Dear Colleagues in Ministry,

Since its ancestral beginning as Lutheran Deaconess Hospital, Advocate Lutheran General has always valued the importance that music plays in the healing process for patients and families. Stories have been told of the Lutheran Deaconesses in 1897 who, after spending a long shift providing nursing care for the hospital’s 25 patients, would walk the halls softly singing hymns as a way of calming the patients for a peaceful night’s rest. Now, over a hundred years later, music can still be heard in the hallways of our hospital, thanks to the gifts and skills of our one full-time and one part-time music therapist, and our music therapy interns who spend six months of their certification training with us.

While listening to music in and of itself can be calming and healing, music therapy combines the connection one has to particular music with the trained skills of a therapist so that specific health outcomes are achieved. As part of the patient’s interdisciplinary care team, music therapists work closely with the medical staff throughout our hospital. In our neonatal intensive care units, music therapists sing and play harp or guitar music to help reduce agitation, decrease heart rate and increase comfort and oxygen saturation with these most fragile infants. Nurses identify infants whom may benefit from music therapy, and findings support the research that demonstrates weight gain and increased sleep as desired outcomes. On our oncology unit, music therapists work with our cancer patients to increase comfort, coping skills and positive lifestyle. While some patients participate in relaxation, others engage in songwriting exercises to identify and manage their feelings. In psychiatry, music therapists work mostly within a group setting to help decrease isolation and increase controlled thoughts. Playing rhythmic instruments, as well as singing and listening to familiar songs with others often decreases pain and anxiety. This experience also increases comfort and calm and a shared sense of wellbeing.

Comfort is not always gained through calming music. Lively rhythmic exercises are also integrated into patient therapy sessions, especially on the physical therapy and pediatric units where playing rhythmic instruments and moving to music is used to increase endurance and flexibility. And, in our Lutheran General Children’s Hospital, hospitalized children often out play the therapists as they express their feelings and frustrations through drumming and drumming and drumming! Patients receive music therapy at the referral of their physician, nurse, chaplain or other member of their health care team. As part of the mission and spiritual care department, the work of the music therapy program is heavily supported by gifts from the Advocate Lutheran General Hospital Service League and individual donations.

Earlier this year, Lutheran General underwent a review by the Joint Commission. In its closing remarks, the review team listed music therapy among this hospital’s best practices. I believe our founding deaconesses were singing with joy at the news!

With thanks to God for all you do,

Rev. Kathie Bender Schwich
Vice President
Mission and Spiritual Care

The Lutheran General music therapy department has produced CD’s that are available for purchase in the hospital flower shop for only $10. Proceeds benefit the music therapy program.
The Wonderment of Chaplaincy Ministry
By Chaplain Tanya Denley

The wonderment of being a chaplain at Advocate Lutheran General Hospital often comes quietly tucked in an otherwise sad story. As others on the staff heard about Jennie’s story, I was asked to write about my experience as the chaplain who served Jen’s family.

Jennie’s mom was admitted to Advocate Lutheran General Hospital after suffering a major stroke and was placed in isolation due to a chronic infection. Not only was Jen deeply saddened by her mother’s worsening illness; Jen, at age 52, was planning to be married in July and feared being unable to share the joyous event with her mother. Margaret, Jen’s mom, was so happy that her daughter had fallen in love. Margaret adored her son-in-law to be and had been active in the wedding planning.

With the amazing help of the nurses on 10Tower and their “wedding fairies,” a wedding was planned in one day. Margaret’s room was decorated and a room across the hall was set up for the reception. Prior to the wedding, the nurses had given Margaret a little make-over and dressed her in her finest patient gown.

Ten nurses, each in blue sterile gowns, surrounded the bedside. Jen strolled into the room as harp music filled the air. Everyone was concerned whether Margaret was aware of all that was transpiring around her; she had not spoken a word or opened her eyes since the stroke occurred.

The ceremony began. As I reached the question, “Who gives away this woman,” Jennie’s cousin said, “Her mother and I.” A moment later, a tiny voice came from the bed, “I do.” These were Margaret’s first words in days. She repeated them to make sure everyone heard her.

In the mist of tears of joy and tears of hope, the bride and groom kissed. Again the room was filled with whimsical harp music thanks to Susan Cotter-Schaufele, music therapy coordinator.

At the reception in the nurses report room, Jen thanked everyone saying, “This was better than she had ever imagined.” A wonderful wish came true before Margaret went home on hospice. For me, what started as a typical day presented itself with a moment, a story, of why I love the wonderment of being a chaplain.

LEED Gold Certification for new patient tower

The patient tower at Advocate Lutheran General Hospital/Advocate Lutheran General Children’s Hospital was awarded Leadership in Energy and Environmental Design (LEED) Gold certification by the US Green Building Council. Lutheran General’s tower is the first hospital building in the Midwest to achieve this level of LEED recognition. This demanding national standard demonstrates that the tower is a high-performance health care surrounding that is environmentally responsive, resource efficient and community sensitive.
Yacktman Pavilion doors have reopened!

The long-anticipated reopening of the Yacktman Pavilion doors is now a reality. The doors are open from 6:30 a.m. – 5 p.m., Monday through Friday. In addition, the reception desk in the Yacktman Pavilion lobby is staffed from 8 a.m. – 5 p.m., Monday through Friday.

More good news – the campus shuttle stops at this door, as well.

Volunteer Update

This June, over 160 summer program volunteers are joining Advocate Lutheran General Hospital and Advocate Lutheran General Children’s Hospital. The 32-hour summer volunteer program is designed specifically for college and high school students whose busy schedules do not always allow time for volunteering during a school year.

Many students choose to volunteer to gain experience in a particular medical field or just to see if health care is an industry for them. Those individuals often choose to volunteer in patient care areas such as:
- Transportation
- Nursing units
- Physical or occupational therapies
- Food and nutrition department
- Pre-surgery department
- Main OR
- Operations improvements

Others look to volunteer to give back or fulfill their volunteer hour requirements. There are many opportunities to make an impact:
- Information desks and reception areas
- Clerical positions
- Gift and Flower Shops

We are delighted to welcome these young leaders here this summer.

3-D mammography now available at Advocate Lutheran General Hospital

Women aged 35 and over are invited to participate in a national research study of the Hologic, Inc. tomosynthesis 3-D mammography system.

The study is being conducted at the Advocate Lutheran General Center for Advanced Care, 1700 Luther Lane.

Women interested in participating in the research study should call HealthAdvisor at 1.800.3.ADVOCATE (1.800.323.8622) for more information, and mention Code 8W35 when calling about the study. There is no cost to study participants.

Korean Community Health Fair

Lutheran General’s Mission Values and Philosophy (MVP) integration team, business development department and Advocate Medical Group hosted a health fair for members of the Korean community who live in the hospital service area on Wednesday, May 12. The event featured lectures on heart health and cancer prevention by Seong Chin, M.D. (internal medicine) and John Oh, M.D. (internal medicine), along with various health screenings. The event was featured in local Korean newspapers and on Channel 44 Korean TV news.
Summer Safety Tips

The injury prevention team at Advocate Lutheran General Hospital offers the following tips for avoiding emergency room visits all summer long.

1. **Prevent fireworks-related injuries**: Half of the estimated 9,200 fireworks-related injuries in the United States are children or young adults. Remember, the safest way to enjoy fireworks is to take your family to see a public fireworks show operated by experts.

2. **Practice water safety**.
   - Learn to swim and swim in supervised areas only, obeying all rules and posted signs.
   - Don’t mix alcohol and swimming. Alcohol impairs your judgment, balance and coordination and reduces your body’s ability to stay warm.
   - Never leave children alone in or near the pool, even for a minute. An adult should always be within arm’s length whenever an infant or toddler is in the water.

3. **Drive safe, drive smart**.
   - **Wear your seatbelt**: Make sure children are in age-appropriate car seats.
   - **Don’t drink and drive**: Every day, 32 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 45 minutes.
   - **Drive the speed limit**: Speeding is a factor in nearly one-third of all fatal crashes.
   - **Don’t drive distracted**: Don’t talk or text and drive. According to experts, the brain can’t focus on two things at the same time and using a cell phone while driving increases your chance of getting into a crash by 400 percent.

4. **Wear a properly fitted helmet** while biking, skateboarding, rollerblading or riding a motorcycle. Wearing a bicycle helmet while biking can reduce your risk of head injury by 85 percent. Skateboarders visited hospital emergency rooms with about 18,000 head injuries, and approximately 760 were hospitalized.

   *Please note: The Children’s Health Resource Center of Advocate Lutheran General Children’s Hospital sells bicycle helmets for $10. Call 847-723-9494 to schedule your fitting.*

5. **Never leave children or pets in the car**: The family car is a hidden danger, not just because of car accidents. In addition to the risk of getting hit or run over by a car, being left or getting trapped in a hot car can be just as deadly.

Community Events

**Alzheimer’s Association Caregiver Support Group**
Thursday, June 17
Nesset Pavilion
1775 Ballard Road, Park Ridge
For more information, call 847-318-2501

**Senior Breakfast Club: What is a Neurosurgeon?**
Friday, June 18
8:30 – 10 a.m.
Old Country Buffet, 8780 W. Dempster Street, Niles
To register, call 800-323-8622

**Brain Injury Support Group**
Saturday, June 19
10 – 11:30 a.m.
Lutheran General Hospital, 10th Floor
Refreshments will be served
Call 847-723-6690 for more information

**Fundraiser: $6 Jewelry Sale sponsored by the Service League of Advocate Lutheran General Hospital**
Tuesday and Wednesday, June 22 and 23
9 a.m. – 4 p.m.
Main lobby of hospital
For more information, call 847.723.6108

**Arthritis Exercise Class**
Mondays and Wednesdays, July 5 – August 12
1:15 – 2 p.m. or 2:15 – 3 p.m.
$63 for 6 weeks, 2 times/week
Advocate Lutheran General Fitness Center
1875 W. Dempster Street, Park Ridge, Suite G01
For more information, call 847-723-6139

**Free Blood Pressure Screenings**
Wednesday, July 7
10 – noon
Patient Resource Center
8820 W. Dempster Street, Niles
Questions and Answers
Advance Directives

All adults admitted to the hospital are asked whether they have advance directive. If they do not, the nurse will ask them whether they want information regarding the documents and whether they wish to complete an advance directive. If patients and/or families desire more information or wish to complete a form, they are referred to pastoral care.

Q: As a pastor how can I help my parishioners with an Advance Directive?

A: While visiting a congregant, ask them if they received assistance with an advance directive. You also may ask if they were offered the opportunity to fill out the Five Wishes and if they would like to spend time discussing it. Only a patient can complete an advance directive document for him or herself. You also may explain the purpose of each document, answer questions, and assist the patient in filling out the directive or witnessing their signature. If a patient is unconscious, incoherent or for other reasons unable to understand the nature and intent of these materials, the advance directive documents are unnecessary.

Q: What are the types of advance directives I will need to use?

A: There are three primary advance directives: Living Will, Durable Power of Attorney for Health Care and Five Wishes. The Illinois Health Care Surrogate Act applies to medical decisions when no Living Will, Power of Attorney for Health Care, or Five Wishes, exists.

Q: What do I need to know about the Living Will?

A: A Living Will allows a patient to specify what health care treatment they would like to receive or suspend if they should suffer from an incurable or irreversible injury, or illness, and are not able to make health care treatment decisions. It covers any treatment which might be considered life-prolonging, or artificially extending the dying process. A Living Will requires that comfort-care treatment always be provided. It can be revoked at any time by the patient simply destroying the form documenting the patient’s wish to revoke the form or in writing by the patient. The document requires two witnesses who are not entitled to any portion of the patients estate, nor financially responsible for the patients medical care. To obtain a copy of The Living Will go to www.idph.state.il.us/public/books/Living.PDF

Q: What do I need to know about the Durable Power of Attorney?

A: The Durable Power of Attorney for Health Care allows an individual to specify in advance who will make health care decisions should the individual become unable to make these decisions. Unlike the Living Will, the individual does not need to be suffering from a terminal, incurable or irreversible condition for the Durable Power of Attorney for Health Care to apply.

Any adult of sound mind may fill out a Durable Power and it must be signed by one witness. Durable Power of Attorney for Health Care provides the person named as "agent" with broad powers to provide consent or refusal for any type of medical care or treatment. It can be revoked at any time, by the patient simply destroying the form, documenting the patient’s request to revoke the form, or in writing by the patient. Agents are appointed in the following order: patient’s guardian, patient’s spouse, an adult son or daughter of the patient, either parent of the patient, an adult brother or sister of the patient. To obtain a copy of the document go to www.idph.state.il.us/public/books/PwrOf.PDF

Q: What is Five Wishes?

A: Five Wishes helps the individual express how they want to be treated if they are seriously ill and unable to speak for themselves. It is unique among all other living will and health agent forms because it speaks to all a person’s needs: medical, personal, emotional and spiritual. This more extensive document allows the individual to speak from the heart about their final wishes. Five Wishes also helps structure discussions with one’s family and physician. It is an easy to use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. Once it is filled out and properly signed, it is valid under the laws of Illinois. For more information visit www.agingwithdignity.org

We look forward to answering your questions. Please send them to LGH-Mission-SpiritualCare@advocatehealth.com and watch for your answers in the next issue of Connections.