A Note from Rev. Kevin Massey

Last summer we shared that this fall we will be providing training to faith community leaders on emergency and disaster response and planning. That time has now arrived! We will offer a three hour training entitled, “Strength for Today and Bright Hope for Tomorrow: Emergency and Disaster Training for Faith Community Leaders.” The training will be Tuesday October 25th starting with a 7am Breakfast, with the formal presentation being from 8am to 11am. To participate, you must RSVP by emailing to kevin.massey@advocatehealth.com indicating your name and the faith community you represent.

This training will include a module on organizing your faith community to guarantee delivery of the services your community relies on, even if confronted by an emergency. Another module will include training in Psychological First Aid, an evidence based approach to helping people cope with trauma and loss. Finally a module will describe how Advocate Lutheran General Hospital will be inviting faith community leaders to partner with us in providing support to our communities if there were ever a disaster or mass casualty incident affecting Advocate Hospitals.

Events such as the recent bombings in New York and New Jersey remind us that tragedy can strike anywhere, but our faith communities look to their leaders to be positive and prepared to provide emotional and spiritual support and guarantee that our faith communities can be relied upon to serve in our wider community no matter what happens. This training will help us all mutually prepare in that way. Thank you for your partnership in our healing ministry.

Blessings,

Rev. Kevin Massey, MDiv, BCC
Vice President - Mission and Spiritual Care
October is Pregnancy and Infant Loss Awareness Month

During the month of October, in recognition of pregnancy and infant loss awareness month, Advocate Health Care will acknowledge all pregnancy, infant, and pediatric losses. Throughout the Advocate System, we will be placing candles and framed poems on each of our clinical units in remembrance of pregnancy, infant, and pediatric loss. We will also provide educational and awareness resources on the topic in some Advocate Health Care newsletters, such as this newsletter. These pieces will be focused on issues of awareness, coping, education, for caregivers and families alike.

In 1988, President Ronald Reagan proclaimed October as Pregnancy and Infant Loss Awareness Month throughout the United States noting that, “National Observance of Pregnancy and Infant Loss Awareness Month offers us the opportunity to increase our understanding of the great tragedy involved in the deaths of unborn and newborn babies. It also enables us to consider how, as individuals and communities, we can meet the needs of bereaved parents and family members on work to prevent causes of these problems…”

Within your faith community, we invite you to join us in raising awareness and offering support to families who grieve the loss of a baby or child. Here are some ideas for helping a family in your faith community after a baby or child has died.

The first and likely the most important thing you can do is realize that a baby has died and this death is just as “real” as the death of an adult. Many families say it isn’t helpful when people say that they can try again or have more children in the future. Although they may welcome the possibility of having another child in the future, the grief over the death of this child will remain with them. Let the parents know that they and their family and the baby are in your prayers. Call or send a sympathy card. You don’t have to write a lot inside, a simple “You and your baby (or child) are in my thoughts and prayers” is enough.

What the parents need most now is a good listener and people who offer support and acknowledgement of their loss. Listen when they talk about the death of their baby. If you know the baby or child’s name, mentioning the child’s name may be comforting for the family. If you knew the baby or child, sharing a memory of the child may be appreciated by families.

It is okay to admit that you don’t know how they feel. A good thing to say is, “I can’t imagine how you feel. I just wanted you to know that I am here for you and am very sorry.”

Acknowledge parents, both mothers and fathers in the midst of their grief. If there are other children in the family, acknowledging them in ways that are true to the family can be helpful as well. Listen for cues of how the family is talking about the loss in their family and offer parallel approaches to supporting the children.

Try to remember the anniversary of the death and due date with a card, call, or visit. Anniversaries can trigger grief reactions as strong as when the loss first happened. Months down the road a simple “I continue to holy you and your family in my prayers,” can be a strong form of support.

Remember that any subsequent pregnancies can be a roller-coaster ride of joy, fear and bittersweet memories.

Within the prayers of your worshipping community, find ways to lift up those who grieve the death of a child or baby or experienced loss through miscarriage, can affirm that grieving families are included in the prayers of the community.

Thank you for joining with us and remembering and supporting families who are grieving and remembering a baby or child gone too soon from this world.

Peace and Blessings,
Andy Travis
Manager Mission and Spiritual Care
Exercising proves beneficial for breast cancer patients experiencing these problems

We’ve all heard before that staying active has many benefits, both physical and mental. But being physically active is particularly important for breast cancer survivors, according to a new study, which revealed that staying active alleviates stress and benefits survivors psychologically, which improves their memory. Researchers found that memory problems in breast cancer patients are actually linked to high levels of stress, and may not directly be related to chemotherapy and radiation treatments. Survivors who have undergone cancer treatments go through many emotions that can cause stress.

“These women are frightened, stressed, fatigued, tapped out emotionally and have low self-confidence, which can be very mentally taxing and can lead to perceived memory problems,” said lead author Siobhan Phillips. “We have noticed similar effects in our patients here at Advocate Lutheran General Hospital who are participating in the exercise classes offered through our Cancer Survivorship Center,” says Dr. Sigrun Hallmeyer, medical oncologist specializing in breast cancer at Advocate Lutheran General Hospital in Park Ridge, Ill. “Patients often report improved energy, better sleep and overall improved cognitive function, including memory. It is reassuring that this study confirms these observations in a scientific way.”

The study found that breast cancer survivors that had higher level of physical activity – walking, jogging, biking or attending an exercise class – had less memory problems.

“Data like this will further empower us to recommend exercise and physical activity for our cancer patients,” adds Dr. Hallmeyer. “We are happy and fortunate to be able to support these activities in a safe and comfortable environment where patients feel supported.”

Here are five ways to sneak in a workout:

1. Walk instead of taking the car whenever you can
2. Take the long route to the office
3. Walk the dog using a different route
4. Choose stairs instead of the elevator
5. Make housework a workout

By using these simple tricks, we are giving ourselves a moment to take a break from our stressful lives. At the same time, we are promoting being active.

Caldwell Breast Center Fundraiser: Used Books and Bake Sale

October 11 & 12, 2016
10:30 am – 2:00 pm
Center for Advanced Care, 1st floor conference room 1220

All proceeds to benefit Making Strides Against Breast Cancer American Cancer Society.

Fall Jewish Holy Days

For the convenience of patients, family members, associates, physicians, and guests, there will be a Sukkah in the Lutheran General Hospital’s Meditation Garden. Please visit the Sukkah and bring your lunch to join us for a festive educational program with refreshments to be held Wednesday, October 19 at 12 Noon. Please RSVP to 847-723-6395 or kathryn.karcz@advocatehealth.com by Friday, October 14 at 12 Noon. A video version of this program should be available for later viewing in patient rooms.

Also, there will be (closed) Sukkah decorating program with children from BJBE Congregation (1201 Lake Cook Road Deerfield 60015) on Sunday, Oct. 16 at 1 pm in the Meditation Garden.
Caldwell Breast Center & Mission and Spiritual Care Food Drive

Food drive will take place from October 1st–31st.

Drop off locations:
- Breast Center, 3rd floor of the Center for Advanced Care and
- Outside of the Chapel

Proceeds will benefit the Maine Township Emergency Food Pantry.

Free Balance Screening
- Feeling unsteady?
- Concerned about having a fall?
- Want to know your risk of falling and what you can do about it?
- Did you know that one out of three adults age 65 and older falls each year?

The 15-minute appointment with a physical therapist will determine your fall risk and provide best options for risk reductions.

Please Join Us!
What: Free Balance Screening
Where: Outpatient Therapy
9375 Church Street
Des Plaines, IL 60016

No prescription necessary or more information or to make an appointment, call 847.824.5165

The hardest choices in life aren’t between what’s right and what’s wrong but between what’s right and what’s best.

Jamie Ford

October is Domestic Violence Awareness Month—October is the month that we work to bring awareness to the sad problem of Interpersonal Violence. We have a robust group of hospital members as well as representation from the Park Ridge Police Department and our partners, Evanston YWCA and WINGS who meet frequently to create awareness, support for victims and education for our associates. We are very fortunate to have a foundation fund which has allowed us to create a “shoe card” which we will be able to distribute to hospital departments, our partners in the community as well as our Police Department to give to victims. This “shoe card” can be hidden in a shoe and contains vital links to resources and help. It will save lives and your support made it happen.

We ask that you help us in our mission to educate and bring awareness to this problem. On October 24, our team will be outside the cafeteria with lots of great information. We will also have a basket raffle which serves two purposes. The first and most important is that it helps associates approach the table as this is a difficult topic. Second, it provides additional funds to continue our work.

How can you help?
Donate a gift card or basket for our raffle.
Please drop it off in my office on 5 SOUTH by October 18.
AND, Stop by our table on October 24!
Advocate Children’s Hospital in partnership with the Illinois ACE Response Collaborative presents

Becoming a Trauma-Informed Children’s Hospital and Community: Building Foundations of Care, Collaboration and Practice

Wednesday November 16, 2016
8:30 am – 4:30 pm

South Shore Cultural Center
7059 S. South Shore Drive, Chicago IL 60640

8:00 am – 8:30 am Registration and Breakfast

8:30 am – 9:00 am Opening Remarks and Centering Activity
Stacey Jutila, MDiv, BCC, Vice President, Mission and Spiritual Care, Advocate Children’s Hospital; Margie Schaps, MPH, Executive Director, Adverse Childhood Experiences Program, Health & Medicine Policy Research Group; and Kirsten Peachey, MDiv, MSW, DMin, Director, Congregational Health Partnerships, Advocate Health Care

9:00 am – 10:30 am Keynote Address: Understanding ACEs: The Magnitude of the Solution
Laura Porter, Director, Adverse Childhood Experiences Learning Institute at Foundations for Healthy Generations, Shelton, Washington

10:30 am – 11:00 am Break

11:00 am – 12:00 pm ACES, Toxic Stress and Resilience
Audrey Stillerman, MD, ABFM, Assistant Professor, University of Illinois Health and Hospital System; and Maggie Litgen, MSW, Manager, Adverse Childhood Experiences Program – Health & Medicine Policy Research Group

12:00 pm – 1:00 pm Lunch

1:00 pm – 2:00 pm Becoming Trauma-Informed: Perspectives from Public Health, Faith Communities, Education and Medicine
Marlita White, MSW, LCSW, Director, Office of Violence Prevention and Behavioral Health, Chicago Department of Public Health; Kirsten Peachey, MDiv, MSW, DMin, Director, Congregational Health Partnerships, Advocate Health Care; Audrey Soglin, Executive Director, Illinois Education Association; and Pat Rush, MD, Illinois ACEs Response Collaborative

2:00 pm – 3:30 pm World Café Breakout – Learning and Listening for Steps Forward in Being a Trauma-Informed Community and Children’s Hospital
Kirsten Peachey, MDiv, MSW, DMin, Director, Congregational Health Partnerships, Advocate Health Care; and Lina Cramer, Health & Medicine Policy Research Group

3:30 pm – 3:45 pm Small Group Report Out – Lessons Learned
3:45 pm – 4:15 pm   Growing in Connection and Collaboration – Schools, Faith Communities, Hospitals and Neighborhoods
Frank Belmonte, DO, MPH, Vice President, Pediatric Population Health and Care Modeling, Advocate Children’s Hospital

4:15 pm – 4:30 pm   Closing Reflection
Kirsten Peachey, MDiv, MSW, DMin, Director, Congregational Health Partnerships, Advocate Health Care

Objectives:
At the conclusion of this activity, the participants should be able to:

• Describe the benefits of recognizing the role of ACEs in overall health outcomes
• Demonstrate practical ways that one can incorporate ACEs screening into one’s medical practice
• Describe the various medical conditions that are impacted by comorbid ACEs
• Describe the methods for building resilience in patients who have experienced ACEs
• Demonstrate ways in which physicians can impact community asset development
• Determine practical partners in the communities in which they serve

Format: Lecture, case based discussion, small group discussions

Target Audience: All physicians, nurses, chaplains, social workers, psychologists, educators and anyone who is working on behalf of the well-being of children and families.

Disclosure: Acknowledgement of all disclosures for speakers and planners, i.e., nothing to disclose or the existence of relevant financial relationships, will be made at the activity. Conflicts of interests will be identified and resolved prior to the activity.

Financial Support: This activity is supported by Advocate Children’s Hospital.

Accreditation Statement: Advocate Health Care is accredited by the Accreditation Council for Continuing Medical Education to provide Continuing Medical Education for physicians.

Credit Designation Statement: Advocate Health Care designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Web registration is the preferred method: Register online at advocatehealth.com/seminar. For questions, please call 1.800.323.8622.

Registration Fee: Free