Greetings

Dear Colleagues in ministry,

I’m very pleased to introduce myself through this issue of Connections! My name is Rev. Kevin Massey and I’m the new Vice President of Mission and Spiritual Care at Advocate Lutheran General Hospital and Advocate Lutheran General Children’s Hospital. This is kind of a return home for me because I worked at Lutheran General some years ago. I’m a pastor of the Evangelical Lutheran Church in America and pastored congregations in North Dakota, Minnesota, and Illinois prior to beginning a ministry in hospital chaplaincy. I was the Fritz Norstad Trauma Chaplain Fellow at Lutheran General from 1999-2000 and went from Lutheran to serve at Advocate Illinois Masonic Medical Center. With my experience in spiritual care in trauma and emergency I became involved with the Spiritual Care Response Team serving with the American Red Cross. I served with that team in September 11th response and Hurricane Katrina Response. This led to a ministry working as Director of Lutheran Disaster Response housed at the Evangelical Lutheran Church in America Churchwide headquarters. I returned to Lutheran General in January of this year, and am very excited to get to know the hospital and all the communities it serves. I look forward to meeting the many faith community leaders who serve in these areas.

Please stop in to meet me on your next visit to Lutheran General so that I can meet you in person as we share this health ministry together in this place of healing.

Lutheran General Hospital
1775 W. Dempster St.
Park Ridge, IL 60068
Hospital’s bedside magic program expands thanks to donations

The Service League Board of Directors today announced that its 2011 Tree of Lights fundraiser awarded $8,000 in a grant to Advocate Lutheran General Children's Hospital's Child Life Department's Bedside Magic Program. The recipients received financial support to help cover expenses to bring trained magicians into the hospital to perform magic at the patient's bedside. "A trick isn't just a trick" Melodie Merrick, Clinical Manager of the Child Life Program and Pediatrics said. "Personalized interactions help children feel special, more confident and empowered during a scary and stressful time. By inviting them to be a part of the interaction, we energize kids and help them find the strength they need to heal. It's an opportunity to engage a child who may feel lonely, isolated and afraid. The result is a fully immersive, therapeutic interaction that bolsters a child's sense of control and mastery, and supports the healing process."

The Service League has a long legacy of helping Lutheran General Hospital programs. For over 50 years, the Service League has supported the mission, values and philosophies through volunteerism and philanthropy. It has raised over $1 million for many of the hospital programs that would not exist without philanthropic support from the community.

"The Service League and its Board of Directors understands the amount of dedication, commitment and focus that it takes for associates to accomplish their goals, and we are thrilled to be able to provide support for the many deserving programs," said Bill Hominick, Chair of the Service League Board of Directors. "We are pleased to be included as one of the charitable organizations to offer grants to hospital programs with elite potential."

L-R front row - Vice-Chair Laura Dee, Director Dolores Gentile, Secretary Melissa Wiegler, Director Lenny Floom, Clinical Manager of the Child Life Program and Pediatrics Melodie Merrick, and Child Life Specialists Areeum Lee and Kevynne Smith. Back row - Vice-President of Missions and Spiritual Care and Service League Board Advisor Kevin Massey and Board Chair Bill Hominick. Not pictured are Treasurer Robert Kaufman and Directors Susan Burrows and Rita Knapp.
Advocate Lutheran General Hospital celebrated Doctors' Appreciation Week March 19th – 23rd. Our more than 1,100 doctors believe in giving each patient exceptional care. At the bedside, delivering babies, in surgery, treating emergency or urgent care patients, reading x-rays or lab tests, our doctors are relentless with their passion in giving patients truly excellent care. From innovative ideas to treating patients with compassion, our doctors bring their very best to work. Doctors' Day has been celebrated since March 30, 1933, the date marking the anniversary of the first use of general anesthetic in surgery. In 1990, a National Doctors' Day was established by the U.S. Senate, and the first National Doctors' Day was celebrated in 1991. On this day, we recognize our doctors' passion, commitment, dedication, and expertise required daily as they do their work caring for all of us. At Advocate Lutheran General Hospital, we celebrate the exceptional care our doctors give, each and every day.

This year, as a way of recognizing and celebrating our doctors, the Department of Mission and Spiritual Care offered patients and associates a way to say “thank you” to the many doctors they encounter daily. Everyone was asked to complete a “Thank You Card” for a doctor that had touched their life in some meaningful way. The department collected the cards and on Doctors’ Day, we displayed the over 300 cards outside of the Physicians Lounge to show how much we care about and love our doctors at Lutheran General Hospital. Remember, Doctors’ Day does not only have to be one day a year, tell your doctor how much you appreciate him/her today.

**Docs vs. Jocks**

Docs vs. Jocks, a hockey fundraiser featuring Lutheran General physicians and coaches from the Wilmette and Winnetka Hockey Association will be held from 6-10 p.m. on **Friday, May 4**, in the Northshore Ice Arena, Northbrook. Tickets are $50 for adults, $35 for ages 21 and under and free for five and under.

Call Katie Boysen for details at 847-723-2343.

**Calling All Artists**

Lutheran General is searching for artists interested in designing and painting one to three murals as an expression of our hospital’s diversity and cultural competence initiatives. Two of the murals will incorporate multi-cultural and/or multi-lingual expression of “thank you”. The contest is open to all artistic hospital associates, physicians, volunteers, and their families, as well as the community members and students. Each winning muralist will receive $1000 per mural. Submission deadline is April 13. For details on contest entry, contact Magda Scanlan, Magdalena.scanlan@advocatehealth.com or 847-723-6194.
Passover 2012 by Rabbi Leonard Lewy

Passover (Pesach) begins at sundown on Friday, April 6 and continues until sundown on Saturday, April 14. Passover celebrates the escape from Egypt more than 3,000 years ago, according to the biblical Book of Exodus. The first, second, seventh and eighth days of Passover are considered major holy days for most Jews when all work, apart from cooking for the festival, is proscribed. The Bible indicates that the Israelites were enslaved to Pharaoh in Egypt. Moses and Aaron sought to free the children of Israel. After 10 plagues, the exodus from Egypt toward the Holy Land began.

The Bible records special foods connected with Passover. The most well-known of these is Matzah (unleavened bread or the bread of affliction). Matzah reminds Jews that, while enslaved, their ancestors were not able to partake of a free person’s diet. Another explanation for the Matzah is that the Israelites were forced to bake their bread hastily while escaping Pharaoh. In any case, the Passover Seder meal is traditionally held on the first and second nights of Passover. The Seder is an actual reenactment of the first Passover. Jews recount the Passover story with a ritual script – Haggadah (the telling) -- while seated at the Seder Table, which features traditional, symbolic food items, including the bitter herb that reminds Jews of the bitterness of servitude in Egypt. Selected psalms of praise and thanksgiving are also recited during the synagogue observance throughout Passover.

Jews greet one another on Passover by saying, Chag Sameach (Hebrew) or Gut Yontef (Yiddish). These greetings are also meaningful when extended by members of the non-Jewish community. Passover includes strict dietary proscriptions, which disallow any type of bread or leavened products during the eight days. Specially labeled Kosher for Passover food are made available throughout the holiday, beginning at lunch on April 6 which can be ordered directly from Lutheran General Food Service by patients and family members at 847-723-6130. When a patient’s diet permits, ritually kosher grape juice and Matzah are traditionally eaten on the Yontefs (main Holy Days) at dinner on April 6, 7, 12, and 13; and at lunch on April 7, 8, 13, and 16. Electric Sabbath/Holy Day candles are available to be lit as is traditional on April 6, 7, 12, and 13.

Those desiring to borrow Electric Sabbath/Holy Day candles or seeking more information about Passover may consult Rabbi Len Lewy, Lutheran General Jewish Chaplain at leonard.lewy@advocatehealth.com or 847-723-7264. A Model Jewish Passover Seder will be conducted in the West End Conference Room location beginning at 10:30 on Monday, April 2 for patients, family members, staff, and volunteers. If interested in attending, please rsvp to 847-723-6395. This Seder will also be available for viewing in patient rooms during Passover.
What a Chaplain Can Do for You – Frequently Asked Questions

Q: What is a chaplain?
A: A chaplain provides high quality, comprehensive, pastoral care and spiritual comfort to patients, their families and Advocate Lutheran General Hospital staff members. Ministry includes crisis intervention, short term counseling, sacramental services, listening ministry, grief work, participating in ethical interdisciplinary teams and serving as liaison with spiritual leaders and faith communities to provide optimal pastoral care. Advocate Lutheran General Hospital employs a staff of full-time and part-time chaplains who represent a wide range of religious traditions and fellowships. All have specialized training in pastoral care. All of our professional chaplains are endorsed by their religious organization and certified by one or more professional organizations. Each year, a select group of chaplain residents and interns are accepted for specialized training in Clinical Pastoral Education at Lutheran General. All have completed advanced work in pastoral care and have the support of their faith community.

Q: What do chaplains do?
A: Professional chaplains respect and respond to a patient’s values and beliefs. Illness or injury can bring isolation, fear, doubt and grief. The chaplain’s special focus of caring is directed toward the person who has the sickness or injury. The chaplain addresses these crises through spiritual care that emphasizes transcendence, faith and hope, thus promoting healing and recovery. Compassion and comfort become of primary focus when a patient is living with an incurable illness or impending death. The chaplain assists patients in finding meaning, purpose and value in situations of despair, depression, hopelessness and isolation. Chaplains provide a unique ministry that has a high regard for the person’s faith, tradition and experience. Chaplains are readily available for ministry. They facilitate the observance of meaningful rituals at birth, death and in the observance of Holy days in all religions. Chaplains assist hospitalized patients and their local spiritual leaders stay connected.

Q: When do people seek a chaplain?
A: People call on chaplains for a multitude of reasons. Some of the most common reasons include: Loneliness and Isolation; Discouragement and despair; Helplessness and hopelessness; Loss of meaning and purpose; Fear and anxiety; Conflict with others; When facing change and loss; When struggling with the meaning of life; When feeling cut off from God; When grappling with questions about life and death; When seeking solace through scripture and religious rituals; When needing the comfort of prayer; When facing ethical dilemmas; When it’s time to rejoice and give thanks; When it’s time to celebrate; For baptisms; For blessings;

Q: Are there ways a chaplain could assist me?
A: Helping in contacting your local parish, priest or clergy

continued on page 6
• Aiding families when a loved one dies
• Literature: bibles; daily bread; guideposts; miscellaneous material on various topics

Q: How can I request a chaplain?

A: To request a chaplain, you can call our office during regular business hours, Mon. - Fri., 8 a.m. - 5 p.m. at 847-723-6395. After 5 p.m., on weekends, holidays or in the event of an emergency please call the hospital operator at 847-723-2210 and request to speak to the chaplain on-call at pager #1920. If you are a patient or a loved one of a patient, you can also ask your nurse to send in a referral for you.

Q: Does Lutheran General have a priest in-house? How can I request a priest or Rabbi?

A: Lutheran General does have a priest in-house every day. Please contact the chaplain’s office or have the nurse send in a referral. During off hours, for emergency situations only, we are able to contact on-call Roman Catholic Parishes for a priest to offer assistance. We also have a large number of Ministers of Care who can bring Holy Communion to you daily during your stay. Our staff also has a full-time Rabbi that provides Jewish Ministry to our patients and associates.

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Daffodil Day 2012

The daffodil is the first flower of spring, a symbol of hope, renewal, and for cancer patients, the promise that one day the world will be free of cancer. The week of March 19th was “Daffodil Days” at Lutheran General Hospital. Thanks to the generous support of the Service League, the patient and family lounge on the 8 Tower Oncology Unit was filled with 500 bright yellow daffodils on Thursday, March 19. Following a brief service of prayer and blessing over the flowers and a beautiful song by our own Music Therapist Soozie Cotter-Schaufele, every cancer patient in the hospital, Center for Advanced Care, and Yachtman Pavilion received a bouquet of daffodils created by the Lutheran General Flower Shop.

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Speaking of Recovery…

The Advocate Addiction Alumni Volunteer Group will host an educational lecture, reception and silent auction “Speaking of Recovery...An evening with Sister Maurice Doody” on Wednesday, May 23 at 7 p.m. in Olson Auditorium. Tickets purchased in advance are $25, for more information or to purchase tickets contact, 1.800.3.ADVOCATE (1.800.323.8622) or see attached flyer.
HOLY WEEK
WORSHIP SERVICES

MAUNDY THURSDAY – April 5, 2012
3:30 p.m. – Roman Catholic Mass
A. D. Johnson Chapel
This Service will be televised on Carevision, TV Channel 12

GOOD FRIDAY – April 6, 2012
12:00 noon – Ecumenical Worship
A. D. Johnson Chapel
This Service will be televised on Carevision, TV Channel 12
There will be no Roman Catholic Service

Music with individual meditation in the chapel from
8:00 a.m. to 11:30 a.m. and 2:00 p.m. to 12:00 midnight

HOLY SATURDAY – April 7, 2012
There will be no Roman Catholic Mass

EASTER SUNDAY – April 8, 2012
11:00 a.m. Pre-recorded
Christian Worship Service (television only)
on Carevision, TV Channel 12
3:30 p.m. – Roman Catholic Mass
Johnson Auditorium, Parkside Center

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
Understanding advance care planning

Advance care planning (ACP) begins with exploring and understanding your personal goals and core values so that future health care decisions – should you become unable to make those decisions yourself – align with your beliefs.

At its best, ACP includes a discussion of those goals with the person who represents your preferences for you (your surrogate or agent) and a written plan that clearly and accurately represents them (advance directive).

Choose your surrogate thoughtfully. He/she can be your spouse, an adult child (not necessarily your eldest), a sibling or a close friend. Choose someone you trust with your health care decisions who will respect your wishes and put them into action regardless of his/her own attitudes. Your surrogate needs to be prepared to make these decisions and act during a stressful, difficult time. He/she deserves to know this up front. Not everyone wants this responsibility.

Discuss your wishes in detail until your surrogate fully understands them. The conversation may cover types of medications and treatments you desire, the care you do and don’t want if you are seriously ill or injured and your concerns about end-of-life issues. You may also want to talk about funeral plans. Share with your family who your surrogate is, and explain to them that he/she does not have any power unless you are unable to make health care decisions for yourself.

Begin before ACP is needed. Don’t wait for a medical crisis to make decisions about advance care planning. Make decisions while you are able to process information easily and are not under pressure to make hard choices right away.

Many people are unaware of their end-of-life preferences regarding medical treatment simply because they haven’t taken the time to consider them, but once they do, their personal values and spiritual beliefs often lead them smoothly through the process. (Clergy can clarify ethical decisions for people of faith.)

A brief history of advance directives (ADs)

1967 – Chicago attorney Luis Kutner suggested the first living will to facilitate the rights of dying people to control decisions about their own medical care.


1976 – The Karen Quinlan Case raised awareness of right to privacy and appointment of surrogates as end-of-life decision-makers. The concept of an ethics committee was introduced.

1976 – California established rights of patients and surrogates to forego life-sustaining treatments through a written document.

1977 – Forty-three states considered living will legislation; seven states passed bills.

1980s – Legal rulings applied right to forgo treatment to more routine treatments, based on benefits and burdens to individual.

1990 – U.S. Supreme Court’s Nancy Cruzan decision supported an individual’s right to refuse treatment, even life-sustaining.

1991 – The House of Representatives passed the Patient Self-Determination Act (PSDA) that requires hospitals ask patients being admitted if they have or wish to have ADs.

1992 – All states passed legislation legalizing some form of ADs.

Advance care planning (ACP) glossary

Advance care planning – All communication – both oral and written – that contributes to building a personal plan of your wishes for your future medical care.

Advance directive – A written statement telling how you want your medical decisions to be made in the future if you are unable to make them for yourself. ADs may include:

- **Power of attorney for health care** – You name someone (a surrogate or agent) to make health care decisions for you if you are unable to make them yourself. (Power of attorney, different from power of attorney for health care, deals with financial decisions and is not empowered to make health care decisions on your behalf.)

- **Living will** – Directs your physician and indicates your wishes about death-delaying procedures. Not a Last Will and Testament. It applies only when you have a terminal illness from which your doctor thinks you cannot recover and you are unable to make decisions for yourself.

- **Do not resuscitate order (DNR)** – A medical treatment order saying that cardiopulmonary resuscitation (CPR) will not be used if your heart and/or breathing stops. This form also requires a physician’s signature.
I. Statutory short form

Illinois has revised its form for power of attorney for health care. It is a little longer than the previous form, has a few organizational changes and includes more legal jargon.

One of the significant changes is the inclusion of the phrase, “in accordance with reasonable medical standards” as relates to life-sustaining/death delaying options. With this phrase, the agent who has power of attorney for health care can reflect on what would be beneficial to the patient. If a procedure or treatment does not seem reasonable, the agent can, in good conscience, elect not to use it.

Continued from previous page.

Forms can lead into conversations. Basic forms are readily available to complete the living will and health care power of attorney, two frequently used documents. The forms themselves can serve as excellent starting points for conversation. But there is so much more to ACP than simply filling out forms! After all, these are very important decisions, so both knowing your own mind and expressing your specific preferences are critical.

Sometimes these conversations are uncomfortable. Discussing your beliefs and values is personal, and strong emotions often erupt, touching on deep feelings and exposing fears you may want to avoid. But taking the necessary time, working through complex issues and talking with loved ones about your true wishes is, in fact, an essential part of good care. Not only does it leave your family feeling relieved because they are following your wishes, ACP also ensures respect for your well-being and your right to self-determination.

Preparation is comforting. A family is comforted when they have direction. For some families, forgoing treatment becomes an act of caring. For other families, continuing treatment (perhaps based on cultural or religious beliefs) comforts them because they know it is consistent with their loved one’s wishes.

Guessing a person’s preferences without knowing them can be torture to a family. Families face difficult decisions when ill loved ones become unable to communicate their preferences regarding medical procedures. Dedicated children and siblings can become distraught trying to guess what a loved one might want, and well-meaning relatives seeking to do what’s right may disagree because of lack of concrete direction.

If you become critically ill, are unable to speak for yourself and have not named an agent, Illinois provides guidance for physicians to determine a surrogate for you. This person may or may not be the one you would choose and is less empowered to make decisions than one you have chosen yourself.

II. Resources for ACP

- FiveWishes.org (Aging with Dignity – Five Wishes)
- Abanet.org/aging/toolkit (ABA tool kit for ACP)
- www.ldph.state.il.us/public/books/advin.htm
- Isms.org (Illinois State Medical Society)
- Aarp.org/families/end_life (AARP - Information on caregiving, long-term care, wills, end-of-life, grief support)
- Cecc.info (Chicago End-of-Life Care Coalition)
- ACP International Conference, Donald E. Stephens Convention Centre, Rosemont, IL, May 31 – June 2.
- Respectingchoices.org (How to develop an ACP program)
- AdvocateHealth.com

How ACP happens. After considering your wishes, you can complete the AD forms on your own (forms are readily available online; see Resources above) or with guidance from your faith leader, doctor or trusted advisor. This can be done without a lawyer, but the forms do need to be signed by witnesses. Give copies to your loved ones and physician.

At Advocate hospitals, each patient is asked at admission if he/she has an AD or wishes information about one. Our chaplains are trained to discuss these decisions compassionately with patients.

Faith leaders themselves sometimes lead a general information session about ACP for their congregants and introduce them to the AD forms. They follow that up with individual conversations and further guidance for those who so wish. This personal touch often removes the barriers to completing advance directives.

Our chaplains can also give congregations presentations on ACP. (For information, call 630.990.5650.)

III. Advocate Health Care

- Advocate Health Care Facilities:
  Advocate BroMenn Medical Center, Normal
  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 South Suburban Hospital, Hazel Crest
  Advocate Trinity Hospital, Chicago

- Children’s hospitals:
  Advocate Hope Children’s Hospital, Oak Lawn
  Advocate Lutheran General Children’s Hospital, Park Ridge

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
THE NUT MAN COMPANY
Come Out Of Your Shell And Enjoy Life!
joined by
The Gold Refinery

Wednesday, April 5 and Thursday, April 6
7:30 a.m. - 4 p.m.

• GOURMET NUTS, LOTS OF CHOCOLATES, MIXES AND CANDIES
• VARIOUS DIPS, AND CHEESE CAKE MIXES
• GIFT ITEMS & MUCH MORE

Sponsored by the Lutheran General Service League.
Your purchases help support Service League programs such as Pet Therapy, Music Therapy, Student Scholarships, High School Internships, Trauma Day and Cardiac Heart Pillows. - THANK YOU!
Speaking of Recovery…
An evening with Sister Maurice

Featuring Sister Maurice Doody and Sister Rose Reilly
Sponsored by the Advocate Addiction Alumni Volunteer Group

Wednesday, May 23, 2012
Advocate Lutheran General Hospital
Olson Auditorium
1775 Dempster
Park Ridge, IL 60068

7:00 pm  (doors open at 6:15 p.m.)

Guest speakers Sister Maurice and Sister Rose return to Lutheran General Hospital for another evening of hope and fellowship. Whether you are in recovery, or a friend or family member of someone in recovery, you will enjoy the Sisters’ inspirational message of redemption and recovery.

Reception and silent auction will take place immediately following lecture.

**Space Is Limited**  Tickets must be purchased in advance for $25

Complimentary parking is available in the main garage.

For more information and ticket reservations please call 1.800.3.Advocate (1.800.323.8622).
3rd Annual Docs vs. Jocks
Hockey Fundraiser benefitting Advocate Lutheran General Children’s Hospital

Support your favorite doctors as they battle coaches of the Wilmette & Winnetka Hockey Association.

When:
Friday, May 04
6:00–10:00 PM
Opening Ceremony 6:30 PM
Game Time 6:45 PM

Where:
North Shore Ice Arena
2111 Founders Drive
Northbrook, IL 60062

Dress Warmly!

2012 “Docs” Player List:
• Dr. Yury Lyubov
• Dr. Jim Brosch
• Dr. John Chang
• Dr. Jim Colombo (Coach)
• Dr. Jim Dolan (Coach)
• Dr. Alex Gordon
• Dr. Louis Hondros
• Dr. Axel Joch
• Dr. Dan Lazar
• Dr. Brian Locker
• Dr. Shaun O’Leary
• Dr. John Ruhe (Coach)
• Dr. Dean Silas
• Dr. Craig Williams
• Dr. Joseph Wyse

2012 “Jocks” Player List:
• Jim Alexander
• Joe Ascanidi
• Matt Ascanidi
• Steve Belz
• Jordan Diamond
• Don Kempf
• Bob Kuker
• Emmett McCarthy
• Tom McDonald
• Dan Riffe
• Rocky Rowe
• Eric Vesely
• Steve Williams
• Matt Pinnock
• Tom Finks
• Charlie Henderson
• Andrew Joch
• Willie Joch
• Connor Seiden
• Chuck Smith
• Mike Verdonck
• Sean Weil (Coach)

To Purchase Tickets Online: www.advocatehealth.com/docsjocks
Or to pay by Cash, Check or Credit Card Call: Katie Boyen 847.723.2343

Ticket Prices:
$50.00 – Adult • $35.00 – Under 21 years • 5 years and under - Free
Includes: Indoor Tailgating Party (brats, beef, pop, beer and wine)

Fun Chuck-A-Puck Contest, Hottest Doc on Ice Contest, Auctions and much more!

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
Inspiring medicine. Changing lives.
SENIOR ADVOCATE
BREAKFAST CLUB

The Five Wishes
When faced with a chronic or acute illness it's important to make crucial decisions about your plan of care. Planning in advance is the best way to ensure that what you want done will be done. Dan Kuhn LCSW from Rainbow Hospice and Palliative Care will present on The Five Wishes, a legally binding document that enables you to specify your opinions to others.
When: Friday, February 17, 2012
Code: 8S12

Working off the Winter Gain
Linda Murphy dietician from Advocate Medical Group will help us shed some of those unwanted pounds. Linda will tell us what foods will keep us going and what foods hold us down. Come away from this talk motivated to be a healthier you.
When: Friday, March 16, 2012
Code: 8S13

Keeping your Home Safe
Our Lutheran General Hospital Outpatient Occupational Therapist will be presenting on how to stay safe in your home and prevent falls. Adaptive equipment will be discussed and demonstrated. Information will be distributed to all attendees.
When: Friday, April 20, 2012
Code: 8S14

How to Get a Good Night’s Sleep
Debra Keafer RN our Sleep Disorder Center staff nurse will discuss how you can get a good night sleep every night. We also discuss Sleep Apnea. It’s not just about snoring! Learn how Sleep Apnea affects your total well being.
When: Friday, May 18, 2012
Code: 8S15

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

All Senior Breakfast Club presentations are free and held at:

Old Country Buffet
8780 W Dempster St
Niles (across from Lutheran General Hospital).

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

Registration is required.
Advocate Lutheran General Hospital's Senior Information and Referral office.....
Call us for help: 847.296.0737

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.

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.

Expressions – A new program designed for people with early memory loss.

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 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

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

“The Great thing about getting older is that you don’t lose all the other ages you’ve been” Madeline L Engle