Pastoral Care givers such as yourselves care for members of our community in times of sorrow and joy and need. You deserve to be recognized and celebrated for the care you provide. There is fortunately a week designated to be Pastoral Care Week in October for just this purpose. Therefore, we are pleased to invite you all to an event we are sponsoring later this month in celebration of Pastoral Care Week. On Wednesday October 23rd we will sponsor “Prophetic Voice: Partnering in Pastoral Care.” The event will include a series of interesting and informative presentations on important topics of pastoral care such as children’s bereavement, Advance directives, Music Therapy, and more.

The event on Wednesday October 23rd will begin at 8:30 at the Grainger Atrium in front of Olson Auditorium at Advocate Lutheran General Hospital with coffee and continental breakfast. The program begins a 9am and will conclude at 11:30 with a light luncheon. Please RSVP to Janet Guardino at janet.guardino@advocatehealth.com or by phone at 847-723-6395. Please indicate when you contact us if you prefer a vegetarian or kosher lunch option.

We hope you will be able to attend this event where we will celebrate you for the pastoral care you provide with a gathering of learning and reflection. Thank you for your partnership with us in this healing ministry.
Five New Students participate in CPE Residency Program this year!

We welcome five new students into the 2013-14 Clinical Pastoral Education residency program. Rene’ Brandt, Joseph Czolgosz, and Susan Gullickson will each serve as the primary supervisor on a three-month rotation from September, 2013 – August 2014. Please meet the group, introduced in their own words:

Sarah Davelaar is a native of Holland, Michigan with roots in the Reformed Church in America. She spent much of her twenties completing a Masters of Divinity (McCormick Theological Seminary, 2011) while also providing child care to various families, planting tulips, and serving coffee. Sarah most recently comes to ALGH from Cincinnati, Ohio, where she served as a chaplain resident at Cincinnati Children’s Hospital Medical Center. There, she spent a significant amount of time in the emergency department and a residential psychiatric facility. Through this experience she has a renewed appreciation for the ways we extend and receive hospitality to each other. A lesser known talent of Sarah’s is that she excels at the game Connect Four. She is a champion. If you present her with the opportunity to play she will accept the challenge and most likely win.

Rob Jury was born at Lutheran General Hospital. He has led Anshe Tikvah congregation for the past eight years as their Cantor and Rabbi. He is a CICA member of the Cantors Assembly, received his ordination from the Hebrew Seminary of the Deaf and is a member of the Chicago Board of Rabbis. He received his BA in Political Science from UIC and is completing his MA in Jewish Studies at Spertus. He is married with three young children.

Eileen O’Farrell Smith, a Catholic having been married to a Jewish man, is the Founder and Executive Director of The Interfaith Union, an educational resource to individuals who are Christian, Jewish, Muslim and others who are dating or married. She was born in NYC and raised on the Long Island beaches. Her ‘fifteen minutes of fame’ occurred when she was held hostage by Idi Amen in Entebbe Uganda as a Peace Corps volunteer traveling to her site in Bukava Zaire (Congo). She holds a Master in Public Health (University of Illinois) and Master of Theology from Catholic Theological Union. Also a citizen of Ireland and a widow, Eileen lives in the Logan Square with her two foster cats. Two of her three children live out of the country (Mexico and Japan); the third, in college, resides close by in Chicago.

Sally Miller: The seed of compassion has been sown deep within Sally since she was a child. In mid-life, two significant events conflated for her: the death of a dear friend, and the loss of a personal dream. These events opened her to the profession of chaplaincy. A wife and mother of three, an author of numerous books and a regular speaker at healing retreats, Sally recently received her Master of Divinity degree from Chicago Theological Seminary. She attends First Congregational Church in Glen Ellyn and is currently a Member in Discernment with the United Church of Christ. Previously a music teacher, Sally also has a Masters degree from Northwestern University. Having completed two units of CPE at Advocate Good Samaritan she is looking forward to six months in the residency group at Lutheran General.

Sarah Pooler is the CPE Resident with Rainbow Hospice. Her background is truly varied. Originally hailing from Appleton, WI, she returns often, to visit her parents, 2 sisters and their families. She has worked as a biological researcher, a hospital unit secretary, an assistant to 3 stockbrokers, a registered nurse, and a financial advisor. She has travelled extensively and is hoping to share these experiences again with her 9 year old daughter, ElenaJane, who was adopted from Kazakhstan as a 7 month old. “Motherhood has been the most challenging as well as the most amazing experience of my life”, says Pooler. “It is the single BEST thing that I have ever done!!” She holds a theological degree from Chicago Theological Seminary and currently resides in Rogers Park. She is an active member of First Presbyterian Church in Evanston. Her first CPE unit was completed at Alexian Brothers Medical Center in Elk Grove Village. Sarah is honored, to be participating in this residency with ALGH and Rainbow Hospice...and to wait upon God’s leading in her life.
October is “Domestic Violence Awareness Month.”

Domestic Violence is when one partner attempts to gain power and control over the other using various forms of abuse. These unhealthy relationships can include: physical, emotional/psychological, verbal, and/or sexual abuse. Lutheran General Hospital is committed to raising awareness of domestic violence. In alignment with ALGH’s MVP and focus on safety initiatives an Intimate Partner Violence Task Force has been created to address issues of domestic violence within our work place and our community.

For the month of October Advocate Lutheran General Hospital is sponsoring a donation drive. On October 8, 2013 from 10:00AM-2:00PM there will be an information table by the 10 East elevators. A collection box will be available at that time. Additional collection boxes and times will be available the week of October 14-18th at the Maine and Parkside entrances. For more information, call Milada Gorelik, MSW, LCSW, ACM, at 847.723.8203. Please see attached flyer for additional information.

**CHANUKAH 2013 ADVOCATE LUTHERAN GENERAL HOSPITAL ADVOCATE CHILDREN'S HOSPITAL**

The Jewish holy day of Chanukah (one of a variety of alternative spellings) or The Festival of Lights begins this year on Wednesday, November 27 at sundown and continues for eight days until Thursday, December 5 at sundown.

Chanukah is regarded as a minor holy day in Jewish tradition. This is largely due to the fact that it is Post-Biblical. The story of Chanukah is found in the Book of Maccabees and in the Talmud. The Greek Syrians dominated those living in the land of Israel. In the year 165 B.C.E. a revolt led by the Maccabee family allowed Judea to regain its religious and political independence. Judaism speaks of a miracle that took place at Chanukah. The Temple had been defiled by those occupying the country and needed to be cleansed. According to tradition, a single container of oil that would only allow the seven-branched Eternal Light (Exodus 27:20 and Leviticus 24:2) to remain burning for one day instead lasted for eight days. Thus, the Rabbis explain that one of the reasons Chanukah is observed for eight days is because Jews of that time witnessed a miracle. God’s hand allowed the sacred lamp to burn for eight days following the victory and rededication. Associating the Temple’s Eternal Light and the following passage with The Festival of Lights, Zechariah (2:14-4:7) is read on the Sabbath of Chanukah week: Not by might, nor by power, but by My spirit – said the Lord of Hosts (4:6).

The word Chanukah means to dedicate or rededicate; hence, the name of the holy day connected with rededicating the Temple. Since the miracle of Chanukah took place through light and oil, these elements are essential to Chanukah. A special nine-branched candelabrum called a Menorah or Chanukiyah is lit for eight days at sundown. The ninth candle is called the Shamash used to light the other candles. (continued next page)
**CHANUKAH 2013** CONTINUED FROM PAGE 3

Fried foods cooked in oil such as *Latkes* (Yiddish for potato pancakes) and *Sufganiot* (Hebrew for jelly-filled donuts) are eaten in celebration of the miracle. There is also a custom of playing with special four-sided tops with Hebrew letters called *Dreidels* and eating chocolate coins called *Gelt*. When feasible, these food and ritual items should be provided to ensure fulfillment of Jewish religious and cultural tradition for patients and others who are isolated and otherwise unable to participate in home or synagogue observances of Chanukah. They are available through a number of local and online resources (see below).

Chanukah is a very festive holy day that is observed in late November or December. In America, where Jews are a minority, it has taken on greater significance in allowing Jews to celebrate something authentically theirs at a time where the majority culture has its own widely observed holy days. In this culture gift giving especially to children has become a frequent part of family celebration of Chanukah.

The appropriate greeting for Chanukah is *Happy Chanukah, Chag Chanukah Sameach* (Hebrew), or *Gut Chanukah* (Yiddish). It is most desirable to use an oil lamp or wax candle Menorah. In order to honor this Chanukah tradition, electric Menorahs will be lit at nursing stations throughout Advocate Lutheran General Hospital during this Holiday time. Menorahs, Dreidels and Gelt are available from Rosenblum’s at [www.alljudaica.com](http://www.alljudaica.com) or (773) 262-1700, Hamakor Judaica at [www.jewishsource.com](http://www.jewishsource.com) or (847) 677-4150, and a number of synagogue gift shops and other local outlets. A variety of Chanukah items are available at Lutheran General’s Gift Shop, Zen&Now (847) 723-0877.

Kosher Chanukah jelly donuts, meals, grape juice, and challah, are provided to hospital patients and their families through Lutheran General Food Service at 847-723-6130. Kosher Sufganiot and kosher meals will be available for purchase at Top Deck Café on the tenth floor of the classic building.

A pre-Chanukah program with members of Beth Hillel Congregation Bnai Emunah Children’s Choir lead by Cantor Pavel Roytman, assisting in lighting the Chanukah candles, singing melodies with appropriate Holiday foods. will take place on **Sunday, November 24, 2013 at 2:00 pm** in the Grainger Atrium at Advocate Lutheran General Hospital. Patients, family members, volunteers, physicians, and Associates, as well as the general public are all invited. To RSVP and for assistance from Jewish Chaplain Rabbi Leonard Lewy please call 847-723-6395 or write janet.guardino@advocatehealth.com.
Older Adult Services
Do you know all that we do?

Picture older adults having fun, being creative, working in gardens and making friends while seeing to their medical needs! These pictures represent some of what a day is like at our Adult Day Service program. Our staff consists of nurses, NCTs, social workers, an art therapist, activity therapist and our driver/aides. We have three handicapped accessible buses that go into our communities to pick up our participants. Our costs are nominal compared to assisted living, nursing homes and home care. Additionally we have contracts with the state, VA, DORS, Medicaid Waiver and others which may pay for our services (50% of our participants receive funding). We are located one mile from our hospital (LGH). If you have a patient, neighbor or maybe even a family member that would benefit from some of our wonderful programs please contact us. Call us at 847-723-7770 to schedule a tour and see for yourself.

Save the Date

Genetic Screening Before and During Pregnancy: Community Lecture Series, Tuesday, October 1, 2013 Johnson Auditorium—Registration required see page 12.

Free Skin Cancer Screenings: Saturday, October 5th 9am–12pm, ALGH Center for Advanced Care—First Floor. Call 1.800.323.8622 Code 8C03 to register (see page 10).

Domestic Violence Donation Drive: Tuesday, October 8 from 10am—2pm at ALGH off of the 10 East Elevators (see page 11).

CAT Scans—What you need to Know: Community Lecture Series, Tuesday, October 8, 2013 Johnson Auditorium—Registration required see page 12.

The Sandwich Generation, Caregiving for Parents and Children: Community Lecture Series, Tuesday, October 15, 2013 Johnson Auditorium—Registration required see page 12.

10 Signs of Alzheimer’s: Early Detention Matters: Senior Advocate Breakfast Club, Friday, October 18, 2013 at 8:30 am at Just Like Home restaurant registration required see page 12.

Prophetic Voice 2013—October 23rd will begin at 8:30 at the Grainger Atrium in front of Olson Auditorium at Advocate Lutheran General Hospital (see page 1).

Taking Care of You: Gynecologic and Breast Cancer Screening. Community Lecture Series, Tuesday, October 1, 2013 Johnson Auditorium—Registration required see page 12.

ALGH pre-Chanukah program with members of Beth Hillel Congregation, Sunday, November 24, 2:00 p.m. in the Grainger Atrium at ALGH. RSVP to janet.guardino@advocatehealth.com

See Page 9 for a list of services we provide!
Meals from the Heart

In June, a group of chaplains and staff, from Lutheran General went to the Ronald McDonald House near the Advocate Children’s Hospital in Oak Lawn to prepare dinner for the children and families staying at the house. The Ronald McDonald House near Advocate Children’s Hospital opened its doors on December 15, 2008 as the fourth House in the Chicagoland area. The staff and volunteers of this 16 bedroom House are proud to have welcomed more than 600 families, served over 850 meals and have provided over 30,000 volunteer hours since opening.

Designed in the theme of a ‘house in the woods’, the RMH near Advocate Children’s Hospital is nestled among trees and even has its own handicapped accessible tree house for kids of all ages to enjoy. Unique to this House are our four extended stay suites, with separate living and sleeping areas, for families who need to stay over 30 days. The House is located right across the street from Advocate Children’s Hospital.

The staff from Lutheran General Hospital prepared a gourmet Macaroni and Cheese, green salad, fresh fruit, and individual cherry cheese cakes to top things off. The meal program is part of a volunteer program at all Ronald McDonald Houses called “Meals from the Heart.” As the saying goes, “the kitchen is the heart of every home”. The meals volunteers provide bring love into the Ronald McDonald House every day, allowing families to unwind, de-stress, and fortify their bodies to be at their best for their child in the hospital.

Meals from the Heart volunteers work as a group to plan a menu, purchase the ingredients, and prepare the meal in our full service kitchen, allowing families to find nourishment and comfort in a shared meal. If your group would like to provide a meal as a “Meals from the Heart” volunteer, please contact a Ronald McDonald House close to you.
Meet Rev. Stacey Jutila

Rev. Stacey Jutila, newly-appointed vice president of mission and spiritual care for Advocate Children’s Hospital, served as a pediatric chaplain for the past 10 years, working successfully to improve the delivery of health care to children and families. Most inspiring are her achievements as a pediatric bereavement coordinator at Advocate’s Oak Lawn campus, where she created a comprehensive bereavement support program and provided outstanding pastoral care and support to patients, families and associates.

She earned a Bachelor of Arts degree in medical anthropology from Middlebury College, Middlebury, Vt., and her Master of Divinity from the Lutheran School of Theology at Chicago. In addition, she completed hospital chaplaincy internship and residency programs at St. Mary’s Medical Center, Duluth, Minn., and the Mayo Clinic in Rochester, Minn. See STACEY next page.

Dear giver of care,

I write to you, knowing you offer healing and comfort to another – whether you are a faith leader, physician, associate or volunteer.

This year, Advocate Health Care entered a new journey in expanding the depth and reach of the care we provide children and families.

I was invited to join with the leadership team at Advocate Children’s Hospital to form a mission and spiritual care department for the Children’s Hospital campuses. With our colleagues in the adult hospitals, we continue to uphold the mission and values of our health care ministry in this place of healing.

Sometimes, when I meet families for the first time, I share with them the support and services that chaplains can provide. I say that we are here to help honor and remember what a family was prior to coming to the hospital, what they are during their time in the hospital and what they will be after leaving the hospital. Again and again, families share with me how much they appreciate the support of their faith community and the chaplaincy team at Advocate Children’s Hospital.

In the midst of fulfilling our mission of care and healing, I am grateful that we have a team of people who are ready to provide pastoral support to babies, children, teenagers and their families. As children and families return home, I hope that they will have experienced care that has honored them in body, mind and spirit. As we grow further into our identity as Advocate Children’s Hospital, may we deepen and expand our welcome to this place of healing.

Thank you for the many ways you care for the mind, body and spirit of children and families. I look forward to serving you in our health care ministry.

Blessings,

Stacey Jutila
There’s an app for that!

Advocate Children’s Hospital is making parenting a little easier with its new tool, MyHealthPal, a symptom checker mobile app. Health problems and parenting issues can arise at anytime, anywhere. These issues can range from a child’s developing a slight cough to behavioral issues like toilet training. MyHealthPal is designed to help with just such things.

MyHealthPal features a symptom checker with an easy, three-step navigation that offers self-care advice to manage minor illnesses and injuries at home. It also provides an immediate connection to medical help, such as 911, the child’s doctor or a nearby emergency department if needed.

The mobile app includes tables for recommended dosages for common, over-the-counter medications and a medication and allergy list for tracking important information about a family’s various prescriptions.

Visit the iPhone or Android app store, and search MyHealthPal. Then download!

STACEY continued
Rochester, Minn.

Rev. Jutila served as a staff chaplain at Children’s Memorial Hospital – now Lurie Children’s Hospital – and joined Advocate Christ Medical Center as a staff chaplain in 2007 where she was later named a bereavement coordinator.

In her new role, Rev. Jutila will administer and oversee all strategy, planning and programs for mission and spiritual care services at the Advocate Children’s Hospital flagship campuses in Park Ridge and Oak Lawn, as well as for pediatric care programs throughout the Advocate Health Care system.

Rev. Jutila resides in Naperville with her husband and daughter.

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health enews is produced by a team of seasoned journalists and public affairs professionals from across Advocate Health Care.

Go to ahchealthenews.com.

Advocate Children’s Hospital – Oak Lawn
4440 West 95th St., Oak Lawn, IL 60453

Advocate Children’s Hospital – Park Ridge
1675 Dempster St., Park Ridge, IL 60068
1.855.312.KIDS

Staff Chaplains:
• Carol Stephens BCC, United Church of Christ
• Eliza Stoddard Leatherberry BCC, United Church of Christ
• Tracy Nolan, United Church of Christ

Administrative Staff
• Stacey Jutila, BCC Evangelical Lutheran Church of America
• Martha Huayamave, Executive Assistant
OLDER ADULT SERVICES

**Senior Information and Resource** - Information and Resource is a free service that connects you with trained staff that can provide you with information on a wide variety of services and programs.

**Senior Advocate** - Personal assistance with Medicare and supplemental insurance billing.

**Adult Day Center** - This program offers a fun, creative and stimulating environment for older adults who, because of physical or cognitive disabilities require some assistance during the day. Take a tour for yourself, loved one or friends.

**Expressions** - A new program designed for people with early memory loss. It's upbeat, interesting and keeps our minds active.

**Philips 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. This product saves lives every day.

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

**Advocate Lutheran General Hospital’s Senior Information and Resource office**

Call us for help: 847.296.0737

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
- **Katie Kiehn**: Coordinator of Expressions (early stage Alzheimer’s program) 847.296.0434
- **Gwynne Chovanec**: Director of Senior Advocate and Older Adult Services 847.824.5143

“The good thing about being old is not being young.”

Steven Richards
Free Skin Cancer Screening

Saturday, October 5

Register for this free skin cancer screening that’s open to the public. The visual screening purpose is to detect and prevent skin cancer early.

Skin Cancer Screening
Saturday, October 5, 2013
9 a.m. – 12 p.m.
FREE
Advocate Lutheran General Hospital
Center for Advanced Care – First Floor

To Register:
Call 1.800.3.ADVOCATE (1.800.323.8622) mention code “8C03”
OR
Visit www.advocatehealth.com/luth
Click on “I need a class or support group” and enter class code (8C03) in the keyword box.

Free parking is available in the parking garage adjacent to the Center for Advanced Care.

Advocate Lutheran General Hospital
Inspiring medicine. Changing lives.
Intimate Partner Violence Awareness Month
October 2013

In recognition of Intimate Partner Violence Awareness Month Advocate Lutheran General Hospital is sponsoring a donation drive. All items collected will be donated to a local Domestic Violence Shelter. Below is a list of suggested items:

Personal Hygiene:
- Shampoo
- Conditioner
- Soap
- Toothpaste
- Toothbrushes
- Combs/brushes
- Ethnic hair products
- Deodorant
- Vaseline
- Body lotion

Baby Items:
- Diapers/Pull Ups
- Baby hygiene items (baby soap, shampoo, lotion, powder, etc.)
- Baby Wipes
- Diaper rash ointment

On October 8, 2013 from 10:00AM-2:00PM there will be an information table by the 10 East elevators. A collection box will be available at that time. Additional collection boxes and times will be available the week of October 14-18th at the Maine and Parkside entrance.

If you are a victim of domestic violence or know someone else who is, please call National Domestic Violence Hotline at 800.799.7233. An Advocate associate wishing to obtain information or to make an appointment with an Employee Assistance Program representative simply calls 1.800.775.0304. To obtain patient care assistance and request additional education, please call Milada Gorelik, MSW, LCSW, ACM at 847.723.8203.
Community HealthBeat

Healthy Women
Genetic Screening | CAT Scans | Caregiving | Women’s Night Out | Gynecologic Screenings

Genetic Screening
Before and During Pregnancy
Tuesday, October 1, 2013
Barbara V. Parilla, MD
Perinatologist
Director, Maternal-Fetal Medicine
Class Code: 8G52

CAT Scans:
What You Need to Know
Tuesday, October 8, 2013
Lisa Laurent, MD, FIOMC*
Radiologist
Medical Director Outpatient Imaging
Advocate Medical Group Nessel
Co-Medical Director
Ultrasound and Body CT
Class Code: 8G52

The Sandwich Generation:
Caregiving for Parents and Children
Tuesday, October 15, 2013
Deborah Geismar, MD
Family Medicine Physician
Class Code: 8G52

Taking Care of You:
Gynecologic and Breast Cancer Screenings
Tuesday, October 29, 2013
Timothy Lestingi, MD
Medical Oncologist
Department of Medicine, Division of Hematology/Oncology
Class Code: 8G52

Champagne, Chocolate & Conversation
4 H’s of Everyday Women Warriors
Colonel Jill Morgenthaler
Weight Management Tips
Naomi Parrella, MD,
Family Medicine Physician

What Every Woman Should Know About Breast Health
Sarah Friedewald, MD, Radiologist
Heidi Memmel, MD, Breast Surgeon
Surviving and Thriving During Menopause
Therese O’Connor, MD, Obstetrician/Gynecologist
Thursday, October 24, 2013
6:30 – 8:30 pm
Olson Patio
Class Code: 8W98

All lectures are free and take place from 7 – 8 pm at the Johnson Auditorium. Free valet parking and refreshments are provided to attendees.

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 Physician

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