Dear Colleagues in Ministry,

I recently came across this quote from Miles Franklin, “Someone to tell it to is one of the fundamental needs of human beings.” We who have the privilege of serving in ministry, whether in parish, hospital, or other settings, have experienced those sacred moments of being with and listening to another. We have been privileged to meet that fundamental human need.

This issue of Connections is filled with stories of those who are there each day to meet the needs of others through their presence, their willingness to listen, and their passion for providing care. I hope you enjoy getting to know them through these pages, and will seek them out for further conversation when you are here. We value your partnership in ministry with us and look forward to hearing from you ways that we might better meet your needs and the needs of those whom you are called to serve.

With gratitude for all you do,

Kathie Bender Schwich

Advocate Baby Nursery at Kohl Children’s Museum

Lutheran General Children’s Hospital has sponsored a nursery exhibit with the Kohl Children’s Museum to further the commitments to early childhood education and children’s health initiatives.

By children playing in an environment dedicated to the care of babies, the children learn to respect and care for others. Children can take on the role of doctor or nurse and care for babies in this child-sized nursery. They’ll be able to examine and treat babies, dress, change, bathe and feed the babies, talk, sing, read and play with them. The Kohl Children’s Museum is located at 2100 Patriot Boulevard, Glenview, Illinois.

The Nursery is underwritten by Advocate Lutheran General Children’s Hospital.
LUTHERAN GENERAL WELCOMES ITS SUMMER CHAPLAIN INTERNS

Six exceptional seminary students are coming to LGH this summer to complete their Clinical Pastoral Education (CPE). The chaplain interns will serve particular units throughout the hospital and cover on-call shifts for the whole house. Their educational experience will include learning by doing (serving as chaplain) and classroom time where they reflect on their work through presenting case studies. The interns will be supervised by Rev. Rene Brandt. Look for them beginning June 6, and introduce yourself to them!

Christy Bouris is a seminary student at North Park Theological Seminary here in Chicago. She grew up in Massachusetts. With experience as a Camp Counselor and Director of Youth and Discipleship, Christy is particularly attuned to the challenges and strengths of youth. Christy studied music in college including a semester in England, and then traveled throughout Europe.

Chris Hanley is a seminary student at the University of Chicago Divinity School. Chris grew up in the Chicago area. He then pursued studies in the Ancient Near East. While studying in Cairo, Chris taught English to Sudanese refugees. Chris also served in the Lutheran Volunteer Corps working at a childcare center in Wilmington, Delaware. His claim to fame is holding the Delaware record for diaper changes made by a single male.

Junghee (Katie) Lee is a seminary student at Garret Evangelical Theological Seminary in Evanston. Junghee grew up in Korea and has lived in the United States for four years. Junghee achieved a Masters degree in Child Development and has extensive experience in education and children's ministry. She has worked with students from all over the world assisting them with returning home after studying abroad. Junghee is married with one son.

Ari Lorge is a seminary student at Hebrew Union College – Jewish Institute of Religion in Cincinnati. Ari grew up in the Chicago area and has years of experience as a Camp Counselor and Director. Before entering seminary, Ari worked in a medical office connected to Northwestern Memorial Hospital. Ari then studied in Israel for a year and recently has served as Rabbinic Intern in Atlanta, Arkansas and Missouri.

Sarah Otieno is a seminary student at McCormick Theological Seminary in Hyde Park. She is from a Dutch American community in Michigan. Sarah has a BA in English. After leaving home to attend college, Sarah went on to become a world traveler. By marriage Sarah now has family in Kenya. She has extensive experience working with children. Sarah is also an excellent writer and participated in a summer writing program in Ireland.

Brother Marcos Rivas is a seminary student at Mundelein Seminary. He is a member of the Roman Catholic Order of St. Benedict. Marcos was born in Medellin, Colombia. He has a degree in Psychology and has worked as a psychologist in Medellin and Santo Domingo. Marcos has a passion for justice and hard work. This eventually led him to the Order of St. Benedict and studies in the United States.

Zachary Wagner is a seminary student at the Lutheran School of Theology at Chicago. He grew up in the Chicago area. Zak studied Philosophy and Religion before entering seminary. He served as Camp Counselor for the Muscular Dystrophy Association and Head Umpire for a youth baseball program. Zak has had the unique experience of assisting with the “death” of his home church due to financial constraints.
Advocate Lutheran General ethicist named ‘Lifesaving Partner’ for support of organ and tissue donation in 2010

NEWS RELEASE

ITASCA, Ill. (April 26, 2011) – Clint Moore III, MDiv, PhD, a Clinical Ethicist at Advocate Lutheran General Hospital in Park Ridge, Ill., has been recognized by Gift of Hope Organ & Tissue Donor Network for outstanding achievement in addressing the critical need for organ and tissue donation in Illinois and northwest Indiana.

Named a 2011 Lifesaving Partner by Gift of Hope, Moore was among scores of hospital, forensic and civic professionals nominated for their work to help Gift of Hope carry out its mission of saving and enhancing lives through organ and tissue donation. He was honored for his leadership role in educating physician residents at Advocate Lutheran General about organ and tissue donation and creating opportunities to help them gain valuable donation case experience they can put to use in future years as attending physicians.

“Dr. Moore has been instrumental in establishing and cultivating the productive relationship between Advocate Lutheran General and Gift of Hope staff, especially when donation opportunities present themselves,” said Gift of Hope President/CEO Jerry Anderson. “He provides generous, patient support to donor families and has spoken on Gift of Hope’s behalf many times to address the complex ethical issues associated with donation.”

Moore received his Lifesaving Partners Award at a ceremony in Oak Brook on April 26. He was among 16 individuals, hospitals and health systems recognized for their commitment to donation.

Gift of Hope Organ & Tissue Donor Network is a not-for-profit organ procurement organization entrusted by the nation’s healthcare system with coordinating organ and tissue donation and providing donor family services and public education in Illinois and northwest Indiana. Since its inception in 1986, Gift of Hope has coordinated donations that have saved the lives of more than 18,000 organ transplant recipients and improved the lives of hundreds of thousands of tissue transplant recipients. As one of 58 organ procurement organizations that make up the nation’s organ and tissue donation system, Gift of Hope works with 179 hospitals and serves 12 million residents in its donation service area. For more information about Gift of Hope and organ and tissue donation, visit giftofhope.org.

MEET our new Director of Community Relations

Advocate Lutheran General Hospital and Advocate Lutheran General Children’s Hospital names Besler Director of Community and Health Relations

Advocate Lutheran General Hospital and Advocate Lutheran General Children’s Hospital is pleased to announce the appointment of Paula Meyer Besler as Director of Community and Health Relations effective May 23, 2011.

“Her passion for building relationships in the community will be an asset to Lutheran General,” said Tony Armada, President of Advocate Lutheran General Hospital and Advocate Lutheran General Children’s Hospital. “Her legal background will be a plus as we continue to assess the needs of our community.”

Paula has been serving as the Managing Principal Attorney with Kitch, Drutchas, Wagner, Valitutti & Sherbrook, PC since 2008 and was previously practicing with Pretzel & Stouffer, ChTd. Paula has been an Adjunct Professor, Attorney Training Director and Program Director in the Business Law Center of Loyola University of Chicago School of Law.

After receiving her Bachelor’s Degree in Business Administration, Paula continued her education at Loyola University of Chicago Law School, earning her JD in 1989. She completed the necessary coursework toward a Master’s Law degree and is completing her thesis. Paula is a lifelong resident of Park Ridge, where she lives with her husband, Craig, and their four children. Paula can be reached at 847-723-7188.

Paula says: “I look forward to connecting with all the members and groups in the surrounding area and strengthening our partnerships and work together in serving our communities.”
Save the Date

June

Summer Book Fair to support ALGH programs
Tuesday, June 7 and Wed, June 8
ALGH former West End Grille, 1st floor by B elevators

Supper with the Sisters—raising funds for Addiction Treatment Program
Saturday, June 11, 6pm Dinner
Silent Auction and Raffle
Contact Kristienne at 847-723-2327

The Golden Years may not be so golden:
Depression and Older Adults
(see attached flyer, registration required)
Friday, June 17, 2011 at 8:30 a.m.
Old Country Buffet across from ALGH

Da Vinci Robot OPEN HOUSE
Friday, June 17, 2011 7am-4pm
Main Lobby near the Living Light Wall
(see page 6)

2011 Paparazzi Pink Party
for Breast Cancer
Saturday, June 25, 7:30 pm - 2:00 am
AFFRESCO Park Ridge 847-292-0233

Motown and More Fundraiser—supports ALGH
Cystic Fibrosis Center
Saturday, June 11 4pm—8pm at Dolce’s on Kedzie
For more information contact Elsa at 847-293-5079

July

Making Sense of Memory Loss
(see attached flyer, registration required)
Friday, July 15, 2011 at 8:30 a.m.
Old Country Buffet across from ALGH

Your Teen’s Energy Drink May Be Out to Get Them

By Karen Bernstein, M.D. Advocate Lutheran General Children’s Hospital Adolescent Medicine

Caffeine is an addiction many of us can relate to. For many of us, that extra jolt gets us going in the morning. For others, it’s a way of surviving the dreaded 3 p.m. afternoon burnout. But adolescents turn to energy drinks hoping to crank out a few more study hours for a final test or for the big report that’s due. Others, especially athletes, see energy drinks as a way to enhance their performance.

Energy drinks also add stimulants, vitamins and herbal supplements that have yet to be fully researched and approved by the FDA. All natural, I–carnitine, ginseng, taurine, guarana, are buzz words being tossed around by the advertisements. If you watch any of the ads, you’ll notice that they’re geared towards adolescents. The flashy scenes, quick camera pans, the “coolness” factor, even the upbeat music are used to help promote these products.

What many people don’t realize is that these beverages are a cocktail of caffeine, sugar, supplements and herbal extracts and can be dangerous. There are no studies or regulations showing what the combined additives in these drinks have on the body, let alone what they do to the body of a growing kid. What we do know are the adverse side effects associated with caffeine consumption. Breathing problems, high blood pressure, dizziness, heart palpitations, irritability, change in sleep cycle patterns and nervousness are some of the common symptoms.

I am very concerned about the long-term lasting effects. My theory is that the younger a child starts on these drinks, the greater the chances are for him or her to take it to the next level. The most common abuse I see are college students who combine the drinks with alcohol, not realizing how it will affect them. Factor in prescription medication and the danger increases exponentially. There are also several documented reports of caffeine-related deaths and seizures affecting healthy individuals.

It’s not unusual for a kid to participate in several after-school curricular activities, arrive home around 7 p.m., eat dinner, work on homework for three hours and finally go to bed between 11 and midnight. The following morning it starts all over again with them waking up at 6 a.m. so they can get to school by 7:30. What worries me is that these kids are not getting enough natural sleep. Adolescents need to keep with their sleep hygiene. Caffeine, in any form, greatly alters their sleep schedule.

I provide the same recommendation to all patients and their families who consume an abundance of caffeine: eat healthy, exercise on regular basis and get enough sleep. Adolescents should not be relying on a concoction-based drink to keep themselves going.

Dr. Bernstein’s office is at the Yackman Pavilion of Lutheran General Children’s Hospital at 847-318-9300.

Tasty Treats

Guacamole
2 large, ripe avocados
2 seeded and diced roma tomatoes
1 half of a small onion, chopped
1 clove minced garlic
1 dash of chili powder
Salt to Taste

Seed the avocados and scoop the insides into a bowl. Add the garlic, chili powder, and salt and mash together with the avocados until the mixture is creamy. Add the tomatoes and onion. Stir all ingredients together. Enjoy on baked corn chips, veggie chips, or toasted pita bread.
Advocate Health Care’s CPE residency programs, located at Advocate BroMenn Medical Center, Advocate Christ Medical Center, and Advocate Lutheran General Hospital, provide opportunities for twelve months of intensive study in the art and disciplines of providing spiritual care to patients, their families, and staff. Since the fall of 2010, five Clinical Pastoral Education (CPE) residents have been providing ministry and learning as a peer group of professionals here at Lutheran General with the supervision of our CPE staff.

During their residency, Chaplains Fortuneé Bellios, Connie Choi, Stephen Erickson, Philomena Jose, and Robert Mugera have taken time to focus their interests and to develop special projects that address some aspects of spiritual care that have come to their attention during their ministry here. Their CPE supervisors, Susan Gullickson, Rene’ Brandt and I, have shared the journey of their learning and ministry. It is my privilege to share brief summaries of their projects and learning to date.

**Fortuneé Bellios** developed three projects. In her work with patients and families in the Obstetrics and Pediatric clinical areas, Fortuneé developed a “Bedside Ritual for the Jewish Family at Time of Premature Fetal Demise, Stillbirth or Birth Incompatible with Life.” As she partnered with staff to provide support to the families of those who died suddenly, Fortuneé became aware of a need with those families whose loved ones became organ or tissue donors through the Gift of Hope program. She worked with a local artist and Gift of Hope to create the “Gift of Hope Tree of Life Pin Project for Donor Families.” In addition, Fortuneé is now completing revisions and additions to the Mission and Spiritual Care “Prayer and Visit Calling Cards” which chaplains leave in patient rooms when they visit.

**Connie Choi**, bilingual in English and Korean, has brought wisdom and insight to the care of our growing number of Korean-speaking patients and families. Connie’s project, “Promoting Education and Awareness of Palliative and Hospice Care to Korean Americans,” stems from her personal experience with Korean families who have misconceptions about palliative and hospice care. She states, “For many Korean families, choosing hospice care means that they have given up on the patient; many are left with feelings of guilt. Often Korean speaking persons in this culture do not choose hospice care because they do not know that it is an available and effective medical service. It is my hope that with this project we can clear up the misconceptions Korean-Americans hold about palliative care and hospice.”

**Stephen Erickson** provides pastoral care to patients and families primarily through Rainbow Hospice and Palliative Care. As Stephen reflected on his residency experience with patients, he identified a need that “grew out of consideration of the spiritual care models of hospice and long term care. He implemented, “The Miracle is the Moment,” a ten-week research and active/mutual learning experience, involving what comprises spiritual care and who it is provided in the long term care setting.

**Philo Jose** serves patients and families primarily through St. Matthew’s Center for Health, a facility that provides complex medical care, rehabilitation services, intermediate and skilled nursing care, specialized Alzheimer’s disease/dementia services, hospice care, respite services and community wellness programs for its residents, and whose focus is on what older adults are able to do with the health that they have. Based on her experience, Philo devised “An Exploration of the Use of the Words: Sacrament, Healing Presence, and Chaplain in Hospitals and Nursing Homes.” Through this project, Chaplain Jose is exploring what these terms mean in the nursing home setting and how the staff at St. Matthew’s integrates their spirituality in fulfilling the goals of the institution.

**Robert Mugera**, serving as chaplain in critical care and medical/surgical areas of the hospital, became acutely aware of the religious needs of Roman Catholic patients in their last hours of life. Although Lutheran General has two part time priests on staff, and an Emergency Roman Catholic Ministry with “on call” parish priests, there are times when it is difficult to meet patients’ request for a priest’s presence. Robert researched options and the frequency of need to develop, “When There is No Priest Available, What Pastoral Care Alternatives Do We Have?” Like the projects of his peers, Robert’s project provides valuable information to all who serve in pastoral ministry here at Lutheran General. We continue to be blessed by the presence, the passion, and the ministry of our CPE residents.
SAFEBIKE DRIVING

WHAT ARE SOME TIPS FOR SAFE BIKE DRIVING?
- Ride on the right side of the road or trail.
- Always stop at the end of a driveway—look left, right, then left again before starting.
- Obey traffic laws—signs and signals, including stoplights.
- Ride straight—no surprises.
- Look back before turning left or if you have to move left to avoid something.
- Ride single file if there are cars behind you.
- Use hand signals to let drivers know what you are going to do.
- Be careful of people walking—use your voice or a bell to let them know you are coming.
- Look out for cars backing up— is a driver in the car? Are the taillights on?

HOW DO I CHECK MY BIKE FOR SAFETY?
- AIR—pinch the tires, they should be hard.
- BRAKES—make sure they work and aren’t rubbing the tire.
- CRANK/CHAIN—if there are problems with your gears or if the chain is loose, take it to a bike shop.
- QUICK—check “quick release levers” and other bolts to make sure they are tight.

HOW DO I WEAR MY HELMET THE RIGHT WAY?
First, put on your helmet so it is level and snug—if it slides around, you need thicker pads.
- EYES—you should see the very edge of your helmet when you look up past your eyebrow.
- EARS—the strap should meet right under your ear lobes to form a Y.
- MOUTH—the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw, you can feel the helmet pull down the top of your head.

Bike Helmets can be purchased at the ALGH Trauma Services Department on 8 South for only $10.

Did You Know?

Lutheran General first to acquire the most advanced da Vinci – Si Surgical System

Lutheran General is the first hospital in Chicago to acquire a da Vinci—Si Surgical System®, the most advanced robotic surgery system available. The da Vinci robot enables surgeons to perform complex minimally invasive procedures through a tiny opening with the least amount of risk, pain and recovery time for patients.

One of two da Vinci robots at Lutheran General, the new da Vinci Si system and the fluorescence imaging add to the hospitals well-established and nationally recognized robotic surgery program. An open house event will be held on Friday, June 17 from 7am—4pm in the lobby near the living light wall with physicians who use the da Vinci robot, giving associates, physicians and guests the opportunity to see, touch and learn how this advanced surgical machine works. A contest will also be held, “Name the Robot”, allowing associates and guests the opportunity to personalize the da Vinci—Si. The winner who submits the name selected by the surgery department, wins a Kindle 3G with free Wi-Fi.

For more information on how to enter the “Name the Robot” contest, see attached entry from flyer.
What Causes Arthritis?

No longer considered just a consequence of aging, arthritis is the inflammation of one or more joints that results in pain, swelling and limited movement. Arthritis involves the breakdown of cartilage which normally protects the joints and allows for smooth movement. Without it, bones rub together and discomfort results.

There are over 100 different types of arthritis, and about 37 million Americans of all ages suffer from some form. Osteoarthritis (OA) is the most common type and the one most likely to occur with aging. While it can affect any of the joints, it is most common in the hips, knees and fingers.

Risk factors include being overweight, a previous injury to the affected joint and using the affected joint in a repetitive action. Genetic defects, musculoskeletal defects and injury are uncontrollable factors that can cause arthritis, too.

But there are actions you can take to avoid OA and protect your joints:
+ Maintain your ideal weight.
+ Move! Build muscles! Exercise strengthens the muscles and in doing so protects the bones. Strong muscles keep joints from rubbing together and wearing down the cartilage. Low-impact aerobic exercise and range of motion exercises for flexibility are important, too.
+ Practice good posture to protect neck, back, hip and knees.
+ Pace yourself. Take breaks when engaging in heavy activity.
+ Listen to your body. Do not ignore pain.

May is Arthritis Month

Prayer: Loving God, as I go about my day, help me remain aware of my movements. Keep me mindful as I protect my body against strain and stress. Amen.

Managing Arthritis Pain

While at age 65, about half the people suffer from arthritis, by age 85, virtually everyone does. Inflammation and damage to the joints are painful conditions. More subtle but still painful aspects of the disease are depression, fatigue and stress. These can result in a cycle that makes pain management difficult.

But if you think of pain as a signal rather than just an ordeal, you are more likely to take positive action when it happens. Here are some ways to help you manage arthritis pain:
+ Heat and cold therapy may reduce the stiffness of arthritis.
+ Massage warms and relaxes the pained area.
+ Practicing relaxation can help you gain a sense of control and well being. Prayer, meditation and breathing exercises are ways to bring you to a more relaxed state.
+ Consider surgery. Regardless of your age, it can improve your life remarkably and is always worth weighing as an option.
+ Learn more about the differences in the way men and women relate to pain, and make this information work to help you. For example, male and female bodies absorb, store, break down and excrete drugs in different ways. Also, women report lower pain thresholds while men don't want to report their pain even though it exists.
+ Build your life around wellness not sickness. This means having a sense of humor, eating right, exercising regularly, enjoying time with your friends and family and being committed to following a treatment plan.

- advocatehealth.com
- arthritis.org — Arthritis Foundation
- arthritis.about.com
- ncb.gov/arthritis
- Email info.gec@arthritis.org to find out about events and programs specific to Greater Chicago.

Advocate Health Care
Inspiring medicine. Changing lives.
Men's Health Matters

After undergoing regular school and sports physicals through high school and college, many men stop seeing their doctor on a regular basis. Instead, a man's health care becomes a hodgepodge of office visits, oftentimes to different doctors, whenever he gets sick or injured. A man can go for four to eight years without seeing a doctor or undergoing standard health screenings, such as blood pressure checks.

Irregular health care can put your health at risk. Here's why:

+ If you only see a doctor, such as an Urgent Care or ER doctor, when you are sick or injured you don't develop a relationship with a physician who can get to know you, your family history and your personal health concerns.
+ You won't undergo regular health tests and screenings and perhaps only receive them if a doctor thinks to recommend them during your visit.
+ The doctor who orders your tests can't interpret your results fully if s/he doesn't have a baseline history of your previous test results. A change from a low normal to high normal blood pressure between regular office visits may indicate the beginning of a health problem.

The key to developing the baseline understanding of your overall health is scheduling regular checkups and screenings at the same time of year, every year. Scheduling physical exams in your birthday month is one option.

Another is to schedule your annual exam around Father's Day. Even if you aren't a father, you can honor your own father and the rest of your family by taking care of your health.

Prayer: Gracious God, I thank you for all the men in my life. Grant them the wisdom and ability to care of their bodies, minds and souls in equal measure. Amen.

Recommended Health Screenings for Men

Recommended health screenings for men depend on age and individual health concerns. You can perform some of these screenings yourself, though others should be performed or ordered by your doctor.

All men over the age of 18 should:
+ Schedule an annual physical and dental exam
+ Undergo a vision/glaucoma test, a cholesterol screen and a blood pressure test (annually)
+ Perform a monthly self-skin exam, examining the body for unusual moles or skin lesions
+ Perform a monthly self-testicular exam

After the age of 35, men should undergo a thyroid panel every three years.

After age 45, a blood sugar test should be added to the list and taken every three years.

After 50, the following screenings are recommended:
+ Prostate screening (annually)
+ Fecal occult blood test (annually)
+ Colonoscopy (every five to ten years)
+ Hearing test (every three to five years)

Discuss other tests, such as electrocardiograms, with your doctor. In some cases, s/he may want you to undergo more frequent screenings. Also be sure to keep your doctor up to date regarding any changes and developments in your family medical history, as this can affect his/her recommendations.

- www.advocatehealth.com
- ahmg.state.ok.us/healthmen.htm
- cdc.gov/men/ipts/exams.htm
- www.irdph.state.il.us/menshealthscreening.htm
- nih.nih.gov/medlineplus/eacx/article/007465.htm
- minorityhealth.hhs.gov/template/content.aspx?id=3733

Advocate Health Care
Inspirng medicine. Changing lives.
SENIOR ADVOCATE
BREAKFAST CLUB

“Putting Spring in your Step”
Laura Westerkamp, PT, DPT from Lutheran General Hospital will help us start on a walking program. Learn how to stretch, how far we should walk and general tips to get the most out of this exercise. Laura has her doctorate in physical therapy.
When: Friday, May 20, 2011
Code: 8S15

The Golden Years may not be so Golden: Depression and Older Adults
Jeanne Gibbons MSN Clinical manager and Susan Connolly, RN assistant clinical manager from Lutheran General Hospital will discuss depression in our later years. Learn how to identify symptoms and find help through programs and support.
When: Friday, June 17, 2011
Code: 8S16

Making Sense of Memory Loss
Forgetfulness becomes more common with aging but it’s usually nothing more than an occasional nuisance. Dan Kuhn LCSW from Rainbow Hospice and Palliative Care will present on the differences between normal and abnormal memory loss and review ways to keep your memory as sharp as possible.
When: Friday, July 15, 2011
Code: 8S17

Hot Topics on Medication...........frequently asked questions.
Bonnie Bachenheimer PharmD Clinical staff pharmacist from Lutheran General Hospital will answer commonly asked questions on medications.
Are generic drugs as good as brand names? Can I cut my own pills? How do I eliminate unnecessary medications? Join us for this informational presentation.
When: Friday, August 19, 2011
Code: 8S18

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

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
Advocate Lutheran General Hospital’s Senior Information and Referral staff provides resources, guidance and information about community services for adults and older adults, families and caregivers.

**Senior Information and Referral**

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

**Adult Day Center**

This program offers a safe, secure and stimulating environment for older adults who, because of physical or cognitive disabilities require supervision throughout the day.

**Philips Lifeline**

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.

**Home Delivered Meals**

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

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 Haaglund: 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

Gwynne Chovanec: Director of Senior Advocate and Older Adult Services 847.824.5143

*Please do not hesitate to call us if you, your family or friends need assistance. We are only a phone call away.******  Gwynne Chovanec*

“Wrinkles should merely indicate where smiles have been”.

Mark Twain
“Name Our Robot” Contest

Lutheran General is the first hospital in Chicago to have the new da Vinci® Surgical System, which enables surgeons to perform complex minimally invasive surgeries with fewer incisions, less pain and faster recovery time.

Submit entry forms to: Cynthia Mahal Van Brenk or Lisa Wendt located at 1-South Surgical Services

Contest details:
Open to all associates, physician, volunteers and visitors.
Entries must be received on or before June 15, 2011

If your robot name is chosen, you win a Kindle 3G + Wi-Fi 3G Works Globally, Graphite, 6" Display with New E Ink Pearl Technology - includes Special Offers & Sponsored Screensavers

“Name Our Robot”
I think the da Vinci - Si Surgical System name should be: __________________________________________

Your Name:______________________________________________________________

Department:_______________________________________________________________

Extension/ Contact number:________________________________________________

Submit your completed entries to Surgical Services 1 - South attn: Cynthia Mahal Van Brenk or Lisa Wendt on or before 6/15/2011

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital

Inspiring medicine. Changing lives.