Olsen

Chinese Clergy to Visit Lutheran General Hospital

On October 18th, a group of 23 Chinese clergy representing the Protestant Church of China will be visiting Lutheran General. The visit is being sponsored by the United Methodist Church. This group will be on a 5 day tour of the United States visiting various healthcare institutions learning about the alternatives to the government funded and run healthcare systems of China. They have selected Advocate Healthcare for its innovative approach to a Faith Based healing ministry. We look forward to telling you more and updating you about the visit in our next newsletter.
Announcements

NEW INTERIM VICE PRESIDENT OF MISSION AND SPIRITUAL

Reverend Kenneth R. Olsen is the interim Vice President of mission and spiritual care for Lutheran General Hospital. Pastor Olsen is ordained in the Evangelical Lutheran Church in America and has served as bishop of the metropolitan Chicago synod and as a member of the Advocate Healthcare board. Pastor Olsen began his service as interim on Monday, August 22, and will serve throughout the search process and until a new vice president is named. “We are grateful for his willingness to serve in this way” said President, Tony Armada.

NEW CHAPLAIN OF JEWISH SERVICES

The Lutheran General Mission and Spiritual Care department is pleased to announce the appointment of Rabbi Leonard Lewy as the Chaplain of Jewish Services. Rabbi Lewy joins Lutheran General with extensive experience providing spiritual support to patients and their families. Most recently he served as chaplain at Seasons Hospice in Milwaukee.

Pastoral Care Week

This year the celebration for 25 years of Pastoral Care is being held from October 23-29, 2011 and the theme will be: “SHARED VOICE.” Pastoral Care Week gives the opportunity for organizations and institutions of all types to recognize the spiritual care given in the midst of the ministry which the caregivers provide.

Some of the main objectives will include:

To celebrate the education for and practice of spiritual care;
To interpret and promote spiritual/pastoral care;
To honor and celebrate all practitioners of pastoral care;
To express appreciation to institutions and their staff who support pastoral care ministries;
To publicize the work of pastoral care organizations within the Commission of Ministry in Specialized Settings;
To promote continued education for clergy, laity and institutional servants regarding the values of pastoral/spiritual care.

The Department of Mission and Spiritual Care at Advocate Lutheran General Hospital will be recognizing this special week with a special morning conference on Friday, October 28 from 8:00 AM until 12:00 Noon in the Johnson Auditorium.

Child Life Department looking for Halloween donations

Each year the Child Life program helps make holidays special for pediatric patients. With Halloween approaching they are looking for items to hand out to the kids as they parade around to the different hospital units. Donations of the following items would help to make Halloween a fun time for the kids: candy (no nuts, and not processed in a facility that handles nuts), silly bands, Play-Doh®, Halloween erasers or pencils, activity books, tattoos, stickers, decks of cards, small bottles of lotion, fun socks and restaurant gift cards of small value. All donated items can be dropped off at the Child Life Office, E205. For more information contact, Child Life, at 847-723-7747.

Breathe Easier

Register for a free COPD screening

Lutheran General hospital is hosting a COPD (chronic obstructive pulmonary disease) screening on Friday, October 28 from 10 a.m.—12 noon, and 3 p.m.—5 p.m. at the former West End grill.

All associates and community members who are over the age of 35 and may be at risk for COPD are invited to attend.
NEW PROGRAM FOR EARLY STAGE MEMORY LOSS

Older Adult Services will soon be starting “Expressions” a program for people with early stage memory loss. Expressions focuses on different aspects of memory enhancements while providing a safe, positive, strength-based environment that allows participants to learn, share and engage together.

Activities are designed to encourage members to use their brains in novel ways to enhance memory and foster fun and engagement with others who are experiencing the realities of living with memory loss.

For more information call: 847-824-5143.
New Mammograms Can Reduce Women's Anxiety

By Sarah M. Friedewald, M.D, Diagnostic Radiology Caldwell Breast Center, Advocate Lutheran General Hospital

For many women, a mammogram is one of those “just in case” rituals that they must undergo regularly, without much excitement other than some brief discomfort. But for women who are at a greater risk for breast cancer and those who have dense breasts, it can be an unnerving experience—one that is compounded when additional imaging is needed. Nearly 10 percent of women who come into the Caldwell Breast Center for a mammogram receive a “callback” for a second scan, often due to a suspicious finding. The anxiety those women endure while waiting for their results is palpable. Luckily, that number should decrease, thanks to 3D mammography.

Advocate Lutheran General Hospital’s Caldwell Breast Center is first in the Midwest to offer 3D mammography, or breast tomosynthesis. This amazing new technology has been shown to improve our ability to screen for and detect potential breast cancers, resulting in great news for our patients:

- **Greater accuracy:** Traditional mammography only gave us flat images of breast tissue, where 3D mammography allows us to see overlapping tissue. This provides better views and helps us to identify more cancers.
- **Earlier diagnosis:** Small cancers can hide in overlapping tissue and are often not detected in a two-dimensional scan. With 3D mammography, we can look at image “slices” one at a time to find some of the smallest cancers much earlier than before.
- **Better detection in dense breast tissue:** Overlapping tissue is prevalent in women with dense breasts, which makes evaluating those images much more difficult. 3D mammography provides many different angles of the breast to give us a full view through and around breast tissue.
- **Fewer false alarms:** The improved accuracy of 3D mammography can help to reduce false alarms and decrease the number of women who are unnecessarily “called back” for additional scans and biopsies.
- **Safe and FDA approved:** 3D mammography does involve slightly more radiation than a traditional mammogram, but it is still within FDA guidelines. In fact, FDA studies have shown that the benefits of 3D mammography outweigh any potential risk.

To our patients, the change from traditional mammography to 3D is virtually invisible. Our staff was trained in this new technology well before it was available to the public, since we were participants in a research trial prior to FDA approval. The actual test is a few seconds longer, but it is virtually the same in every other aspect.

Women at greater risk for breast cancer and those with diagnostic mammogram appointments will receive priority access to this new technology. Any woman who would prefer a 3D screening mammogram will be accommodated based on scheduling.

For more information, visit the website or call (847) 723-3100.
“Pastor Care Week” from page 2 continued

We will start the morning with a continental breakfast and fellowship. Our guest presenter for the day is Todd Hochberg. Todd will spend some time with us discussing his work on a project dear to his heart – “Moments Held: Legacy Work.” Moments Held makes documentary, photographs, and videos for individuals and families moving through a period in end of life transition; often struggling with serious illness or death of a loved one. The resulting album of images and videos offer a gentle link to memories and feelings pertaining to significant loving relationships and precious experiences and over time their use may contribute to emotional healing.

Moments Held serves individuals and their families, working in conjunction with hospices, palliative care programs, and directly with individuals. Since 1997 Hochberg’s Touch Soul’s Photography has supported parents experiencing perinatal loss, as they say goodbye to their babies. His bereavement photographs are part of the permanent collection of the George Eastman House International Museum of Photography. For more information call 847-723-6395.

For more information email the Pastoral Care Week Chairperson: Andy Travis at: andy.travis@advocatehealth.com. Or go to the official Pastoral Care week website at: http://www.PastoralCareWeek.org

Magnet Award for Transformational Leadership - Lee Joesten:

Early this spring, our own Lee Joesten was awarded a Magnet Award for Transformational Leadership. The award was presented to him by several members of Advocate Lutheran General’s Center for Research Education and Development team. In writing her nomination letter, the nurse recommending Lee for this award states, “When I think of the defining moments of my nursing career they all were not at the patient’s bedside. Many of the important moments that transitioned my nursing career were facilitated by Lee Joesten.” The writer continues to speak of Lee’s influence through the Culture of Safety program that he spearheaded throughout the Advocate system. Lee did this by teaching and presenting ways in which we can all bring process failures and system issues to light, and solve them in a non-biased non-threatening way. She also recounts Lee’s early efforts to lead Lutheran General on the forefront of Health Care Literacy. Because of this, we are now one of the national leaders in the Health Care Literacy cause – helping our patients and families better understand their conditions and treatment options.

For 39 years and counting Reverend Lee Joesten has been a valuable member of our Advocate Lutheran General community challenging us to reevaluate ourselves and how we meet our patient’s needs. He and visionaries like him have helped to shape who we are and who we will become by calling us to continually be the best that we can be. They have helped to chart the course of our Mission, Values, and Philosophy that speak so boldly to who we are today.

At right: Jill Vana, professional development specialist, relating her nomination of Lee Joesten

Above: Todd Hochberg
Advocate Lutheran General Hospital  
Mission & Spiritual Care  
Autumn APC Webinar Offerings

**Friday, Oct 14, 2011**  
**Student to Professional Chaplain: Navigating the Board Certification Process**  
 présenter: Robert Grigsby, Joseph Perez, & Richard Donoughue

1 – 2:30 CST  
1043 West Classroom  
Disponible:  
12:30-3:00 PM

**Tuesday, Nov 11, 2011**  
**Viktor Frankl's Logotherapy: An Approach to Finding Meaning in Spite of Suffering** 
présenteur: Robert Hutzell

2 – 3:30 CST  
1064 West Classroom  
Disponible:  
1:30-4:00 PM

**Thursday, Dec 8, 2011**  
**Discovering Worldview through Narrative in Ethics Case Consultation** 
 présenter: George Flanagan

1 – 2:30 CST  
Ground East Pavilion Room 5  
C.R.E.A.D.  
Disponible:  
12:30 – 3:00 PM

**Wednesday, Jan 25, 2011**  
**With no Agenda, Who am I? How Chaplaincy Impacts our Personal Identities**  

2 – 3:30 CST  
10 East Sasser Conference Ctr.  
Disponible:  
1:30 – 4:00 PM

Pour plus d'informations, appelez 847-723-6395
Television and family dinners

Many families eat their meals together in front of the television set. Instead of sharing the highs and lows of the day, learning more about each other or simply enjoying the comfort of being together with loved ones, they turn their attention away from family and to whatever is on the screen. The consequences are serious:

✦ When families tune in to TV instead of each other, they miss opportunities to connect. Regular table talk helps parents and children understand each other, making it easier to talk through tough issues when they arise. Playful exchanges, witnessing good listening, offering one another support – all this is lost when the TV is on during dinner.

✦ People who watch TV while eating tend to eat mindlessly, unaware of the flavor, color and texture their food and, more importantly, how much they consume. Because they miss their bodies’ cues to stop eating, they don’t know when they’ve had enough.

✦ Research suggests that children who eat dinner with their parents tend to eat more healthfully – consuming less saturated fat and more valuable nutrients than their unsupervised peers. Their food choices deteriorate when they eat in front of the TV.

If you want to break the dinner/television habit, you can begin by turning off the TV one night a week. When everyone is seated, express gratitude for the food before you. Offer pleasant stories about your day. Listen as others speak. Make that TV-free dinner the highlight of the day . . . soon it will be everyone’s favorite meal of the week.

October Is Eat Together, Eat Better Month.

Prayer: Dear God, as I gather my family together for an evening meal, help us nourish each other’s hearts and souls as we feast on good food that you provide. Amen.

Mealtime when you live alone

There is a big difference between dining and eating, and for those who live alone, that difference is felt every day. Most people who live alone turn on the television for company and make their meal presentation as simple as possible, but it doesn’t have to be that way.

Here are some ideas to make mealtime more pleasurable for those who live alone:

✦ If you eat your meals alone at home, treat yourself to a special solo dining experience and learn to enjoy the solitude. Prepare a wonderful meal, play your favorite music, set a beautiful table and use your loveliest dishes. Daniel Halpern, in the book How to Eat Alone, talks about the smells and anticipation that we can experience even when our table is set for just one: “Raise your glass in honor of yourself. The company is the best you’ll ever have.”

✦ When eating in a restaurant, avoid the inclination to hide in a corner or bury your head in a book. Ask to be seated in the front where you can see and be seen. Then you can enjoy the show as well as the meal!

✦ If you live in an apartment and wish to enjoy more meals with others, get creative! Bring dessert to a neighbor; it’s less of a commitment than an entire meal and a nice way to get to know someone. Or organize a tasting party in which each participant puts on a t.v. tray outside his door with sample sizes of a favorite food. Then for one hour, neighbors sample each others favorites while chatting in the hall.

Even for a party of one, food can be exciting and enjoyable. Make each of your dining experiences the very best possible.

- advocatehealth.com
- nutrition.gov
- mypyramid.gov (USDA’s My Plate)
- nutritionexplorations.org/kids.php (Nutrition fun for kids)
- nutrition.org (American Society for Nutrition)
SENIOR ADVOCATE BREAKFAST CLUB

Finding Help When You Need It
Pat Cohen from our Alzheimer's Support Center will be providing basic information about the resources available through the aging network in Illinois. Every attendee will leave this session with a list of contact phone numbers and websites to help access services when needed.
When: Friday, September 16th, 2011
Code: 8519

How to Choose a Home Care Agency
Joyce Boin PT MA from Advocate Home Care will address what you should know about Medicare-certified home care agency workers before letting them into your home. Joyce will discuss the regulations governing home care, how home care is paid through Medicare, and what to expect from a home care nurse or therapist. Find out what home care can do for you and your loved ones. Bring your questions.
When: Friday, October 21, 2011
Code: 8520

"Maintaining and Preserving Your Vision"
Dr David Palmer and Dr. Daniel Wee General Ophthalmologists will present information on common glaucoma conditions and treatments. Learn methods to correct cataract-related vision problems such as distance and near reading difficulties, glare and starburst symptoms and double vision. Understand diabetic eye problems and much more.
When: Friday, November 18, 2011
Code: 8521

Medicare Updates for 2012
Tamatha Smith, Community Relation Specialist from Blue Cross Blue Shield will rejoin us for another year. Her presentation will include all Medicare changes and updates for 2012. This is an important informational and interactive discussion.
When: Friday, January 20, 2012
Code: 8511

To register, call 1.800.3.ADVOCATE (1.800.323.8622) or visit advocatehealth.com/senioradvocate and click on "I need" and "to register for a class."

All Senior Breakfast Club presentations are free and held at:
Old Country Buffet
8780 W Dempster St
Niles (across from Lutheran General Hospital).
Presentations include a continental breakfast at 8:30 a.m. followed by a 9:00 a.m. lecture.
Registration is required.

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
Senior Information and Referral - Information and Referral is a free service that connects you with trained staff that can provide you with information on a wide variety of services and programs.

Adult Day Center - This program offers a safe, secure and stimulating environment for older adults who, because of physical or cognitive disabilities require supervision throughout the day.

Philips Lifeline - 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.

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

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

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

Please do not hesitate to call us if you, your family or friends need assistance. We are only a phone call away......... Gwynne Chovanec

“How old would you be if you didn’t know how old you were?”

Satchel Paige
“The Will to Live and Mysteries in Medicine”

Rachel Naomi Remen, MD
Clinical Professor, Family and Community Medicine at University of California San Francisco School of Medicine
Co-Founder and Medical Director of the Commonweal Cancer Help Program

Thursday, October 27, 2011
12:00-3:30 p.m.
Olson Auditorium

Objectives of the program include:
- recognize the presence of mystery in the daily professional work
  - Consider the concept of the Will to Live
- Determine the ways in which the Will to Live presents professionally
  - Identify what may diminish and enhance the Will to Live in themselves and others

The forum is open to all associates at no cost, registration is required
For additional information contact Clinical Ethics, 21-7847
A Festival Celebration: Nourishing Healthy Communities with Food & Faith

Date: Monday, October 10, 2011 (school holiday)
Time: 8:30 am – 4:30 pm
Location: Brookfield Zoo Discovery Center
8400 31st St., Brookfield, IL 60513
Register: Visit www.advocatehealth.com/feastival or call 1.800.3.ADVOCATE (1.800.323.8622).
Cost: $18 per person, $9 for school-aged children. Breakfast, lunch, parking and access to zoo included in cost for arrivals BEFORE 10 am. School-aged youth activities are included in program. Online registration requires credit card; if you’d prefer not to use a credit card, or if you are registering a large group, please call Olga at 847.384.3515. Scholarships available. Please dress comfortably.

Agenda:
8 - 9 am: Registration, Breakfast and Networking
9:00 am: Opening Plenary: To Nourish
Our culture struggles with separation from what we know is really important: community, family, connection to the earth, spiritual practice, and embodiment. This interactive plenary will explore the consequences of this struggle to our health and help us tap the wisdom we already carry about how to make it better. Reverend Kirsten Peachey, Advocate Health Care

10:30 am: Exploration of Faiths: Wisdom for Eating Well Across Religious Traditions - Explore how different religious traditions integrate food into their faith practice Presenters include: Graciela Contreras, Ministerio de Superacion y Justicia Social; Shiva Eidi, Ismaili Community Engaged in Responsible Volunteering (I-CERV); Veronica Kyle, Faith in Place; Hema Pohkarna, JAIN representative; Dr. Sudha Rao, Hindu Temple of Greater Chicago; Diane Tieman, Alexian Brothers; Jill Zenoff, The Gan Project.

*Youth program begins at 11:30

12:30 pm – Lunch

Afternoon Workshops:
Building our Nourishing Skills
2 – 3 pm: Workshop Session 1 (listed below)
3:15 – 4:15 pm: Workshop Session 2 (listed below)
4:30 pm: Closing Plenary

Workshop Listing:
A Living Sacrifice: Eating with SOUL; Rev. Jacki Belile, Living Well Ministries
CLE Fun-shop on Composting: Renewing Ourselves, Renewing the Earth; Barbara Waller, Cool Learning Experience
Yoga (I): Integrating Faith Practice and Physical Well-Being; Ali Niederkorn
Cooking for a Healthier Life (II); Melissa Graham, Purple Asparagus
Safe Routes to Worship; Leslie Pheimer, Active Transportation Alliance
Feeding Your Spirit; Angela Nicolasi, Reg. Yoga Teacher (RYT500)
How to Get Going and Growing In Your Congregation; Master Gardener Paula Anglin, Robert Neval, KAM Isaiah Israel, co-leads
Tools That Will Get Your Congregation MOVING!; Jacqueline Carson, Temple Fitness Cooking for a Healthier Life (III); Ranjana Bhargava
Starting Out Right: Important Nutrition for Moms and Babies; Tikvah Wadley, Health Connect One; Hannah Mitter, RN, co-leads