Greetings,

I am thrilled to share with you all an exciting opportunity that Mission and Spiritual Care Advocate has received. The following announcement describes this project.

Advocate Health Care has been awarded a $209,095 research grant from Healthcare Chaplaincy provided by the John Templeton Foundation entitled “What do I do?” Developing a Taxonomy of Chaplaincy Activities and Interventions for Spiritual Care in ICU Patients. This 18-month project (July 1, 2012—December 31, 2013) will be led by Rev. Kevin Massey, VP Mission Spiritual Care ALGH and co-investigators, Michael Ries, MD, Director of Critical Care, Advocate Health Care and Tom Summerfelt, PhD, VP Office of Research, Advocate Health Care. The research will study the chaplain’s role in palliative care in the CIUs at Advocate Lutheran General Hospital, Advocate Illinois Masonic and Advocate Good Samaritan and involve palliative care teams at all three sites. ICU Research Chaplains are designated for each hospital (Rev. Cheryl Scherer, Advocate Lutheran General; Rev. Anna-Lee Hisey-Pierson, Advocate Good Samaritan; and Rev. Betty Vander Lann, Advocate Illinois Masonic). In addition, Board Certified Chaplains from across the system will also be involved in focus groups to refine the taxonomy of chaplain activities and interventions.

We are very excited to have been awarded this opportunity. It will help us improve our patient care and improve the ways we teach pastoral care. Please pray for us as we undertake this exciting and challenging endeavor!

A Note from Rev. Kevin Massey

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New Pet Therapy Program in Oncology

Advocate Lutheran General began a new pet therapy program to the adult oncology unit. This unit, along with Rehab, Telemetry and the Pediatric unit welcomes volunteers and their K9 friends from Rainbow Animal Assisted Therapy every other week to provide an hour of fun interaction for patients, doctors, nurses and other volunteers.

Karen Sticha, RN, OCN, is credited with bringing the program to the adult oncology unit. She explained that patients have reported less anxiety after their therapy sessions, and she hopes that the therapy will help lessen any feelings of depression as well.

Volunteers for the program as well as volunteers in other hospital units brought their personal pets to visit the patients. In its second week, the program has had nearly a quarter of the inpatients participate, which, according to Sticha, is positive.

Sticha hopes to eventually increase the therapy sessions to more than just once every other week as well as combining it with the music therapy sessions and expanding to all patients.
**Michael Denesha:** After working in sales and marketing in the photo industry for over 30 years, Michael was downsized, due to the evolution from film to digital photography. He pursued an MA in Family Care-giving Services at DePaul University’s School for New Learning, with a specialization in work with those with Alzheimer’s. He has been a Stephen Minister for 20 years, caring for people with a life crisis. He feels called to CPE to help him develop a greater understanding of the spiritual needs of those facing life and death situations.

**Nancy Dolan** just completed her Master of Divinity at McCormick Theological Seminary, bringing to ministry 20+ years of Corporate human resources experience. She is under care of the Presbytery of Chicago, and hopes to be ordained in 2013, following CPE. She’s lived much of her life on the East Coast of the US—New Jersey, Atlanta, and D.C.—and now lives in Barrington with her husband and two school-age daughters.

**Levi Emmer** is Director of Pastoral Services at the Jewish Home and Care Center in Milwaukee, Wisconsin. Born in Boston, he was raised in Brooklyn, NY in an observant Jewish home. He graduated with a BA in Hebrew Letters, and was ordained a rabbi and cantor in 2005 in Melbourne, Australia. Having traveled around the US and internationally on faith-based missions, he now lives in Milwaukee with his wife and three children. Levi loves to teach and inspire, especially using Jewish music therapy to touch the emotions.

**Yitzchak Falk** is married to Rachel and has five children under age 11. They live in West Rogers Park, where he works full time as Rabbi/Chaplain at Park Plaza Jewish Senior Living Community. He has also taught high school students at the Ida Crown Jewish Academy (Chicago) and was Rabbi/Educator at the Hillel at the University of Illinois Urbana-Champaign. Yitzchak received rabbinic ordination in 2004 in Israel from Yeshivat HaMivtar. He has a B.A. in Sociology from University of Wisconsin and a Masters in Educational Administration from Loyola (Chicago). In 2011, he completed two units of CPE at Lutheran General Hospital.

**Rosa Yeoshin Lee** is a Masters student at Garrett-Evangelical Theological Seminary. She has worked with Youth with a Mission (YWAM) in South Africa, Zimbabwe, India, and Hawaii, which she found to be inspiring and meaningful. She is a certified candidate of the United Methodist Church and is licensed as a Local Pastor. Her work as a youth pastor at Salem Korean United Methodist Church focuses on second-generation immigrants from Korea.

**Jayachand Pallekonda** worked as Chief, Health Information Manager, at Lakeside VA Medical Center and Jesse Brown VA Medical Center for 20 years. He has several advanced degrees, notably a PhD in Business Administration. He is an Ordained Pastor of the American Baptist Mission helping at a local Indian Telagu Church. Jayachand is married to an RN who is now retired, and they share three sons and a daughter, as well as eleven grandchildren!

**Andy Yum** was born in South Korea and has been living in the United States for the last 35 years. He is in a Masters degree at McCormick Theological Seminary and is under the care of the Christian Church (Disciples of Christ), moving toward ordination. He is a bi-vocational minister: pastor and accountant, having an MBA from Lewis University. Andy is married, with two sons who are in college.

**Amy Zussman:** Originally from St. Louis, MO., Amy has a Bachelors in Music Education from University of Illinois (Urbana-Champaign.) After teaching public school music, working with pre-schoolers, and giving private piano lessons, she pursued her love of the Cantorate and studied with several cantors in the Chicago area. She has served as cantor at Temple Jeremiah in Northfield since 1986, and received full Cantorial Certification from the American Conference of Cantors in New York in 1998. She is married to David, and has “two sons, two daughters-in-law, two step—daughters, one son-in-law, and the most amazing 19 month-old grand-daughter you’d ever want to meet!”
Save the Date

October is Breast Cancer Awareness Month—
The Caldwell Breast Center is sponsoring an “I CAN HELP” food drive. For more information on donations, please contact Carol Dallmeyer at 847.723.3303.

Breast Health: Common Breast Complaints and Breast Cancer Prevention Community Lecture Tuesday, October 2, 2012 from 7-8pm at the West End Conference Center (registration required see page 7).

Homecoming/Coming Home Gala Event—
Honoring the late Dr. Harold Shafter and Dr. Lee Sacks: Saturday, October 6 at the Donald E. Stephens Convention Center, Rosemont, IL. For more information, visit advocate-health.com/lutherangala.

Breast Health: Breast Imaging and 3D Mammography Community Lecture Tuesday, October 9, 2012 from 7-8pm at the West End Conference Center (registration required see page 7).

Adult Down Syndrome Center Open House: 
Wednesday, October 10, 10am – noon. This includes a tour of the new center and a chance to ask staff questions (see attached flyer).

28th Annual Human Values Forum, Change Is Not an Option: The Moral Test, presenting Donald M. Berwick, MD, MPP, Tuesday, October 16, 2012, 11am-1:15pm. (See attached flyer for more details)

Menopause: What to Expect and How to Survive—Community Lecture Tuesday, October 16, 2012 from 7-8pm at the West End Conference Center (registration required see page 7).

Fire Safety and Burn Prevention for Older Adults 
Friday, October 19 at 8:30am Old Country Buffet Registration required. Call 18003ADVOCATE (see page 11).

Women’s Heart Health Community Lecture Tuesday, October 23, 2012 from 7-8pm at the West End Conference Center (registration required see page 7).

Primary Care Physician: Taking Care of You First: Community Lecture Tuesday, October 30, 2012 from 7-8pm at the West End Conference Center (registration required see page 7).

You and Your Healthcare Provider: Friday, November 16 at 8:30 am Old Country Buffet. Registration required. Call 18003ADVOCATE (see page 11).

No One Dies Alone

We excited to announce a new multi-disciplinary program that started October 1st here at Advocate Lutheran General Hospital. The program is called No One Dies Alone and has been a year and a half in the making.

No one is born alone and, in the best of circumstances, no one dies alone. Yet from time to time, terminally ill patients come to Advocate Lutheran General Hospital who have neither family nor close friends to be with them as they near the end of life.

No One Dies Alone is a volunteer program that provides the reassuring presence of a companion to dying patients who would otherwise be alone. With the support of the Advocate Lutheran General Mission and Spiritual Care staff, nurses, and trained volunteers, compassionate companions offer patients the most valuable of human gifts - a dignified death.

No One Dies Alone brings People together in compassionate service and commitment to human kindness and integrity.

No On Dies Alone was founded by Sandra Clarke, CCRN, a critical care nurse at Sacred Heart Medical Center in Eugene, Oregon. The lonely death of an elderly patient led Sandra to the notion of a volunteer companion program for hospital patients who would otherwise die alone. In November 2001, with the encouragement of hospital administrators, Sandra teamed up with others throughout Sacred Heart to start No One Dies Alone. The program has won several awards and has inspired hospitals around the United States and beyond to create similar programs. We thank Sandra for her vision, compassion, and commitment.
Gala 2012: HOMECOMING COMING HOME
Saturday, October 6, 2012
Donald E. Stephens Convention Center, Rosemont
Cocktail reception and silent auction: 6pm
Dinner and dancing: 7:30pm
Reservations are $300 per person and can be made online at http://www.advocatehealth.com/lutherangala or by calling the Foundation office at 847.723.8682.

Come home to the 2012 Advocate Lutheran General Hospital/Advocate Lutheran General Children’s Hospital Gala to benefit the Dr. Harold Shafter Endowment for Research and Education, Pediatric Research and Education and the Center for Simulation Research and Education.

This year’s honorees are the late Dr. Harold Shafter and Dr. Lee Sacks, Executive Vice President and Chief Medical Officer for Advocate Health Care. Dr. Saks will be honored as Advocate Lutheran General Hospital Alumnus of the Year.

This year’s gala theme is Homecoming as we celebrate more that 40 years of medical education at Lutheran General Hospital and welcome graduates of our residency and fellowship programs back to the campus.

The “Dancing with the Starts” contest will showcase the dancing talents of four Lutheran General associates and give all the chance to vote for their favorite Lutheran General dancers.

The four dancing teams include:
Tony Armada, FACHE, President
Doug Propp, MD, Medical Director and Chair, Department of Emergency Medicine
Pam Newford, Senior Program Specialist, OB/GYNE Residency Program
Cindy Mahal Van Brenk, RN, MS, CNOR, Executive Service Line Director, Advance Surgery and Orthopedic Institute

Voting will occur the night of the gala but all are invited to vote prior to the contest by visiting www.advocatehealth.com/Lutherangala. Each dollar pledged to a dancing team is counted as one vote. The funds raised from voting will benefit the gala beneficiaries. The winners of “Dancing with the Star” will also be crowned Homecoming King and Queen.

Taste of Diversity Celebration
One World One Advocate—
On September 29 Lutheran General hosted their annual Taste of Diversity Celebration. The celebration included food sampling, art displays, raffles and cultural information about South India, Ukraine, Bosnia, Russia, Poland, Mexico, Puerto Rico, Dominican Republic, Guatemala, Philippines, Korea and Africa.

Dr. Shoeb Sitafalwalla, Chief Cardiology Fellow presented Cardiovascular Disease Amongst South Asians, and Dr. Pil Bin Im, 3rd year family medicine resident physician presented on Korean Disparities. The event featured the Korean Professional Dance Company; Philippine Dance; and Ukrainian singer, Okana Litot.
SUKKOT (TABERNACLES) HOLY DAYS 2012

The Jewish Holy Day of Sukkot (the Festival of Booths or Tabernacles) begins on Sunday, September 30th, and continues through Sunday, October 7th at sundown. This Holy Day -- originally an agricultural festival -- commemorates Israel's wandering in the desert in which both temporary structures and God’s sheltering presence were a part of the journey. Jews today symbolically reenact these treasured parts of their history by continuing to spend time in hut like structures called Sukkot or booths during its seven days.

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 Holy Days. This service can also be requested at leonard.lewy@advocatehealth.com or through Mission & Spiritual Care 847-723-6395.

Two additional holy days conclude the season beginning at sundown on Sunday, October 7th through Tuesday, October 9th. 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 disburse these special flags to Jewish patients and their families at Lutheran General.

Special electric LED tea light pairs (also used for the eve of the Sabbath) can be borrowed from Mission and Spiritual Care to be placed in patient rooms and turned on for each evening of the holy days on this list (9/30, 10/1, 10/7, and 10/8.) Kosher grape juice and challah bread can be ordered by patients or family members for each holy day dinner and lunch 9/30-10/2 and 10/7–10/9 (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.
Healthy Women
Breast Health | Breast Imaging | Menopause | Women’s Heart Health | Primary Care Prevention

Breast Health: Common Breast Complaints and Breast Cancer Prevention
Tuesday, October 2, 2012
Presented by:
Heidi Memmel, MD
Co-Medical Director
Caldwell Breast Center
Advocate Medical Group

Breast Imaging and 3D Mammography
Tuesday, October 9, 2012
Presented by:
Sarah Friedewald, MD
Section Chief Breast Imaging
Co-Medical Director
Caldwell Breast Center

Menopause: What to Expect and How to Survive
Tuesday, October 16, 2012
Presented by:
Kiarra King, MD
Obstetrician/Gynecologist

Women’s Heart Health
Tuesday, October 23, 2012
Presented by:
Anna Hertsberg, MD
Cardiologist

Primary Care Prevention: Taking Care of You First
Tuesday, October 30, 2012
Presented by:
Claudia Tiwet, MD
Internal Medicine Physician
Cardiologist

All lectures are free and take place from 7 – 8 pm at the West End Conference Center. Free valet parking and refreshments are provided to attendees.
Coming in November: Healthy Living

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.

Advocate Lutheran General Hospital
Inspiring medicine. Changing lives.
Is Weight an Issue for You?

Join us for free information on the very latest treatment options for surgical and non-surgical weight loss. Learn about surgical options including Lap-BAND, Gastric Bypass, Sleeve Gastrectomy, Revision surgery and Band Above Bypass.

Non-surgical options will be shared as well, including, low and very low calorie diets, weight loss transition, maintenance diets and exercise training.

Time: 7 to 8 pm
Dates: Thursday, September 27
Thursday, October 11
Thursday, November 8
Thursday, December 20
Location: Special Functions Dining Room (10th Floor) at Advocate Lutheran General Hospital, 1775 Dempster St., Park Ridge

Presented by:
Jeffrey Rosen, MD
Allen T. Mikhail, MD
Marin Marinov, MD
Naomi Parrella, MD

Call to Register for this FREE Program at 800.3.ADVOCATE (800.323.8622) and refer to class code 8N67. Free valet parking included.

Advocate Lutheran General Hospital
Inspiring medicine. Changing lives.
28th Annual Human Values Forum

Change Is Not an Option: The Moral Test

Donald M. Berwick, MD, MPP

Dr. Donald Berwick is the United States’ leading advocate for high-quality healthcare. He has just stepped down as the Administrator of the Centers for Medicare and Medicaid Services. For 22 years prior, he was the founding CEO of the Institute for Healthcare Improvement, a nonprofit dedicated to improving healthcare around the world. A pediatrician by background, he has also served on the faculty of the Harvard Medical School.

Advocate Lutheran General Hospital
Olson Auditorium
Tuesday, October 16, 2012*
11:00 am – 1:15 pm**

*Complimentary Visitor Parking Available, Center for Advanced Care (CAC) West Garage
**No charge but registration is required. Registration deadline is Tuesday October 9, 2012

To register visit or call
www.advocatehealth.com/seminars
1.800.3.ADVOCATE (1.800.323.8622)

Panelists
Julie Goldstein, MD,
Department of Internal Medicine and Section of Clinical Ethics,
Advocate Illinois Masonic Medical Center
Kevin Massey, MDiv, BCC
Vice President, Mission & Spiritual Care, Advocate Lutheran General Hospital

Advocate Lutheran General Hospital
Lutheran General Children’s Hospital
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28th Annual Human Values Forum

Change Is Not an Option: The Moral Test

Objectives
At the end of the presentation the participant should be able to:

- Describe the ethical quandaries mandating health care transformation;
- Discuss the opportunities and the necessity of change at national, state and local levels;
- Accept responsibility for participating in changing the health care cost wedges;
- Commit to asking, “How will this help the patient?”

Program Schedule
10:15-11:00 am Registration and Continental Breakfast
11:00-12:30 pm Keynote
12:30-1:00 pm Panel Presentation
1:00-1:15 pm Closing Comments

Sponsored by Advocate Lutheran General Hospital Medical Staff and the George Caldwell Endowment. There is no commercial support for this activity.

Acknowledgement of all disclosures, i.e. nothing to disclose or the existence of relevant financial relationships, will be made at the activity. Conflicts of interests will be identified and resolved prior to the activity.

Accreditation Statement: Advocate Health Care is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement: Advocate Health Care designates this live activity for a maximum of 2.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For further information call Advocate Lutheran General Clinical Ethics at 217847
You’re invited!

Advocate Medical Group and Advocate Lutheran General Hospital’s Adult Down Syndrome Center Open House

Please join us at an Open House, celebrating the opening of Advocate Medical Group and Advocate Lutheran General Hospital’s new Adult Down Syndrome Center. The 6,500 square-foot facility features private consultation and exam rooms and a spacious community area, allowing us to better meet the needs of patients living with Down syndrome.

- Tour the new facility and see all the special features benefiting patients.
- Have specific questions answered by the Adult Down Syndrome Center staff.
- Join us for refreshments and desserts.

Where: Advocate Lutheran General Hospital
        Adult Down Syndrome Center
        1610 Luther Lane
        Park Ridge, IL

The Adult Down Syndrome Center is located at the southwest corner of the Advocate Lutheran General Hospital campus.

When: Wednesday, October 10, 2012
      10 AM - Noon

Don’t miss this opportunity to explore and learn more about this impressive new facility.

Contact Maureen Collins, Community Relations at 847.795.3964 for additional details.
SENIOR ADVOCATE
BREAKFAST CLUB

Fire Safety and Burn Prevention for Older Adults
Older Adults are at risk......are you one of them?
Lieutenant Kevin Plach from the Park Ridge Fire Department in cooperation with the Illinois Fire Safety Alliance will present on keeping you and your home safe.
When: Friday, Oct. 19th, 2012
Code: 8520

You and Your Health Care Provider
Learn how to choose a doctor that meets your needs and what to expect at each visit. Become skilled at keeping a health history and medication logs. Be prepared when you enter your physician's office by becoming a partner in your health and well being. Presented by Diane Kuehnlenz, MS, APN (Advanced Practice Nurse) who specializes in geriatric care.
When: Friday, Nov. 16th, 2012
Code: 8521

There will be no presentation in December. Happy Holidays from your Senior Advocate and Older Adult Services Team.

Prevention is the Best Medicine
Mark Kiezel, RN Infection Control Specialist from Lutheran General Hospital will share tips on keeping healthy through prevention of infectious diseases. He will also share what inoculation is imperative to have as a senior.
When: Friday, January 18, 2013
Code: 8511

Medicare update for 2013
Medicare Update 2013
Once again Tamatha Smith, Community Relations Specialist from BlueCross BlueShield of Illinois will explain to us the latest changes in Medicare. This is a must see presentation. Bring your questions.
When: Friday, Feb. 15, 2013
Code: 8512

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’s Senior Information and Resource 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.

**Senior Advocate** - Personal assistance with Medicare and supplemental insurance billing.

**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.

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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)

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**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 847.624.5142
- **Katie Klehn**: Coordinator of Expressions (early stage Alzheimer’s program) 847.296.0434
- **Gwynne Chovanec**: Director of Senior Advocate and Older Adult Services 847.824.5143

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“Wrinkles should merely indicate where smiles have been.” Mark Twain