Although it’s called a resale shop, several items that the Gingham Tree Resale Shop is currently offering are brand new. Gently used decorations, dishes and clothing are available, too, and occasionally an expensive item of jewelry will show up. (Last year a 4-carat diamond bracelet was anonymously donated.) All of this makes the Gingham Tree a great place to shop for holiday gifts – especially if you’re on a tight budget!

Each purchase makes a difference, because all proceeds benefit Advocate Good Samaritan Hospital for technology and equipment. In 2009, the Auxiliary of Good Samaritan Hospital, which operates the shop, donated more than $200,000, and it expects its 2010 contribution will equal or exceed last year’s. The Gingham Tree is located in a separate building on the southeast corner of the hospital campus.
Meet Chaplain Johnny Gillespie

Growing up in a beauty shop that catered predominantly to older patrons can have a powerful influence on a young life. “I was raised around the elderly clientele in my mother’s shop and was fascinated by their stories,” says Chaplain Johnny Gillespie. “I still find such narratives a wealth of information.”

In addition to his interest in the elderly, two of his other life-long passions play into his work as chaplain: music and yoga. Gillespie earned his bachelor’s degree in Music Instrument Performance from Columbia College in Chicago, and yoga has been part of his self-care since he was a young man and earned a degree at the Chicago Yoga Center.

After years of being a yoga instructor in trendy health clubs, Gillespie had a new dream. “I wanted to teach yoga to people who needed to heal spiritually and physically, people who struggled with their bodies and their self-acceptance.”

He considered Jungian psychology but sought a more spiritual focus. In a heartfelt conversation with his faith leader, Gillespie understood when his pastor suggested hospital chaplaincy as the perfect place for him. He attended Chicago Theological Seminary and interned at Advocate Good Samaritan Hospital in 2007, working in geriatric psychology.

Then in May of this year Gillespie returned to Good Samaritan Hospital full time. “I had an affinity for this place and hoped to return here after my internship. I liked the chaplaincy staff and knew they would be open to my belief in the healing aspects of yoga and music.”

Today Gillespie often plays classical guitar for patients in tough spots and finds satisfaction in helping those in the Critical Care Unit where a large part of the population is older. “Bringing comfort to someone is an honor,” says Gillespie – musician, yogi and chaplain.

What ANCC Magnet Recognition® Means

Starting with this issue of Connections, the symbol shown is included in our masthead on page 4. ANCC Magnet Recognition® is the recognition of excellence in nursing services. It follows a rigorous two-year evaluation process for Advocate Good Samaritan Hospital that included an extensive application, interviews and a three-day site survey by American Nurses Credentialing Center appraisers.

Of the 6,000 hospitals in the United States, only 31 in Illinois and 373 nationally have achieved ANCC Magnet Recognition®. Good Samaritan Hospital is honored to be included in this elite group.

Mark Your Calendar

**Senior Lecture: Healthy Eating During the Holidays**
**Thurs., Nov. 5, 9 – 10:30 a.m.**
Enjoy your holidays fully – without weight gain. Seniors will learn 10 strategies to help them avoid adding pounds during this year’s party season. A $2 donation will be accepted at the door. This lecture will take place at Advocate Good Samaritan Wellness Center, 3551 Highland Ave., Downers Grove, located on the hospital campus. To register, call 1-899-323-8622, and request Class Code 4S21.

**Total Joint Replacement Class**
**Mon., Nov. 8, 6 – 7:30 p.m.**
**Fri., Nov. 19, 9 – 10:30 a.m.**
**Tues., Nov. 23, 6 – 7:30 p.m.**
**Mon., Dec. 6, 6 – 7:30 p.m.**
**Fri., Dec. 17, 9 – 10:30 a.m.**
**Mon., Dec. 20, 6 – 7:30 p.m.**
Learn from an orthopedic nurse and physical therapist how to prepare for your joint replacement surgery. Preparation, surgery, postoperative course and rehabilitation are all part of the curriculum. This class is best taken one to three weeks prior to your scheduled surgery. Registration is required, but the class is free. To register, call 1-899-323-8622, and request Class Code 4G28.

**The Mental Health Needs of Your Faith Community: How to Recognize, Respond and Refer**
**Tues., Nov. 9, 8 a.m. – 4 p.m.**
This is one of the largest mental health conferences in the Chicago suburbs designed specifically for faith communities. Clergy and others involved with spiritual care, parish nurses, Stephen Ministers, deacons and other people of faith are encouraged to attend. The conference will be held at Second Baptist Church in Elgin. To register, call Bob Skrocki at 630-682-7979 ext. 7986, or email bskrocki@dupagehealth.org for more information.
Advocate Hospice
1441 Branding Lane, Suite 200
Downers Grove, IL 60515
630-963-6800

Special Memorial Service for Recently Bereaved
Sun., Dec. 19, 4 – 5 p.m.
Advocate Good Samaritan Hospital Chapel
A special memorial service will be held for the hospice and patient families of Good Samaritan Hospital who have recently lost a loved one. Good Samaritan Hospital Mission & Spiritual Care and Advocate Hospice join together in leading this service as a comfort for the families they serve. For more information, contact Penelope Gabriele at 630-829-1753 or penelope.gabriele@advocatehealth.com.

(Copied next service will be held March 20, 2011.)

Coping with Grief for the Holidays
During the holidays, many people are dealing with the grief and loss of a loved one. Learn how to best plan for these challenges and take care of yourself. These workshops offer survival tips, show you how to create new traditions and offer self-care suggestions. There will be time for discussion and sharing.

Thanksgiving Grief Workshop
Wed., Nov. 17, 6:30 p.m.
This workshop will reflect gratitude in the face of grief.

Christmas Grief Workshop
Wed., Dec. 8, 6:30 p.m.
This workshop will explore the impact of the gifts we are given.

Both workshops will be held Suite 220 of the Advocate Hospice office at 1441 Branding Lane, Downers Grove. For more information, contact Penelope Gabriele at 630-829-1753 or penelope.gabriele@advocatehealth.com.

Rob Hatfield grew up in a United Church of Christ (UCC) church in an Illinois suburb of St. Louis. After an undergraduate degree from Elmhurst College, he received his master’s and doctorate degrees from Eden Seminary in St. Louis. He has been senior pastor at First Church of Lombard, located in downtown Lombard at 22 S. Main St., for more than 20 years.

His dedication to his community and Advocate Good Samaritan Hospital is reflected in his nine years of service on the hospital’s Governing Council. During his tenure, the Good Samaritan Health & Wellness Center was built and its Critical Care Unit was planned.

“Good Sam is my hospital,” says Rev. Hatfield. “My daughter Katelyn was born here in the 70s, and, while the kids were growing up, we had our shares of trips to the hospital’s ER.”

He sees the partnership between his church and Good Samaritan Hospital as critical. “Seniors are getting younger, and we need relationships in place that will allow faith communities to serve the whole person and that person’s needs.”

Another of Hatfield’s core beliefs is that a faith community should be a safe haven for its members and their neighbors. “A church is essentially an additional family. It’s safe and both nurtures and challenges. That’s what we try to do at our church.”

Offering its resources to community members in need is part of the fiber of First Church of Lombard. It was the first DuPage County PADS shelter, holds meetings for twelve-step programs, houses a walk-in ministry called Outreach House in Lombard and Villa Park and provides an infant-needs ministry called First Things First. “That offers diapers, wipes, clothes and counseling for moms and babies who can’t make it on their own,” explains Rev. Hatfield.

“The next few years will be interesting for every institute of meaning in our culture which has service at its core,” Hatfield says. “Health, church, social services – they will need to restructure staff, examine their fundamentals, reconsider the way they evaluate and how they plan. The current economic path has caused this need for redefinition.”

After thinking a moment, he adds, “The challenge will be to be open to new models and modes, open to imagining new ways to tell the old, old story of God’s love and new ways to live it out.” Rev. Hatfield seems fully poised for that challenge.
Serving Compassion and Care

You may know them as Eucharistic Ministers or Ministers of Care, but their full and correct title is Ministers of Care Commissioned as Extraordinary Ministers of Holy Communion to the Sick in the Diocese of Joliet. With a title like that, you know immediately there is nothing routine about this ministry!

Ordinarily, the minister of Holy Communion is a bishop, priest or deacon. However, Eucharistic Ministers are permitted by the Catholic Church to distribute Holy Communion in circumstances that are not the norm, such as when there are too many people to be served. Being confined to a hospital is just such a circumstance.

Advocate Good Samaritan Hospital has 70 Eucharistic Ministers to administer the sacrament to patients. Most who serve do so because someone once did this for them. That kindness is remembered and paid back—often over the course of several years. They are living out the Gospel message of the Good Samaritan in a very specific way.

This is a large ministry with 2,600 being served in one year! Because Good Samaritan Hospital offers Holy Communion seven days a week, an Eucharistic Minister is always needed.

When one minister steps away, another is needed, so the call is always out for new Eucharistic Ministers. Eucharistic Ministers are trained by the hospital as volunteers, by the diocese as ministers of care and by the office of Mission and Spiritual Care with Deacon John Farrell to the actual process of bringing Communion to the sick.

If you are interested in learning more about this ministry, please contact Jill Bates at jill.bates@advocatehealth.com, or call 630-275-1473.

Traditional Celtic Prayer

God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.

God in my sleeping,
God in my waking,
God in my watching,
God in my hoping.

Q: I expect this year will be no exception and that some of my parishioners will be hospitalized during the holidays. One of the things that often upsets them is their inability to buy gifts for their loved ones. Any suggestions?

A: The Daisy Basket Gift Shop, located in the hospital lobby, has cards, stuffed animals, some items of clothing, balloons, wooden puzzles and other simple but lovely things. While these items are usually purchased by visitors for patients, patients can phone the gift shop from their rooms and make a purchase, too. Laura or Sharon or volunteers in the shop are happy to help. The extension within the hospital is 31-1118.
Juvenile Diabetes: How to Identify It

In the United States, 17 million people have been diagnosed with diabetes. Of those, 1.4 million have type 1, often called juvenile diabetes, and each day 35 American children are newly diagnosed.

Usually the symptoms of type 1 diabetes develop very quickly in children, sometimes over just a few weeks. Often the very first sign is unexplained weight loss (despite eating more perhaps) and/or a yeast infection. Such an infection may cause a very severe diaper rash in young children or a genital yeast infection in a girl.

Other signs are increased thirst and more frequent urination, extreme hunger, fatigue, irritability and blurred vision. Talk to your doctor if you see any of these signs in your child.

If your child does have diabetes, your encouragement and guidance are critically important. This requires a 24/7 commitment on your part and may involve some significant lifestyle changes for your family. Here are some of the ways you can help your child:

✦ Encourage him to be active.
✦ Teach him how to make the right food choices.
✦ Make sure she wears a medical ID tag.
✦ Bring her into the process of diabetes management.

Staying positive is one of the best ways to help your child, but there may be days when you need help with that. Your faith community and your faith leader may offer just the support you need – especially as you begin this journey.

November Is American Diabetes Month

Prayer: Dear God, some days I am so anxious and fearful. Forgive me my uncertain steps. Guide me on my journey and fill me with hope. Amen.

Your Advocate

Dr. Farah Hasan

Dr. Hasan is an endocrinologist at Advocate Christ Medical Center.

“My first year of med school, I was fascinated by nutrition and metabolism, how biochemistry plays out in people’s lives, by the physiology of it all,” says Dr. Farah Hasan when asked how endocrinology became her specialty.

She is keenly aware that the rise of type 2 diabetes (also known as adult onset diabetes) parallels the rise of obesity. “Fortunately, research for diabetes is growing, too.” During her eight years of practice, Dr. Hasan has seen the technology of diabetes change dramatically. “Today a lot of help is available to manage diabetes. Many people now use the pump which allows continuous glucose monitoring.”

Dr. Hasan’s advice to her patients is to live in a healthy way. “Control weight. Control portion size. The key is managing diabetes. Every person – not just those with diabetes – should take responsibility for his or her health.” She warns patients to stay away from sugary foods and high fructose corn syrup in particular. “I ask them, ‘Why are you drinking pop? It’s not nourishing you at all!’”

Diabetes usually requires lifestyle changes, but there is no way to know who is ready to make the necessary changes and who is not, so Dr. Hasan gives each patient the benefit of the doubt. “You can’t have a preconceived notion of who will listen. Sometimes the ones I think won’t do it make all the needed changes! People constantly surprise me, so I always take the time and make the effort for each patient.”

• www.advocatehealth.com – Advocate hospitals have many classes and groups built around living with diabetes, including diabetes boot camp, holiday cooking with diabetes, support groups, self-management, and more. To learn more phone 1-800-323-8622.
• childrenwithdiabetes.com – Children write of their experiences w/diabetes.
• jdrf.org – Juvenile Diabetes Research Foundation
• diabetes.org – American Diabetes Association

Related to the Evangelical Lutheran Church in America and the United Church of Christ (www.advocatehealth.com)
Volunteer . . . and Thrive!

There is no doubt that society benefits greatly from the activities of volunteers. Hospitals, service groups, congregations of all faiths, and non-profit organizations depend on their work and dedication.

But volunteers themselves also benefit by their volunteering:

✦ 79 percent believe their interpersonal skills (understanding people better, motivating others, dealing with difficult situations) improved due to their volunteer work.

✦ 68 percent say they developed better communication skills.

✦ 23 percent see volunteering as an opportunity to acquire job-related skills and improve job opportunities. In fact, 28 percent of unemployed volunteers say that volunteering helped them obtain a job in the past, and 62 percent believe volunteering will help them find a job in the future!

Recent research indicates that helping others is a true win-win situation. It may even slow the aging process in ways that lead to a higher quality of life for older adults.

In one study, women ages 60 to 86 volunteered to help children in Baltimore public schools with their reading. Most signed on for this work because they loved children and wanted to help. After two years, 44 percent felt stronger, cane use decreased in 50 percent of the users, and TV viewing dropped 18 percent – all indicators of a better quality of life.

With the new year right around the corner, resolve to do yourself and your community a favor by becoming a volunteer. A phone call will get you started, and the rewards

How to Become a Volunteer

There are wonderful volunteer opportunities for teens, college students, business executives, homemakers, and retirees. If you have never before volunteered but are thinking of becoming a volunteer at a place of worship, a hospital or other organization, these steps should make getting started more comfortable for you:

1. Decide where you’d like to volunteer. List two or three places that align with your interests and are easy to reach. Check them on the Internet, and find their phone numbers.

2. With paper and pencil handy, phone your preferences and ask for volunteer services. (Phoning usually gets better results than emailing.) Try to call between 9 - 11 a.m. when it’s more likely that someone will be able to help you. Indicate your interests and your reason for volunteering. Be ready to answer specific questions.

3. Note what you’ll need to complete to become a volunteer – paperwork, orientations, screenings, training. Write down times, places, and phone numbers you might need.

4. Begin completing what’s needed.

There are many different ways to help. At Advocate Good Samaritan Hospital, for example, volunteers are needed to help with recreation crafts (sewing), in the office as clerks, by delivering patient flowers and mail, at the Health & Wellness Center, at the information desk – and in so many ways!

Most places that need volunteers offer a wide variety of ways to help. It’s likely that with just a little research and one or two phone calls, you’ll find something you will enjoy and which you will find deeply rewarding.

December 5 Is International Volunteer Day

Prayer: Gracious God, you have showered me with blessings. Is it now my turn to reach out to help someone else? Show me, Lord, how this is a possibility. Amen.

Related to the Evangelical Lutheran Church in America and the United Church of Christ (www.advocatehealth.com)
SAVE THE DATE

SUBURBAN CHICAGO INTERFAITH MENTAL HEALTH COALITION SPONSORS:

“THE MENTAL HEALTH NEEDS OF YOUR FAITH COMMUNITY: HOW TO RECOGNIZE, RESPOND, AND REFER”

NOVEMBER 9, 2010, 8 AM - 4 PM
LOCATION: SECOND BAPTIST CHURCH, ELGIN, IL

One of the largest mental health conferences in the Chicago area suburbs designed for faith communities
(For clergy and people in pastoral and spiritual care provider roles, parish nurses, Stephens Ministers, deacons, companions, befrienders, mentors, and people of faith with an interest in the topic of mental health)

Nationally known keynote speakers:
Dr. Mark McMinn, expert author and researcher in the field of maximizing effective faith community responses to mental health issues, and former professor at Wheaton College
Rev. Susan Gregg-Schroeder, resource expert for ministries supporting individuals with mental illnesses and their families, and founder of a national mental health ministry
Nanette Larson, Director, Recovery Support Services  DHS/Division of Mental Health, with her personal story of recovery.

SPONSORS AND COALITION MEMBERS INCLUDE

Advocate Good Samaritan Hospital
Alexian Brothers Behavioral Health Hospital
Association for Individual Development
Association of Community Mental Health Authorities of Illinois, Inc.
Behavioral Health Services of Central DuPage Hospital
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Northwest Center Against Sexual Assault
Northwest Community Hospital
Parish Nurse Programs
Provena Mercy Medical Center
Samaritan Interfaith Counseling Center
Special Education Advocacy Center
Suicide Prevention Services

To register and receive the earlybird rate, go to the link below fill out and send the registration form with your check for $25, to Attn: Danise Habun at Hanover Township MHB 250 Route 59, Bartlett, IL 60103 or call Bob Skrocki at 630-682-7979, ext 7986, or email bskrocki@dupagehealth.org, for more information.

For detailed conference information, please visit http://scimc-conference-2010-11-09.wikispaces.com