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Office for Mission & Spiritual Care
The Office for Mission and 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 4:30 p.m. To contact us, call 847-723-6395. Evening and weekends call 847-723-2210, ask the hospital operator for the On-Call Chaplain.

A Note from Reverend Kevin Massey

Sometimes it is easier to not speak about things that make us uncomfortable, yet sometimes caring for our communities requires that we DO speak about things that make us uncomfortable. The issue of Domestic Violence is one of those things. October has been designated Domestic Violence Awareness Month. Domestic Violence, sometimes also called Intimate Partner Violence can be an invisible pain in our own communities. For each of us who care for the community through churches, temples, mosques, and other community gathering places, we are caring for persons who may be living in the midst of domestic violence.

At Advocate Lutheran General Hospital, we are always trying to improve how we care for all patients, and we have implemented improvements in how we try to identify persons suffering from domestic violence to provide resources and referrals for other wonderful community partners and programs such as the YWCA and Wings who can help. In the hospital we are going to be holding a “wear purple” day on October 8th to highlight domestic violence.

We invite you to consider joining us in sharing word about this important issue. If your church, synagogue, temple, mosque, or community gathering place has an outside sign with moveable letters, please consider dedicating a week’s message to this important issue. You could write words such as, “Please pray for persons affected by domestic violence. October is Domestic Violence Awareness Month.”

Thank you for your partnership with us in all of the ways we mutually care for the needs of our community.

Rev. Kevin Massey, MDiv, BCC
Vice President - Mission and Spiritual Care

We cannot seek achievement for ourselves and forget about progress and prosperity for our community...

Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.

Cesar Chavez
New CPE Extended Program

A new CPE Extended program has begun at ALGH this fall! It is designed to focus on critical care ministry, responsive pastoral care, and facilitating advance directives. The program is scheduled for 12 hours a week. The group meets one evening a week, and student chaplains engage in clinical ministry and learning during the evening and overnight hours. Our diverse group of students include:

**Shadrack DP Emmanuel Anand** was born and raised in India. He and his family moved to the United States when he was 42. He has always had a compassion for helping people. All of his family members are either teachers or work in healthcare. His wife and oldest son are nurses. His youngest son is married and pursuing a medical doctorate. Shadrack says, “I am a believer in God and in my future ministry intend to spread the Gospel to people in their trying times.”

**Megan Casper**, a third year M.Div. student at the Lutheran School of Theology at Chicago, is delighted to begin work at Advocate Lutheran General as a CPE Chaplaincy Intern for the extended unit. Originally from Bemidji, Minnesota, Megan previously served as an Intern Chaplain at the Eventide Senior Living Center in Moorhead, MN during her undergraduate work at Concordia College, where she double majored in Elementary Education and Religion. Through her undergraduate studies and subsequent study in Hong Kong and Cambodia, Megan has developed a passion for understanding how trauma and violence affect families and communities across generations, as well as the effect of religion and politics upon the daily lives of those living in poverty. Megan currently lives with her husband and two cats in Hyde Park, Chicago. She is very grateful for the opportunity to study and serve alongside the incredible Chaplaincy staff at Lutheran General.

**Susan (Doubet) Ekstrand** was just married in July and is getting used to her new name. After working as a parish Director of Religious Education in the Roman Catholic Archdiocese of Chicago for almost 20 years, she is hoping to transition to the ministry of chaplaincy in the healthcare field and is thus beginning her first unit of CPE at ALGH. She is finishing up work for a Master’s Degree in Pastoral Studies at Catholic Theological Union in Chicago to supplement her B.A. degree in Pastoral Ministry and many years of ministerial experience. After marrying, she moved from Evanston (IL) to a small farm town about an hour west of Rockford, IL. Her new husband is a Lutheran pastor (ELCA) she first met in the fourth grade.

**Greg Holden** is a lifelong resident of the Chicago area. He serves as Dharma Coordinator with the Chicago chapter of Jewel Heart, a Tibetan Buddhist spiritual community based in Ann Arbor, MI. Greg completed Bishop Anderson House’s lay chaplaincy program in spring 2015 and is a student in Jewel Heart’s own international chaplaincy program. He volunteers with Rainbow Hospice and palliative care and has a primary interest in hospice chaplaincy. Greg lives in Chicago with his wife, who is a nurse and who also has an interest in palliative care. His two daughters are both completing college. Greg is also a board member and communications director of Devices 4 the Disabled, a 501c(3) nonprofit that gathers, refurbishes, and distributes durable medical equipment to those in need. He is an avid gardener and beekeeper.
Jin-Ho Hong came to the U.S. from South Korea eight years ago. He entered in Garrett-Evangelical Theological Seminary in Evanston to study for an M. Div and graduated in 2009. He received his first appointment as a leading pastor at Franklin Grove United Methodist Church, IL. He describes himself as a “cradle Methodist.” Jin is currently serving at Korean Central United Methodist Church in Prospect Heights, IL. He lives with his wife and three children (8, 6, and 4 years old). His hobbies include playing soccer and basketball with his friends.

Lorin Kirksey is a part-time student at the Lutheran School of Theology at Chicago studying for his Masters in Divinity. He finds “joy” in sharing God’s Word (the Breath of God) and as a student he has had a handful of opportunities to do that through preaching at his home church. His relationship with Christ has created a desire within him to care for “all” people regardless of who they are, where they came from, or how they got there. Chaplaincy fulfills that desire for him like an indoor house plant draws itself toward the natural outdoor light created by the sun. While residing in Tinley Park Illinois with his wife, Lorin enjoys watching his son play soccer, sermon preparation, photography, oil painting, and unexpected treasures found at neighborhood garage sales.

Michael Mirza is an M.Div student at Northern Seminary who considers himself a “progressive evangelical” Christian. Originally from Grand Rapids, Michigan, he has lived in Chicago since 2006 and now resides in the Logan Square neighborhood with his wife, Anne. He dreams of planting and pastoring a multi-ethnic church in the city someday, and knows his time at Lutheran General will play an important role in shaping his ministry of presence among others. Michael is an ENFP (Myers-Briggs) and a #2 (Enneagram), but more than that he's just a guy who loves a good burger.

Marcia Nelson is studying for an M.Div. at the Earlham School of Religion in Richmond, Ind. She is a Quaker. She has spent her professional life as an editor and journalist, and is the author of three books about religion and spirituality. Her husband Bill is a pediatrics nurse at Advocate Lutheran General Hospital.
Nursing Alumni and Retiree Breakfast Gathering

On Saturday morning, August 22nd, retired ALGH nurses and alumni of the Lutheran Deaconess Nursing School gathered to reconnect, share stories and learn about new projects at the Advocate heart Institute at Lutheran General. The morning included a wonderful invocation from retired Chaplain Rev. Lee Joesten, an update on nursing at Lutheran General from Jane Denten, chief nursing executive, a look at cardiology nursing “then and now” featuring Jean Mau, advanced practice nurse and Marty Schippman, retired cardiology nurse supervisor and an introduction to the new Advocate Heart Institute at Lutheran General’s recently completed Coordinated Care Clinics and a sneak peak at the future home of the Cath Lab.

If you are an alumni of the Lutheran Deaconess Nursing School or a soon to retire nurse and would like more information about this group, please reach out to Scott Wozencraft at scott.wozencraft@advocatehealth.com.

Eunseo Ann Cho received a community service award

Eunseo Ann Cho, our Korean concierge, has recently received a Community Service Outstanding Award from Chicago Korean Chamber of Commerce at the Korean Festival. Ann devoted generous time to support the Chicago Korean Festival and the award is a way to thank her for the time and personal involvement.

Free Medicare Educational Sessions

Medicare Open Enrollment period is October 15 – December 7. If you know someone who needs help in deciding which is the best plan for them, let them know about these free educational sessions hosted by MedicareCompare USA.

Saturday, September 26  9am – 11am & 2pm – 5pm, Olson Auditorium  
Saturday, October 24  9am – 11am  Olson Auditorium  
Saturday, November 21  4pm – 6pm  Olson Auditorium

What does MedicareCompare USA do?

• Compare Medicare plans accepted by your physicians and hospital
• Identify a Medicare prescription plan that covers all your medications at the lowest cost
• Provide assistance throughout the Medicare plan enrollment process

Patients can call the MedicareCompare Helpline at 855.607.2616 or visit advocatehealth.com/medicare for more information.
Leslee Samuelson - I am an experienced United Methodist pastor with a true passion for my work as a hospital chaplain. I love serving God through serving others, and I am dedicated to providing a calm, empathetic presence for people in need. I have a Master’s degree in Theology from Emory University in Atlanta, and for 13 years I was a pastor at four different churches in Georgia. In August, 2014, I moved to Evanston to pursue full time work as a chaplain. Previous to Advocate Lutheran General, I was a chaplain intern at Rush University Medical Center. I am a single mom of a 23-year-old son, Luke, who lives and works in Atlanta. (I miss him terribly and probably much more than he misses me!) Growing up, my dad was in the Navy, so I have lived all over the United States as well as Puerto Rico and the Philippines. Consequently, I love meeting new people, experiencing new places, and sharing stories about travel. But my roots are here in the Midwest - my mom grew up in Illinois and my dad grew up in Minnesota. I am also an alum of the University of Illinois in Champaign where I formed friendships with wonderful people I’m still close to who also live in Evanston.
3D mammograms to be covered by insurance in Illinois

By: Sonja Vojcic

Gov. Bruce Rauner recently signed a new law that will require all insurance companies to cover 3D mammograms in Illinois beginning July 1, 2016. Medicare has already started covering 3D mammograms, and the intent of the law is to require all private insurance companies to follow their lead. “This is a medically proven screening method that increases detection rates and because of its sensitivity, helps reduce unnecessary call backs during an already stressful time,” said State Sen. John Mulroe (D—10th District), chief sponsor of the bill, in a press release. “It is a good practice to keep the medical industry moving forward when the technology is available.” A 3D mammogram takes just a few seconds longer than a traditional 2D mammogram, but the image radiologists see is different. The images from a 3D mammogram look like the pages of a book, allowing physicians to see through the layers of the breast to diagnose potential problems more quickly. Previous technologies only took a single dimension view of breast tissue. Also known as tomosynthesis, 3D mammograms have shown to reduce the number of false positive results and detect more invasive forms of breast cancer. This can also help detect the cancer at an earlier stage. Patients with heterogeneously dense breast tissue—more than half of their breast tissue is considered dense—especially benefit from 3D mammography, experts say. That’s because the technology converts digital images into “slices,” or very thin layers 1-millimeter thick, thus producing details that might have been hidden in a 2D image. "Although breast tomosynthesis is advantageous in women with heterogeneously dense breast tissue, we have found that the technology has improved cancer detection rates across all breast density categories,” says Dr. Sonya Bhole, radiologist at the Caldwell Breast Center at Advocate Lutheran General Hospital. "Tomosynthesis has helped us find suspicious lesions that would have otherwise been occult on conventional 2D mammography. The American Cancer Society recommends screening mammograms for women starting at age 30. For those under 40, discussing family health with their doctor can help to determine when to schedule a first mammogram.

Top 5 Things You Need to Know about Breast Care in 2015

Tuesday, October 27, 2015 | 7 – 8 pm

Heidi Memmel, MD*, Breast Surgeon, Co-Medical Director, Caldwell Breast Center
Brandie Fagin, MD, Diagnostic Breast Radiologist, Co-Medical Director, Caldwell Breast Center

Johnson Auditorium

Class Code: 8G52

For more information or to register for an event, go to advocatehealth.com/classes or call HealthAdvisor at 1.800.3.ADVOCATE (1.800.323.8622) and mention the class code.

All lectures are FREE and take place in the Johnson Auditorium.
FREE valet parking and refreshments are provided to attendees.
Bone Marrow Drive

Wednesday, November 3, 11am—2pm Top Deck Café, 10th Floor, by the East Elevators

We are partnering with Be the Match to help patients who are looking for a bone marrow donor. For thousands with blood cancers like leukemia or other disease like aplastic anemia, a bone marrow transplant is their only hope for life. If you have diverse ancestry, patients especially need you because they are most likely to match someone who shares their heritage. For example, 6 year old Sophia, who was featured in health enews today, is of a mixed ancestry and it’s hard for her to find a match. There are many children and adults who are in a similar situation. Are you the match?

Making Stride Against Breast Cancer of Park Ridge

Let’s finish the fight against breast cancer. Join the American Cancer Society for a 5k walk to raise awareness and funds to end breast cancer.

Saturday, October 17, 2015
101 S. Courtland, Park Ridge
Registration begins at 7:30 am and walk begins at 9am
Join team Advocate LGH Warriors in Pink http://makingstrides.acsevents.org

Free Skin Cancer Screening

Is there a mole you are concerned about? Get checked, for free. The purpose of this screening is to detect and prevent skin cancer early.

Saturday, October 10, 2015, 9am—12pm, Center for Advanced Care, 1st Floor
Register at 222.advocatehealth.com/classes or 800.323.8622. Class code 8C03

October is Domestic Violence Awareness Month

To raise awareness about Interpersonal Violence ALGH is having a personal hygiene supply drive from October 12-23.

Please bring donations including baby diapers and feminine hygiene products. Collection boxes at Parkside Lobby, Main Hospital entrance and by the Chapel.

Sponsored by: Intimate Partner Violence Committee at Advocate Lutheran General Hospital

Gluten-Free Halloween Open House

Saturday October 24, 1 pm-2:30 pm
Advocate Children’s Hospital Outpatient Center, 1st Floor Lobby Area
Come in your favorite Halloween costume for Gluten-Free trick-or-treating.
• Free food and candy, admission, and raffles
• Games and activities for tots to teens; Fun activity provided by Kohl’s Children’s Museum

Registration encouraged, walk-ins welcome. To register contact: Carrie Ek 847.723.7176 or carrie.ek@advocatehealth.com.
Senior Advocate Breakfast Club

Brain Health – puzzles are not enough! Pat Cohen Director of Advocate Alzheimer’s Support Center will discuss lifestyle changes we can make to our daily routine to begin living a “brainier” lifestyle.
When: October 16, 2015
Code: 8520

Heart to Heart....... Jean Mau DNP MSN. Jean is our expert on heart concerns; healthy eating and exercise. Bring your questions and she will get us back on track with cardiac best practices.
When: November 20, 2015
Code: 8521

Happy Holidays from your Senior Advocate Staff (see you in January 2016)!

Medicare Update 2016: Jeanet Reyes-Cordero Community Relations Specialist Blue Cross Blue Shield of Illinois and Medicare expert will present to us what we need to know for 2016. This is our annual Medicare event.
When: January 15, 2016
Code: 8511

Our Senior Breakfast Club is free and held at:
Just Like Home Restaurant
8501 W. Dempster St. Niles
(South Side of Dempster)

Registration is required.
If you have an email address please give it to Health Adviser. Confirmations will not be mailed.
To register, call 1-800-323-8622
8:30 am breakfast and 9:00 am lecture