Dear Friends of Advocate Lutheran General,

By now you have entered fully into the season of Advent. I’m certain that preparations have occupied your time for the past few weeks and now you are beginning to see the schedule expanding before you. I hope that you will not only remind others of the need to slow down and listen to the world around them, but remind yourself. Those of us who minister at Lutheran General and Lutheran General Children’s Hospital are also trying to keep ourselves focused on this season of waiting and watching.

We will do everything we can to bring healing and wholeness to those we meet on this Advent journey. May we all be ready to welcome our Lord into our busy lives.

Rev. Kenneth Olsen
Interim Vice President Mission and Spiritual Care

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Clinical Pastoral Education (CPE) New Location

By ACPE Supervisor and CPE Manager, Joe Tamborini Czolgosz

In 1995, as Lutheran General Hospital began its quest to establish Lutheran General Children’s Hospital, the CPE program classroom and student room, located in what had been the Nursing School classrooms, was “temporarily” relocated to the “white house” on the northeast corner of Dempster and Luther Lane. In the space that once occupied the nursing school classrooms, Yacktman Children’s Pavilion was fashioned, linking the main hospital and the remaining East Pavilion which had been the nursing school dormitory.

Now, more than sixteen years later, CPE is returning to a space proximate to its former location. Program seminar space, a CPE residents’ room, a computer resource room and locker room for CPE interns, a library/copier/storage room, and two supervisor’s offices are now located on the third floor of the East pavilion. As the pictures suggest, with the (cont. pg.2)
PHILIPS LIFELINE AUTO ALERT

Lutheran General Hospital Older Adult Services has been providing Lifeline Services to adults and older adults in our communities for well over 20 years. Why? - Because it’s the right thing to do. We have witnessed, first hand, frail elderly persons left on the floor for hours with no help available.

Let us share with you a true story that happened recently to one of our patients. ‘Jan’ has been attending our programs for years. She came to us after suffering a stroke. Although in a wheelchair and exhibiting *expressive aphasia* (the inability to speak), Jan is cognitively very sharp. She attends our adult day service program five days a week (Monday through Friday). Jan has a caregiver who lives with her and family that lives not to far away. One Monday morning, Jan did not arrive at our program. Concerned, we called her at home to talk with her caregiver...there was no answer. Immediately, we called her family who went to Jan’s house to see what was wrong. Jan’s caregiver had died of a heart attack over the weekend while taking care of her. Jan was not able to call for help and was left in bed, isolated, with no food or water. Her caregiver was found lying on the floor not to far from where she was. The very next day, we installed Philips Lifeline® for Jan.

Sometimes families feel that an emergency response unit is not needed until the unexpected happens. We see it all the time. Don’t let this happen to your families and friends. Philips Lifeline’s new Auto Alert® is the best there is at minimal costs. It detects a fall when the button is NOT pushed. Please - call us for more information or if you have someone who would benefit from this service. Older Adult Services is here to help our communities and their loved ones. Our Information and Resource office number is 847-723-7770. Your families and friends will thank you.

“Clinical Pastoral Education (CPE) New Location”
(cont. from page 1)

planning and guidance of Ron Wold, Lutheran General’s Supervisor of Projects Management, with the consultation of Nancy Boldt, Interiors and Design Specialist, with the help of a contracted moving company, and many hours of sorting through program materials and files and packing with the help of our current CPE residents, former CPE residents like Catherine Feuerstein, and our supervisors Susan Gullickson, René Brandt, and me, “CPE is moving.”

CPE ministry and learning continue to move our students more deeply into their competencies as spiritual care providers even as the program resources physically move to our new location on the hospital campus. Many thanks to all of you who have contributed to this successful and timely move!

We look forward to establishing a time and date to celebrate and acknowledge the blessing of our former CPE space and the vaunted “Dempster Dash” it often required, and to dedicate our renewed program space. All are invited to stop by and visit our new location!

We celebrate a new Advocate Music Therapy position!
Brenda Buchanan, a new board certified music therapist began this position on Nov. 14th, and will serve patients at both Advocate Lutheran General and Advocate Good Shepherd hospital. Her expertise supports service to babies on the neonatal intensive care unit at Lutheran, and adults on the cardiac intensive care at Good Shepherd.

Brenda has a masters degree in music, and recently received her equivalency bachelors in music therapy from Saint Mary of the Woods, in Terra Haute, Indiana. She has received clinical training in neo-natal music therapy at Beth Israel Hospital in New York City, and plays piano, organ, guitar. Brenda joins Louise Dimiceli-Mitran, Oncology Music Therapy Specialist, and Soozie Cotter-Schaufele, the Music Therapy Supervisor and Clinical Training Director, and a team of music therapy interns.

We celebrate the addition of this position to strengthen our commitment to serving the needs of our patients, families and associates. For further information or to schedule an in-service about music therapy for the patients you serve, please contact Music Therapy Supervisor and Clinical Training Director, Soozie Cotter-Schaufele, MA, MT-BC at soozie.cotter-schaufele@advocatehealth.com , 847-723-7265.
Let there be light – 
Tree of Lights that is!

The annual Tree of Lights Ceremony is Monday, December 6 at 6 p.m. This ceremony will kick off the Tree of Lights Campaign which is organized by the Lutheran General Service League. Each year a hospital organization is chosen to receive the funds raised by this campaign and this year the Child Life Department’s Bedside Magic Program is the recipient. With the generous support of the Tree of Lights, Bedside Magic will be expanded so that more children in the hospital will have the opportunity to be visited by a magician and receive a personal magic show right at their bedside.

Associates, who would like to support the Tree of Lights Campaign to benefit Bedside Magic, can make a donation at www.advocatehealth.com/treeoflights. For each donation of $25 or more a light will be added to the tree. The tree will be displayed in Parkside Lobby from Sunday, November 27 thru Sunday, January 2.

Advocate Opens Immediate Care Center in Niles

Advocate Medical Group has opened an Immediate Care and Occupational Health Center at 7255 N. Caldwell, in Niles, Ill. The center offers treatment for a variety of minor injuries and illnesses, such as cuts and burns, sprains and bruises, broken bones, eye injuries, flu symptoms, sore throats, nausea, earaches, respiratory and urinary tract infections. The facility also offers international travel services, including vaccinations and consultations. The center is open Monday through Friday, from 7:30 a.m. to 8 p.m., and Saturday and Sunday, from 8:30 a.m. to 5 p.m. For more information, call 847.647.0355.

Illinois CyberKnife at Advocate Lutheran General Hospital opens today in Park Ridge. The new cancer treatment facility, a $6 million investment, was developed through a partnership between Advocate Lutheran General Hospital, Advocate Lutheran General Children’s Hospital, Radiation Oncology Consultants and US Radiosurgery.

CyberKnife treats patients through a procedure called stereotactic radiosurgery, a noninvasive method of treating tumors and other medical conditions with very precise, high-dose radiation. It involves no cutting and no anesthesia, and it requires no recovery time or overnight hospital stay. Treatments are typically complete in one to five visits.

During treatment, patients lie on a table while the CyberKnife’s robotic arm moves around them, aiming radiation beams directly at the tumor site and minimizing damage to surrounding healthy tissue. The CyberKnife’s robotic arm reaches tumors from virtually unlimited directions, making it possible to treat difficult-to-reach tumors that may have been considered inoperable in the past. Patients usually return to normal activities immediately following treatment.

The CyberKnife is capable of treating cancerous and noncancerous tumors in the body including the prostate, lung, brain, spine, liver, pancreas, kidney, bone and eye. It can also treat trigeminal neuralgia, a neuropathic disorder that causes intense facial pain, and blood vessel abnormalities.

Illinois CyberKnife is a department of Advocate Lutheran General Hospital, a member of the Advocate Health Care System. Housed within Lutheran General’s Center for Advanced Care, Illinois CyberKnife is located at 1700 Luther Lane, Suite 1110, Park Ridge, Ill. 60068. For more information, call (847) 723-0100 or visit www.IllinoisCK.com.
Growing Number of Children Getting High Blood Pressure

By Richard Alan Kaplan, M.D., Advocate Medical Group, Yacktman Pediatrics, Advocate Lutheran General Children's Hospital

Many people are aware of the health risks of hypertension (high blood pressure) in adults, but what about in children? Can children also suffer from hypertension?

The answer is a definitive "yes." In fact, the incidence of hypertension in children has been increasing over the last 10-20 years.

Hypertension in children, as in adults, is usually without symptoms; unless the elevation in blood pressure is severe. The only way to know if your child has high blood pressure is to have it checked at the doctor's office. Blood pressure should be checked every doctor visit after your child's third birthday.

Hypertension can be a sign of serious kidney disease or heart disease. High blood pressure also can occur as a result to excessive intake of salt, or from a child being overweight. High blood pressure tends to run in families, and parents with hypertension are more likely to have children who either have hypertension or blood pressure running at the upper limits of normal.

What can be done to lower blood pressure? Limiting salt (sodium) in the diet, keeping weight within normal range and getting plenty of exercise will all lower blood pressure. For all but the most severe hypertension, it is my practice to ask the child and family to work on lifestyle changes for at least three to six months prior to considering medicine to lower blood pressure.

Limiting sodium in the diet seems like an easy task, but many foods - particularly fast foods and processed foods - have large amounts of salt present. There also is a surprisingly large amount of sodium in foods where it may not be expected, such as in cheese, vegetable juice, pasta sauce and salad dressings.

Some of my young patients with hypertension will eat salads to improve their diet, but will add diet salad dressings to the salads, unknowingly actually increasing their daily salt intake!

It is important to always read the nutritional label of foods and condiments. Using spices such as pepper, paprika, oregano and curry is a good way to cut down on sodium while still enjoying tasty food.

Richard Alan Kaplan, M.D., is at Advocate Medical Group, Yacktman Pediatrics, Advocate Lutheran General Hospital and Advocate Lutheran General Children's Hospital.
Advent Devotional Book

What is the Advent and Christmas season all about? To a great many of us it is about waiting, filled with preparation and busyness. In fact, it can be one of the most overbooked, time crunched seasons of the year. In reality, Advent is a true blessing in the Christian life. It gives us an opportunity to take a breath; to watch and wait, not only for Christmas celebrations, but also for the coming of the light of Christ into the dark corners of our own lives.

In preparing Advocate Lutheran General Hospital for the coming of Christmas, the department of Mission and Spiritual Care has written a Daily Advent/Christmas devotional is available to our patients, visitors, physicians and staff. Each of these daily devotions was written by one of our staff, resident, or volunteer chaplains, or clergy from our community. It is our wish that this devotional guide will be a source of support for those who find themselves in the hospital during this season of hope and renewal.

Please know that these devotionals are also available for your use. You may receive your copy in the Mission and Spiritual Care Office on 1 East across from the chapel. If you would like copies for your community of faith, you may contact Chaplain Andy Travis at andy.travis@advocatehealth.com or 847-723-5894.

Medicare Updates for 2012

Tamatha Smith, Community Relations Specialist from Blue Cross Blue Shield will rejoin us for another year. Her presentation will include all Medicare changes and updates for 2012. This is an important informational and interactive discussion.

When: Friday, January 20, 2012 8:30 am
Where: Old Country Buffet

To register call 1.800.3. Advocate or visit advocatehealth.com/senioradvocate
Code: 8S11

May the happiness and good cheer of the Holiday Season be yours throughout the year.
For more information call 847-723-6395
Grief and the holidays

If you have recently lost a loved one, the holidays may be very painful for you. Here are some guidelines about dealing with your grief during a time when so many are joyful:

* Expect some pain. Don't be afraid to cry. Worrying about crying is an extra emotional burden. Let your feelings flow.
* Think about your holiday traditions and routines. You might keep your favorites but begin new ones:
  * Have your holiday dinner at a different time, place or serving style (i.e., buffet instead of sit down dinner).
  * Worship at a different service.
  * Buy gifts on-line or from catalogs. Ask a friend to do your shopping. Or skip gift-giving for this year. It's all okay.
  * Eliminate baking cookies, sending cards or decorating if it seems like more than you can handle right now.
  * Focus on winter activities rather than holidays.
  * Accept invitations to spend time with people you enjoy, and prepare them for the possibility of your leaving early. Decline invitations that will make you feel sadder.
  * Don't act as if the deceased never lived. Talk about your loved one. Encourage others to share stories that will enhance your memories.
  * Do something for others. Donate your time, talents or resources for someone in need.
  * Get enough rest. Grief is exhausting. Rest heals.
  * Remember that next year you can change your mind about this year's choices.

**Prayer:** Dear God, there are many who are missing from my holiday gatherings. Even as I grieve their absence, help me take comfort in my memories of them. Amen.

How to help a grieving friend

Many newly bereaved say the holidays from Thanksgiving through New Year's Day are the hardest for them. That is when the void caused by loss of the loved one is most acutely felt.

If you are a friend to someone who is grieving during the holidays, you can help in small but meaningful ways:

* Be there. Your loving presence means more than you can imagine. You need do nothing special.
* Listen. Let your friend set the pace and direction of your conversation. Avoid offering advice. Avoid platitudes. Simply listen. Be comfortable with the silences.
* Encourage your friend to express his feelings – sorrow, anger, disbelief, whatever needs airing. Respect those feelings, and don't try to talk him out of them or ask him not to cry.
* Offer your help with the extra work the holidays bring – shopping, baking, wrapping gifts. Do this work together if possible. Small blocks of time often work best.
* Honor your friend's loved one by speaking her name. Share rich memories of her. Perhaps you will want to express your own sorrow at her absence and your wish that she were with you both during these holidays.

Be patient with your friend. Grief is a journey that is different for everyone – and it knows no timetable.

**Recommended books and websites:**

* Don't Take My Grief Away From Me by Doug Manning
* A Grief Observed by C.S. Lewis and Madeleine L'Engle
* A Decembered Grief: Living with Loss While Others Are Celebrating by Harold Ivan Smith
* Good Grief by Granger Westberg
* advocatehealthcare.com
* griefnet.org
* griefcounsel.com
* griefshare.org/holidays

Advocate Health Care
Inspiring medicine. Changing lives.

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Tree of Lights

Presented by the Service League
To benefit the Child Life Department’s Bedside Magic

Bedside Magic provides therapeutic bedside entertainment to hospitalized children.
This is a welcomed diversion and supports the healing process.

Gifts of $25 or more will be represented by a light on the Tree of Lights which will be on display
At Parkside Center from
Sunday, November 27 - Monday, January 2

To donate, visit the Service League (9 - South), complete a donation card which can be found throughout the hospital or visit www.advocatehealth.com/treeoflights.
Come to the
Pampered Chef®
Fundraiser Sale

Thursday, December 8 and Friday, December 9
10-West Special Functions Dining Room
9 am – 5 pm

• Free gift for placing an order of $60 or more
• Professional cookware and forged cutlery knives
• Over 50 New Fall and Winter Products
• Large selection of cash & carry items available while supplies last (credit cards welcome on purchases of $40 or more)

Schedule a Pampered Chef show in January or February 2012 and an additional $10 will be donated to the Lutheran General Men’s & Women’s Association. To view products or place an order prior to the sale, visit pamperedchef.biz/mdeering and type in Lutheran General or contact a consultant at 815.464.6866

A portion of all proceeds will be donated to the Lutheran General Men & Women’s Association

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
Inspiring medicine. Changing lives.