Greetings,

In an earlier issue of Connections I shared the exciting news that our Mission and Spiritual Care Department had been given a grant by the Health Care Chaplaincy provided by the John Templeton Foundation to do a research project on chaplaincy. This newsletter coincides with our concluding the data gathering phase of our project and so I would like to share an update on the project and the exciting progress we’ve made.

Our project had been tasked with surfacing the first normative terminological inventory of chaplain activities grouped around the intended effects chaplains have for their work. We have performed numerous data gathering steps including a literature review, retrospective chart review, chaplain focus groups, Chaplain self-observation, and an online survey of chaplains. These steps were all designed around surfacing through a mixed methods approach descriptions and names for what chaplains do, so that commonalities can be identified to settle on normative terms for chaplain activities.

We have completed our first draft of our chaplain activity inventory and will move to polishing it and creating a user’s guide to assist in its use. We can share after those steps further news about specific examples of what the inventory includes. The resulting tool will ultimately be useful to spiritual care givers in all contexts, including community houses of worship, in better describing and measuring the goals and outcomes that we have for spiritual care. We look forward to sharing more about this exciting project as it moves to completion at the end of 2013!

A Note from Rev. Kevin Massey

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.

Lutheran General welcomes six exceptional chaplain interns!

They will be here through August caring for our patients and reflecting on their experiences to further develop their pastoral care. The internship is part of Clinical Pastoral Education (CPE). Chaplain René Brandt, ACPE Supervisor, will orient the students and facilitate their learning. The chaplain interns will respond to needs on a particular unit during the weekday and then care for patients throughout the house while they are on-call evenings and weekends. We are grateful for all the ways they will care for patients, families and staff. Their presence in the Department of Mission and Spiritual Care enriches the staff as we continue to learn and grow from their contributions. Read on to learn more about them. Please welcome them and introduce yourself!

Continued on next page
Stephanie Escher received her MDiv from Garrett Seminary in Evanston four years ago and has since been serving as a UMC pastor in Oak Park. As a member of the Turtle Mountain Chippewa Indian tribe in North Dakota, she digs ritual. In her past lives, Stephanie was a banker, a hospital IT gal, and an R&B musician in Atlanta. She has an awesome sense of humor.

Don Fecher is a seminary student at Bethany Theological Seminary. He is a second career seminarian, after having served the Church of the Brethren as the Director of the Pension Plan and then as the Director of the Fellowship of Brethren Homes. Born and raised on the real Jersey shore, Don comes to us by way of Roanoke Virginia, and currently lives in Elgin, Illinois. Outside of CPE, Don’s interests are woodworking, golf and racquetball.

Amanda Greene is a 4th year rabbinical student at Hebrew Union College-Jewish Institute of Religion in Los Angeles. Amanda is originally from the Chicago area and she received her B.S in Human Development and Family Studies at the University of Illinois at Urbana-Champaign. Amanda then studied in Israel for a year and most recently served as a rabbinic intern in China Lake, CA.

Grzegorz ‘Greg’ Lorens was born and raised in Poland and for the last five years has been studying for the Priesthood in the Roman Catholic Rite for the Archdiocese of Chicago. He grew up in a small town in central Poland called Szydlowiec, and all of his family members still live there. Until his early twenties, his life was basically concentrated around the city of Szydlowiec. He attended grammar school there that went from grades 1st to 8th between the years 1988 and 1996. After grammar school he attended a technical high school from 1996 to 2001. He recalls these two places as very important in his life, and very joyful experiences as well. Prior to the seminary formation at Mundelein Seminary, he earned a bachelor’s degree. In 2008 he entered a preparation program for Polish speaking men who would like to dedicate their life to a priestly ministry in the Archdiocese of Chicago, namely the Bishop Abramowitz Seminary Program. After a year of taking intensive courses of English at UIC, Grzegorz was accepted to a major seminary for Archdiocese of Chicago at Saint Mary of the Lake/ Mundelein Seminary. Here, at Mundelein Seminary, he is going through the process of formation to the priesthood that he started in Poland in 2001.

Rachel Kaplan Marks was born and raised in the suburbs of Chicago in a vibrant Reform Jewish community. It was through her involvement in this community that led Rachel to discover her passion for Judaism. Rachel felt called to the rabbinate in order to be a leader and a teacher among the Jewish people with the mission of passing on the ethical teachings and traditional wisdom that Judaism offers. Rachel currently attends the Hebrew Union College-Jewish Institute of Religion in Los Angeles, CA. There she has earned both her Masters of Arts in Hebrew Letters as well as her Masters of Arts in Jewish Education. Rachel feels extremely blessed to have the opportunity this summer to participate in the CPE program at Advocate Lutheran General Hospital.

Thomas Yang is a seminary student at Garrett-Evangelical Theological Seminary in Evanston, IL. He’s a local from the Chicago suburbs, a fitness fanatic, loves Jesus, and his humor is tinged with a spontaneous, unapologetic irreverence. Even though he is an introvert by nature, it only takes a Kit-Kat bar to have him open up to you as he satiates his sweet tooth. Thomas is looking forward to learning about his emotions and the chaotic, yet reflective life of a hospital chaplain.


**High Holy Days 2013**

*Rosh Hashanah* is the Jewish New Year holy day, which begins this year at sundown Wednesday, September 4th, 2013 and continues on Thursday, September 5th, and Friday, September 6th until sundown. The festival commemorates the creation of the world, according to Jewish belief, 5,774 years ago. On Rosh Hashanah Jews traditionally spend significant time in synagogue reciting special prayers appropriate to the day. In addition, prayers are said at meals that usually include ritual wine or grape juice, egg bread (challah -- often baked for Rosh Hashanah in a round loaf in accord with the cyclical beginning again of the year) and apples dipped in honey. In observing the latter custom Jews begin the New Year with a moment of sweetness and goodness. Honey cake is another sweet food that has a place at the Rosh Hashanah table.

Jews customarily wish one another *Shanah Tovah* (Hebrew for good year), and/or *A Gut Yontef* (Yiddish for a good holy day). On the days of Rosh Hashanah a ram's horn (shofar) is customarily blown as a reminder of the need to turn hearts and minds to G-d, to one another, and to ourselves in the New Year. The sound of the shofar will be available live for individual patients and on the internal television system at Lutheran General.

Traditionally Rosh Hashanah candles are lit before sundown on the nights of Wednesday, September 4th and Thursday, September 5th. Electric candelabra are available at Lutheran General. Diet permitting, kosher grape juice and challah -- often baked for Rosh Hashanah in a round loaf in accord with the cyclical beginning again of the year) and apples dipped in honey. In observing the latter custom Jews begin the New Year with a moment of sweetness and goodness. Honey cake is another sweet food that has a place at the Rosh Hashanah table.

Repentance and reconciliation with G-d and human beings are very important aspects of the Days of Awe or the Ten Days of Repentance that begin with Rosh Hashanah and continue through *Yom Kippur*. This year Yom Kippur begins at sundown on Friday, September 13th and continues all day on Saturday, September 14th. Yom Kippur is also known as the Day of Atonement. Traditionally Jews ask one another on an individual basis for forgiveness either prior to or during this holy day. As a synagogue community, Jews recite confessional prayers that encompass individual and communal misdeeds and resolve to improve interactions with other human beings and G-d in the New Year.

*Continued on next page.*

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**Save the Date**

*My Aching Joints: Arthritis and Osteoporosis:* Community Lecture Tuesday, July 9, 2013 from 7-8pm in Johnson Auditorium (registration required see page 11).

*Service League Fund Raising Event: Perfume Sales* Thurs. July 11 and Friday, July 12 from 8:30am—4pm in the Grainger Atrium (see page 15).

*Christian Memorial Service for Infants and Children:* Sunday, July 14 in the A.D. Johnson Chapel.

*Staying Heart Healthy Through the Years:* Community Lecture Tuesday, July 16, 2013 from 7-8pm in Johnson Auditorium (registration required see page 11).

*Service League Fund Raising Event: Jewelry Sale* Wed. July 17 and Thurs., July 18 from 8:30am—4pm in the Grainger Atrium (see page 15).

*Fall Prevention...how to stay strong and balanced:* Senior Advocate Breakfast Club, Friday, July 19, 2013 at 8:30am at Just Like Home restaurant (registration required see page 12).

*Staying Healthy While Traveling:* Community Lecture Tuesday, July 23, 2013 from 7-8pm in Johnson Auditorium (registration required see page 11).

*Bedding Linen Sale* Thurs. July 25 and Friday, July 26 from 8:30am—4pm in the Grainger Atrium (see page 15).

*When Should you Go to the Emergency Department?* Community Lecture Tuesday, July 30, 2013 from 7-8 pm (registration required see page 11).

*Home is where the heart is:* Senior Advocate Breakfast Club, Friday, Aug 16, 2013 at 8:30am at Just Like Home restaurant (registration required see page 12).

*Medication Safety and Adherence:* Senior Advocate Breakfast Club, Friday, Sept 20, 2013 at 8:30 am at Just Like Home restaurant (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).

*RESIDENT PROJECT PRESENTATIONS*—see schedule PAGE 7
Advocate Lutheran General Hospital and Advocate Children’s Hospital
1775 West Dempster Street, Park Ridge, IL 60068 847.723.2210

Staff Chaplains:
Willy Abraham, Pentecostal
Greg Allen, Pentecostal
Marilyn Barnes, AME
Fr. James Barry, Roman Catholic
Stanley Buglione, Roman Catholic
Christine Hoffmeyer, United Methodist
Lee Joesten, Lutheran, Missouri Synod
Fr. Frank Keenan, Roman Catholic
Leonard Lewy, Jewish, Conservative
Cheryl Scherer, Evangelical Covenant
Carol Stephens, United Church of Christ

Music Therapy
Louise Dimicelli-Mitrani, MT-BC, LCPC
Katie Bender, MTBC
Meredith Fashag (Music Therapy Intern)
Bing Li (Music Therapy Intern)

Secretarial Staff
Janet Guardino, 847.723.6395
Main Office, Music Therapy, Expiration Desk
Barb Ottenfeld, 847.723.6396
Clinical Ethics, Main Office
Lu Terket, 847.723.6398
Eucharistic Ministers, Clinical Pastoral Education, Finance

Clinical Pastoral Education Chaplain Residents
Curtis Baxter, Presbyterian
John Casey, Christian and Missionary Alliance
Tracy Nolan, United Church of Christ

Administrative Staff
Soozie Cotter-Schaufele, MA, MT-BC
Coordinator, Music Therapy and Music Therapy Training Program
Joseph Czolgosz, Episcopalian
Manager of Clinical Pastoral Education, ACPE Supervisor/Chaplain

To subscribe to Connections, call 847.723.5175 or email LGH-Mission-SpiritualCare@advocatehealth.com with your name and email address. You'll receive an electronic edition of Connections every three months.

To continue receiving Connections, your email address must be current. Please inform us of any changes of email address or other contact information. Email LGH-Mission-SpiritualCare@advocatehealth.com or call 708.684.5175.

Cancer Survivorship Center
The Advocate Lutheran General Hospital Cancer Survivorship Center is the first stand-alone hospital affiliated survivorship center in Illinois. The Center provides comprehensive, holistic support for patients as well as their family members and caregivers by providing support and resources. These include:
- Offering evidence-based patient centered care
- Providing assistance in achieving a healthier lifestyle
- Empowering patients and aiding them in navigating the healthcare system
- Supporting the patient and healthcare provider relationship

The programs and classes offered are designed to focus on the physical, social, psychological and spiritual needs of patients, family members and caregivers. The Center offers classes and support groups helping our patients to live life beyond cancer.

Chaplain Stanley Buglione will be available for a session of spiritual enrichment for those seeking such an encounter, Monday—Thursday 9:30am—4:00pm.

Cont. next page
SUKKOT (TABERNACLES)  
HOLY DAYS 2013

The Jewish Holy Day of Sukkot (the Festival of Booths or Tabernacles) begins on Wednesday, September 18th, 2013, and continues through Wednesday, September 25th at sundown. This Holy Day -- originally an agricultural festival -- commemorates Israel's wandering in the desert in which both temporary structures and G-d's sheltering presence were a part of the journey. Jews today symbolically reenact these treasured parts of their history by continuing to spend time and when possible enjoy meals in hut like structures called Sukkot or booths during its seven days. For the convenience of patients, family members, associates, physicians, and guests, there will be a Sukkah in the Lutheran General Meditation Garden. Please join the celebratory educational program at the Sukkah with refreshments to be held Tuesday, September 24th at 12 Noon. Please RSVP to 847-723-6395 or janet.guardino@advocatehealth.com.

Continued on next page (6)

Successful Heart Fair Brings Community Members One Step Closer to Having Healthy Hearts

South Asian Cardiovascular Center delivers approximately 350 health screenings to community members, getting them one step closer to a healthy heart.

June 4, 2013, Park Ridge, IL. -- Offering community members an opportunity to decrease their chances of suffering from heart disease has been one of Advocate Lutheran General Hospital's long standing commitments. Medical staff, advance practice nurses, nutritionists and pharmacists of Advocate Lutheran Hospital seized another opportunity to make this a reality by coming together to provide approximately 350 free health screenings on Sunday, June 2, 2013, at the hospital's first South Asian Heart Fair. The event, organized by the South Asian Cardiovascular Center (SACC) at Advocate Lutheran General Hospital, is part of the hospital's continuing efforts to meet the needs of its culturally diverse community. The SACC -- the first of its kinds in the Midwest - was established to educate, screen, treat, and prevent the devastating effects of cardiovascular disease that the South Asian community is at higher risk for.

The Heart Fair offered free screening services including a full cholesterol panel, advanced diabetes screening, and an interactive nutrition booth where attendees learned about sodium intake and fat content in South Asian meals. In addition, the fair offered the opportunity for attendees to meet with physicians, advanced practice nurses, and pharmacists to talk about their medical testing results and find resources available to follow up.

"The data on the four fold increased risk of heart disease that South Asians face has been known for years. This event marks a milestone for the Community that now has a partner in the South Asian Cardiovascular Center," said Shoeb Sitafalwalla, MD, Medical Director of the South Asian Cardiovascular Center at Advocate Lutheran General Hospital. "We are here to educate, care, and curb this epidemic that has affected men and women, often at the peak of their lives."

"The commitment of Advocate Lutheran General Hospital to the community has always been unwavering", Dr. Sitafalwalla added. "This event shows and marks the strong commitment the South Asian Cardiovascular Center at Advocate Lutheran General Hospital has to the health, safety, and wellbeing of the Chicagoland South Asian community. With 50% of community at risk for premature heart disease, the Center is committed to building awareness, opening dialogue, and preventing heart attacks through its comprehensive approach", he concluded.

For more information about the event or patient stories, please contact Antonia Hernandez, Manager, Public Affairs, at 773.895.3052 or Antonia.Hernandez@advocatehealth.com
Sukkot continued from page 5

Another symbol of the Holy Day is the Lulav - Etrog: a special palm branch used in prayer with twigs of willow and myrtle held together with a citron (Leviticus 23: 40). The Jewish Chaplain/Rabbi will bring around the palm branch to the Jewish patients/families during the Sukkot. This service can be requested at leonard.lewy@advocatehealth.com or 847-723-6395.

Two additional holy days conclude the season beginning at sundown on Wednesday, September 25th through Friday, September 29th at sundown. The first is known as Shemini Atzeret on which Yizkor (memorial) prayers are recited. The second of these is the very joyous Simchat Torah, commemorating the conclusion of the annual reading of the Torah scroll (The Five Books of Moses) and, more broadly, Israel's love of and commitment to God's teaching. On Simchat Torah Jews dance with the scrolls and colorful flags at synagogue religious services. The Jewish Chaplain will distribute Simchat Torah flags especially to patients and family members.

Special electric and battery operated dual candle sets (also used for the eve of the Sabbath) can be borrowed from the Chaplain’s office for patient rooms and turned on for each evening of the holy days on this list (9/18, 9/19, 9/25, and 9/26.) Kosher grape juice and challah bread can be ordered by patients or family members for each holy day dinner and lunch 9/18-9/20 and 9/25-9/27 (as appropriate to the patient’s diet). Those seeking more information may consult Rabbi Len Lewy, Lutheran General Jewish Chaplain at leonard.lewy@advocatehealth.com or 847-723-7264 or Janet at 847-723-6395.

Christian Memorial Service for infants and children

Mission and Spiritual Care will remember babies and children who died recently with a special memorial service. All associates, physicians, and volunteers are invited to join family members.

The service will be held Sunday, July 14, at 4 p.m. in the A.D. Johnson Chapel.

Press Release - Sherman Health joins Advocate Health Care

Elgin, Il—On June 1, Sherman Health officially joined the Advocate Health Care system and assumed its new name—Advocate Sherman Hospital. Full integration of the two systems is anticipated to occur over a period of about two years.

Members of the community can expect to see new signage on the main hospital campus beginning in mid-June to reflect the new Advocate name and brand. A marketing and public relations campaign featuring Sherman physicians and staff will also launch in mid-June and run through the summer. Signage reflecting the new Advocate name will be phased in at Sherman sites throughout the Fox Valley over the next six to 12 months.

Leaders at Sherman and Advocate believe their partnership will:

- Support the continued improvement of patient health outcomes, quality and safety in the state of Illinois
- Allow for more reinvestment of dollars toward health care, by reducing operating and capital costs
- Promote the transformation of care delivery from a volume to a value-based model

“The coming together of one of the nation’s top community hospitals and one of the nation’s leading health systems is a big win for our community” said Rick Jakle, Advocate Sherman Hospital Board of Directors. “Sherman’s 125 year history of providing quality care and service to our community will only be enhanced by Advocate’s nationally-recognized name and best practices.”
Clinical Pastoral Education
2013 Chaplain Residents’ Special Projects

The title of my Integrative Project is A Pilgrimage through Prolonged Grief. In this project, I am attempting to integrate my learning about the evolution of grief models, my personal experience of prolonged grief and the personal transformation of grief through the use of poetry as a therapeutic intervention. My thesis is that the agency of writing poetry frees the mourners to create new meaning and connection with the person or loss that is being grieved. Hence, the mourner is able to move forward with his or her life.

Curt will present his project on Tuesday, August 6, 2013 from 12:00 to 2:00 PM in Conference Room B, 1042.

From my work at St. Matthew’s Center for Health, reading and interviews, my project, entitled “The Elder Journey: Enhancing Meaning,” has two main parts. First, I describe the journey of the elderly, a journey we will likely experience watching loved ones and will experience ourselves. In response to this journey, my project concludes with a partial list of strategies that chaplains and other care partners can use to support patients who are elderly and their families.

John will present his project on Thursday, August 1, 2013 from 12:00 to 2:00 PM in Conference Room B, 1042.

The aim of my project, "Images of God in Adolescent Psychiatric Patients" is to explore and discover images of God that adolescent inpatients and partial hospitalization patients hold, and to consider their impact on chaplaincy care. Towards this aim, I have done a large amount of research review and then developed four values/spirituality groups to be used on the adolescent psychiatry unit. I have completed one round of these groups and have found the adolescents engaged by approaching the conversation with the framework of ‘something bigger.’ I am particularly considering the effects these groups have on the participants’ mood and their (so far very skilled) abilities to name the images that connect to their idea of ‘something bigger.’ Finally, I will create a literature review, summary of the groups, group results and discoveries, and implications for chaplaincy care with these adolescents.

Tracy will present her project on Wednesday, August 21, 2013 from 1:00 to 3:00 PM in Conference Room B, 1042.

“Compassion Fatigue and Hospice Caregivers: Expressive Writing as a Coping Mechanism.” My integrative project focuses on both the joys and stresses of care giving, particularly those of hospice employees. With research on compassion fatigue, burnout, and compassion satisfaction over the last several months, I am most interested in thinking about how caregivers can protect themselves against the emotional wear-and-tear that comes with being present to others in trauma and the dying process (i.e. compassion fatigue). Towards this end, I led a month-long expressive writing group with Rainbow Hospice and Palliative Care (RHPC) colleagues. We gathered in the same space and wrote independently about stressful or meaningful experiences we've had as hospice caregivers. My final project will include an overview of the reading I've done, reflections on the expressive writing group, and some of my own reflections. I look forward to sharing with colleagues!

Kristin will present her project on Monday, August 5, 2013 from 9:00 to 11:00 AM at Rainbow Hospice & Palliative Care, 1550 Bishop Court, Mount Prospect, IL 60056.

“CareVision Channel 12: Assess and Update.” My project is to assess and update the Channel 12 CareVision TV station dedicated 24/7 to Mission and Spiritual Care (M&SC). I have reviewed current content for relevance and quality. A survey I created was distributed to M&SC staff as well as through Nursing Leadership to RN’s, NCT’s and PPC’s. I will determine what, if any, programming is being recommended by staff to patients and families at this time. I also hope to learn what staff believes would be useful going forward. In addition, by researching available programming and canvassing other hospitals, I will recommend a revised program schedule for the CareVision channel, in order to best serve our patients.

Ruth will present her project on August 26, 2013 from 12:00 to 2:00 PM in the Sasser Cancer Conference Center, 10 East.
Greater wellness ... for young adults
Through healthy eating and an active lifestyle

When a young adult moves to a college campus or into his or her first apartment, everything changes. Perhaps for the first time ever, he is making his own decisions about what to eat, drink and do. Although they may not be the most convenient or most obvious choices, healthy eating and an active lifestyle pay handsome rewards.

→ Eating on their own

Whether living in a dorm, off campus or in a starter apartment, young adults living on their own are often at a loss as to how to eat well. Invariably convenience and accessibility trump nutrition for college students and first-time cooks. The easiest, the quickest and the tastiest sit at the top of their food pyramids.

The transition to independent living is not easy. With the stress of studying or learning a new job, managing laundry, tracking spending and socializing, it’s no wonder that “Eat well” gets cut from the To Do list.

Dormitories offer a wide range of foods today, but students tend to avoid fruits and vegetables and gravitate toward a few favorites meal after meal.

New cooks – living off-campus or in an apartment that accompanies a first job – seldom know how to plan a meal ... or shop for food ... or cook. After one or two failures, many simply give up.

Many young adults know just enough about nutrition to be dangerous. They may opt for something that is low in calories – but devoid of nourishment. They may select the no-fat option – without realizing it is loaded with extra sugar. They know too much weight isn’t healthy so they may try to eliminate those few extra pounds by skipping meals – and then grab whatever food is on hand and overdo it.

Food cost is a challenge for many, too, and often the healthier foods (proteins in particular) are more costly. Eating nutritious fare can happen even in most fast-food restaurants, but that requires both knowledge and dedication.

→ Parents still have influence.

Parental influence on a child’s eating habits does not end when that child’s independent living begins. Research for Penn State verifies that college students eat more fruits and vegetables (and exercise more) on days when they communicate more with their parents.

From parent to young adult:
8 tips to healthier eating

1. Eat God’s food not man’s food. Choose meats, fish, fruits, vegetables and natural oils like nuts and olive oil rather than processed or artificial foods.

2. Drink smart! Stay hydrated – and coffee and soda do NOT count. Think WATER.

3. Learn and practice portion control. Moderation is the key, so be aware of how much is piled on your plate. Standard portions are often smaller than expected.

4. Don’t linger in the dining hall. The longer you stay, the more you eat and the less likely you are to select healthy foods.

5. Focus on what your body needs vs. what you feel like eating.

6. Picture a healthy plate: half veggies and fruit, a quarter protein, a quarter starch.

7. Go for variety. Don’t always choose the same things. Try different fruits and vegetables.

8. Stock up on healthy snacks. Most dining halls let students take out a piece of fruit. Avoid the cost and empty calories of the vending machine.
Communication with parents has both direct and indirect effects on college students’ behaviors. Direct because parents remind them to eat healthy foods and be more active. Indirect because communicating with parents reminds students that someone cares about their well-being – which may motivate them to take better care of themselves.

When college students talked with their parents for 30 minutes or more, they were 14 percent more likely to consume fruits and vegetables and 50 percent more likely to engage in 30 minutes or more of physical activity.

Parents are perfectly positioned to instill the basics of good eating as well as meal planning, shopping and preparation. Talking about healthy eating with young adults before they set out on their own helps. Starting that conversation when those young adults are still children is the best route of all. Those who are exemplary in their own food choices have a great influence on their children at every age.

**→ Alcohol impacts young adults.**

**Danger zones for young adults**

- Studying for a test, writing a paper, pulling an all-nighter
- Sporting events and tailgate parties
- Parties and social gatherings
- Television
- Late night socializing

(Adapted from The Dorm Room by Daphne Oz, 2010)

**→ Physical activity makes real sense.**

An active lifestyle

At every age, being active is a very good idea, but when young people step out on their own, physical activity wanes. Researchers found that regular exercise steeply declines among youth as they move to college. The changes in physical activity during the transition from late adolescence to early adulthood represent the most dramatic declines in physical activity across a person’s life.

- There is a 24% decrease in physical activity over the 12 years from adolescence to early adulthood – with the steepest declines among young men entering college.
- 23% of college students report having zero physical activity in the last seven days.
- Freshmen walk 12 hours/week while seniors walk only seven hours/week.

Sedentary behavior has increased in the past decade in large part due to increased computer and Internet usage. Social networking sites like Facebook and Twitter have heavily influenced the amount of time college students spend in front of a screen.

Choose active play

*NOT sitting play.*
College students who want to boost their grades can start by increasing their level of exercise, new research suggests. After controlling variables such as gender, area of study and study time, findings from the American College of Sports Medicine showed that exercise made a sizable difference in a student’s G.P.A. On a 4.0 scale, students who exercised vigorously seven days a week had G.P.A.’s that were .4 points higher than those who didn’t exercise.

Many young adults find playing a sport — whether organized or spontaneous — easier to fit into their new independent lives than exercising. The enjoyment and challenge of sports participation get young adults moving more than working out does. It is successful because it is simply more fun!

Whether in the gym or on the soccer field, physical activity has a very positive impact on wellness and quality of life for a young person on the road toward independence.

What a parent and faith leader can do.

Parents as well as faith leaders can help young adults prepare for what they face beyond the demands of studying. They can alert them to what is needed for healthy independent living in an apartment.

Poor food choices have a negative impact on more than the waist sizes of young adults. Energy levels, memory, mood and the ability to concentrate are all impacted — positively or negatively — by what is consumed.

Ready young adults for threats to their patterns of healthy eating. Prepare them for making choices about meals and alcohol. Review with them the basics of nutrition. Remind them to be active. Serve as a model of wellness yourself. All this gives the young adult in your life a better chance of staying well.

Blessing

Blessed be the Earth for giving birth to this food.
Blessed be the Sun for nourishing it.
Blessed be the Wind for carrying its seed.
Blessed be the Rain for quenching its thirst.
Blessed be the hands that helped to grow this food,
To bring it to our tables,
To nourish our minds, bodies and spirits.
Blessed be our friends, our families and our loved ones.
Blessed be.

—The World Prayer Foundation

During 2013, Connections newsletters will focus on an important topic: achieving greater wellness through eating healthy and being active. Each issue will focus on one group: spring: children, summer: young adults, fall: mature adults, winter: clergy. As always, our intention is to serve you, our reader, with helpful information and resources for your congregants or yourself.

Resources for clergy

Choose My Plate [www.choosemyplate.gov] offers consumers common-sense guidelines for healthy eating and meal planning.

FDA Food Facts for Consumers [www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm] is a selection of fact sheets on food selection, preparation, safety and storage. The food safety information is particularly important to volunteers who prepare large meals in your house of worship’s kitchen, as well as to young people who are new to cooking.

If your faith community has a library, you may want to ask your church librarian to purchase Eat This, Not That! and Cook This, Not That by David Zinczenko and Matt Goulding. These books help young adults select healthy foods on restaurant menus and healthy recipes to prepare at home.

Next issue: Greater wellness… for mature adults

Advocate Health Care

Advocate Health Care Facilities:
Advocate BroMenn Medical Center, Normal
Advocate Children’s Hospital, Oak Lawn
Advocate Children’s Hospital, Park Ridge
Advocate Christ Medical Center, Oak Lawn
Advocate Condell Medical Center, Libertyville
Advocate Eureka Hospital, Eureka
Advocate Good Samaritan Hospital, Downers Grove
Advocate Good Shepherd Hospital, Barrington
Advocate Illinois Masonic Medical Center, Chicago
Advocate Lutheran General Hospital, Park Ridge
Advocate Sherman Hospital, Elgin
Advocate South Suburban Hospital, Hazel Crest
Advocate Trinity Hospital, Chicago
Advocate Medical Group – multiple locations
Advocate at Home – multiple locations

Share the news! This publication may be copied for use by others if printed acknowledgment of source is included.

Looking for a previous issue? To read back issues of Connections, please go to: advocatehealth.com/newsletters
Community HealthBeat

*Healthy Aging*

*Aching Joints | Heart Healthy | Healthy Travel | Emergency Department*

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**My Aching Joints: Arthritis and Osteoporosis**

Tuesday, July 9, 2013
Monika Starosta, MD*
Internal Medicine Physician

Class Code: 8652

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**Staying Heart Healthy Through the Years**

Tuesday, July 16, 2013
Vince Bufalino, MD*
Cardiologist
Senior Vice President, Advocate Cardiovascular Institute

Class Code: 8652

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**Staying Healthy While Traveling**

Tuesday, July 23, 2013
Robert Citronberg, MD
Infectious Disease Physician
Director, Division of Infectious Diseases
Chair, Infection Prevention Committee

Class Code: 8652

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**When Should You Go to the Emergency Department?**

Tuesday, July 30, 2013
Troy Foster, MD*
Emergency Physician

Class Code: 8652

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

August: Healthy Surgery

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**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.

*Advoate Medical Group Physician*
SENIOR ADVOCATE
BREAKFAST CLUB

NEW LOCATION

Our Senior Breakfast Club presentations are free and now held at:

Just Like Home Restaurant
8501 W. Dempster St.
Niles (South side of Dempster).

Presentations include breakfast at 8:30 a.m. followed by a 9:00 a.m. lecture.

Registration is required.

Fall Prevention.....how to stay strong and balanced
Join Mindy Haglund, MSW and Marci Jezierski, PT/MPT, to learn exercises for strength and balance. Learn how to keep our homes safe to prevent falls. Resources will be provided.
When: Friday, July 19th, 2013
Code: 8S17

Home is where the heart is.
Learn strategies for aging in place given by our own Jean Mau RN, APN, DNP. Jean specialties include cardiac care and seniors. She will share with us what we need to do to remain where we want to be.
When: Friday, August 16th, 2013
Code: 8S18

Medication Safety and Adherence
Dr. Parag Patel, Cardiologist from Advocate Medical Group and Jennifer Law RN APN will present on patient responsibilities to manage their healthcare, and give us necessary tools to accomplish this. Additionally, we will be taught the signs and symptoms of a stroke and heart attack.
This presentation will include 7 Healthy Habits.
When: Friday, Sept. 20th 2013
Code: 8S19

10 Signs of Alzheimer’s: Early Detention Matters
Chris Garnaat from Illinois Chapter of the Alzheimer’s Association will teach us the warning signs of Alzheimer’s. Early detention allows for individuals to start drug therapy, plan for the future and enroll in programs to stimulate the brain through creative activities. Learn the facts......
When: Friday, Oct. 18th, 2013
Code: 8S20

To register, call 1.800.3.ADVOCATE (1.800.323.8622) or visit advocatehealth.com/seniورadvocate and click on “I need” and “to register for a class”
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
Toddler Massage Class

Learn to Massage Your Toddler

When: Thursdays, July 11th, 18th, 25th, August 1st, 2013
Time: 9:00-10:00 a.m.
Ages: 18 months to 3 years old
(Maximum of 4 toddlers in the class)
Where: Advocate Children’s Hospital- Park Ridge
Developmental Arena Room, 1st floor Yacktman Pavilion
(Next to pediatrician’s office)

Taught by Certified * Infant Massage Instructor, Margarita Redmond, MS, OTR/L, CIMI®
Certified by *IAIM® (International Association of Infant Massage)

What are the benefits of Toddler Massage?
- Promotes bonding
- Encourage relaxation
- Promotes better sleep
- Promotes sensory stimulation
- Helps parents learn to read toddler’s cues and better respond to their needs.

This course consists of 4 sessions of 1 hour each session which includes:
- Theory and practice of toddler massage through music and dance
- Teaching toddlers how to relax
- Discussion of healthy development
- How to adapt massage as they get older
- How to handle special problems including colic, constipation, and gas
- Relaxation techniques for parents

Cost: $60 - cash or check made out to Advocate Children’s Hospital (paid upon arrival)

To register, please call 847.723.4532
Service League Fundraising Events
July 2013

Perfume Sales Event
By Tridel Productions Inc

Thursday, July 11th    8:30am-4pm
Friday, July 12th    8:30am-4pm

A selection of some 100 perfumes at discounted prices!

$6 Jewelry Sale
By HCI Fundraising

Wednesday, July 17th    8:30am -4pm
Thursday, July 18th    8:30am-4pm

A huge selection of costume jewelry and watches. Leather goods, designer-inspired purses, wallets, pashmina shawls, scarves, readers, sunglasses, accessories for iPhones, iPads, smartphones, and much more!

Bedding Linen Sale
By DreamyNiteLinens.com

Thursday, July 25th    8:30am-4pm
Friday, July 26th    8:30am-4pm

Amazingly soft and luxurious - 1200-thread count sheet sets - California king to twin - all sizes only $39.99 Also offering blankets, Sherpa throws, reversible

All sales are held at: New Location - Grainger Atrium
One floor down from the Olson Auditorium

All vendors accept the following forms of payment: We accept cash, checks, credit/debit cards & payroll deductions

Your purchases help support Service League -funded programs such as Art Cart, Pet Therapy, Music Therapy, Student Scholarships, High School Internships, Trauma Day and Cardiac Heart Pillows and many more. THANK YOU!