Never before in recent years has the approach of spring seemed more welcome. After a long and tiring winter, finally the warmth and growth of spring is becoming evident. Snow has given way to gentler rains. The bracing cold is being replaced by sun and warmth.

This season is the time when many in our faith communities observe important festivals. While different religious observance may come from different religions, I often feel that they all speak to deeper universal human needs. Passover recalls the deliverance of the Hebrew slaves from bondage in Egypt to freedom headed for the Promised Land. Lent and Easter recall the central message of Christianity, the resurrection of Jesus. These festivals, like springtime, have a unity among them of hearkening a message of freedom and peace from the midst of darkness.

May your own celebration of faith traditions in this season of Spring be blessed and bring fulfillment and nurturing. And as always, thank you all for the ministries of all of our faith communities in caring for the individuals, families, and communities we all mutually serve.
Three Local Artist Murals on Hospital Campus

3 local artist murals on hospital campus
The words “welcome” and “thank you” depicted in numerous different languages, are the focal point of three murals unveiled by local artists and hung across the hospital campus. The murals are meant to bring life to the hospital’s Mission, Values and Philosophy, as well as celebrate the diversity of our community. The project is sponsored by Lutheran General Hospital’s MVP Integration Committee.

The artists who created the murals include Ashley Cesario, a local artist, whose work can be seen in many cities across the United States, Madalyn Meyer, an artist and a Lutheran General Hospital Sterile Processing Department employee, as well as Maine East High School students.

Lutheran General named 100 Top - 15th time!
Truven Health Analytics announced that Advocate Lutheran General Hospital has been named as one of The 100 Top Hospitals® for the fifteenth time. This award evaluates hospitals on measures of overall organizational performance, including patient care, operational efficiency, and financial stability. Truven uses objective research and independent public data in choosing those named in this category.

Joining us are Advocate Condell Medical Center
Advocate Christ Medical Center, Advocate Good Samaritan Hospital and Advocate Illinois Masonic Medical Center. Having five of nine Illinois hospitals on this list is a tribute to Advocate Health Care’s commitment to clinical excellence.

Advocate Lutheran General Hospital was also recognized by Truven as a 100 Top Hospitals® Everest Award winner for the second year in a row. This recognition honors hospitals that have achieved both the highest current performance and the fastest long-term improvement over five years. Joining us as an Everest Award winner is Advocate Condell Medical Center.

“To receive recognition as a Top 100 Hospital fifteen times is remarkable. It is a reflection of the exceptional patient care being provided each day by our dedicated physicians, staff and volunteers. We can take pride in serving as a model for top performance in the nation,” said Rick Floyd, president, Advocate Lutheran General Hospital.

SCHAFFNER CANCER FUND
MWA presents check to Schaffner Cancer fund
The Men’s and Women’s Association at Lutheran General Hospital presented a check recently to the Julie W. Schaffner Ovarian Cancer Fund. The recognition pays tribute to former president, Tony Armada’s contributions to the organization.

The endowment honors the memory of Julie Schaffner, former Advocate Chief Nursing Officer and Lutheran General Hospital’s Chief Operating Officer.

Congratulations to the first graduating class of paramedics from Advocate Lutheran General’s EMS System. Our designation as an EMS System became a reality June 1, 2012 and is the perfect fit for our mission and commitment to the community.
Join the Advocate Lutheran General Hospital Social Swing
Did you know that Lutheran General has joined social networks including Twitter and Instagram?

Take a look at regularly posted photos and videos by following advocateLutheran on Instagram on your mobile app. Stay on the lookout for photos of the happenings around LGH!

You can also follow @advocateAlgh on Twitter for updates on what’s happening around the campus and health news topics.

Donate DVD’s and celebrate Child Life Month!
When children come to the hospital sometimes it can be a little scary. Oftentimes, simply watching a kid friendly movie can lift their spirits. The Child Life Department at LGH knows just that. Therefore, they are celebrating Child Life Month in March and would like to extend this celebration to pediatric and adolescent in-patients by collecting newly released DVD’s (rated G, PG, PG-13 and R) to lift their spirits.

The Child Life team is asking all associates to contribute to making a child’s hospital experience more enjoyable, please donate DVDs to the mailbox outside the E-205 child life office (2nd floor, classic building). New release DVD’s will be collected until Wednesday, April 30!

Advocate Children’s Hospital – Oak Lawn
4440 West 95th St., Oak Lawn, IL 60453

Advocate Children’s Hospital – Park Ridge
1675 Dempster St., Park Ridge, IL 60068
1.855.312.KIDS

Staff Chaplains:
Carol Stephens BCC, United Church of Christ
Eliza Stockard Leatherberry BCC, United Church of Christ
Tracy Nolan, United Church of Christ

Administrative Staff
Stacey Jutila, BCC Evangelical Lutheran Church of America
Martha Huayamave, Executive Assistant

Wanted: Volunteer drivers
Older Adult Services is seeking volunteer drivers for its Home Delivered Meal Program. The Home Delivered Meal Program brings well-balanced, nutritious food to homebound elderly or handicapped individuals living in Park Ridge and unincorporated Des Plaines.

Volunteers are needed between 11:30 a.m. and 12:30 p.m. Mondays through Fridays to pick up meals from Older Adult Services, 9375 Church St., Des Plaines, and make deliveries for weekly assigned routes, or, when necessary, as substitute drivers. Anyone interested in making Home Delivered Meal deliveries should contact Mindy or Mary 847.296.0485.
Advocate Children’s Hospital and Benny the Bull Partner to Share Healthy Habits

Students at Chicago Public School, Dawes Elementary, had the chance to get up close and personal with Benny the Bull, the official Chicago Bulls mascot. Benny and Advocate Children’s Hospital brought fun and interaction to the surprise school assembly, while educating the kids on healthy habits, like the importance of hand washing. Advocate Children’s Hospital’s partnership with the Chicago Bulls is raising awareness about healthy habits in a fun way for kids in the community. Next stop for Benny: Washington School in Glenview, IL.

The 2014 summer volunteer program recruitment is now open!
Every year the volunteer department receives many inquiries from hospital associates and physicians regarding the possibility of their children volunteering at the hospital. Everyone is invited to apply, however, there are specific program guidelines to keep in mind. For more information about the program, available openings and to apply, please visit www.advocatehealth.com/luth/volunteer and click on summer program. Application deadline is Monday, March 31, 2014.

For more information, contact Volunteer Services at 847.723.6105, in-house at 21.6105 or email us at lgh-voluntes@advocatehealth.com.

Service League High School Summer Internship Program – time to apply!
The Service League Board of Directors is again sponsoring a high school summer internship program available to all current junior and senior high school students. Eight selected students will have the opportunity to spend seven weeks in a hospital setting and receive a stipend of $750. To learn more about this healthcare career exploration opportunity, visit www.advocatehealth.com/luth/volunteer and click summer program. Application deadline is Monday, March 31, 2014.
Paul’s Sixth Dinner & Dance event benefits Advocate Children’s Hospital - Park Ridge

On Mar. 1, a fundraiser ‘Paul’s Sixth Dinner & Dance’ took place to raise money for kids with cancer. Over 230 people attended this event, hosted by Advocate Children’s Hospital – Park Ridge Board Foundation members, Tom and Teresa Seiwert, also board members of the Paul Seiwert Foundation.

This sixth annual event is held in memory of their son, Paul, who passed away from leukemia, and supports Advocate Children’s Hospital – Park Ridge. Last year the event raised $30,000 in support of the Pediatric Cancer Survivorship Program and the Child Life program. This year, Advocate Children’s Hospital physicians, David Sheftel, MD and Marjorie Getz, PhD, were the recipients of Paul’s Angel Award for their unwavering support of the event and outstanding work with pediatric patients.

Following the event, sleeping bags, tents, trucks and toys that were part of the Northwood’s Camping theme for the event, were donated to pediatric patients of Advocate Children’s Hospital – Park Ridge.

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Service League Fundraising Events
April 2014

Mall Bags
By R-Jay Enterprises

Thursday, April 24 7:00am-3pm
Friday, April 25 7:00am-3pm

Special Functions Dining Room
10th floor—use the A, B, or C elevators

Handcrafted designer bags, purses, wristlets, i-keycases, and more! A wide selection of unique prints and colors.

The vendor accepts cash, checks, credit/debit cards & payroll deductions

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The Lutheran General Flower Shop is open!

Thanks to the efforts of the Facilities Team, we have temporary cooling.

The Lutheran General Flower Shop can provide regular fresh arrangements and plants to our Valued Customers, Loyal Associates and Advocate Locations.

Due to the construction of the new cooler, the Lutheran General Flower Shop will continue to operate on a limited schedule:

- Monday through Friday from 9:30 AM to 2 PM
- Saturday from 10 AM to 2 PM

We appreciate your business.
Senior Advocate Breakfast Club

Making Conversations Count
Diane Boyle APN, ACHPN, MBA - Palliative Care and Jean Mau DNP, APN - Heart Failure from Advocate Lutheran General Hospital will give us strategies on how to have those difficult conversations with family and friends: Advance Directives.

**When:** March 21st, 2014  
**Code:** 8513

Understanding Medicare and 2014 Update
Jeanet Reyes – Cordero, Community Relations Specialist from Blue Cross Blue Shield of Illinois will present a detailed overview of how Original Medicare works and how a Medicare Supplement insurance plan fits in with Part A & Part B Medicare.

**When:** April 18th, 2014  
**Code:** 8514

Why Should I lose weight at my age?
Marin Marinov MD, FACS and Rosa Sanchez RN, BSN will discuss the long term benefits of weight loss surgery on quality of life. Learn from firsthand experience and be prepared to ask questions.

**When:** May 16th, 2014  
**Code:** 8515

Our Senior Breakfast Club is free and held at:  
**Just Like Home** Restaurant  
8501 W. Dempster St. Niles  
(South side of Dempster)  

Registration is required.  
To register, call 1-800-3-ADVOCATE  
(1-800-323-8622)  
8:30 am breakfast and 9:00 am lecture

Advocate Lutheran General Hospital  
1775 West Dempster Street, Park Ridge, IL 60068 847.723.2210

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

**Clinical Pastoral Education Supervisors**
- Rene Brandt, Presbyterian, ACPE Supervisor/Chaplain

Joseph Czolgosz, Episcopalian, ACPE Supervisor/Chaplain  
Susan Gullickson, Disciples of Christ, ACPE Supervisor/Chaplain

Music Therapy
- Sozie Cotter-Schaufele, MA, MT-BC  
  Coordinator, Music Therapy and Music Therapy Training Program  
  Louise Domicelli-Mitar, MT-BC, LCPC

Administrative Staff
- Kevin Massay, Lutheran, ELCA, Vice-President, Mission & Spiritual Care  
- Clint Moore, PhD, Episcopalian, Coordinator, Clinical Ethics  
- Andy Travis, Baptist, Manager of Spiritual Care Services

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

To subscribe to Connections, call 847.723.5175 or email  
LGH-Mission-SpiritualCare@advocatehealth.com with your name and email address. You’ll receive an electronic edition of Connections every three months.
**PASSOVER 2014**
**ADVOCATE LUTHERAN GENERAL HOSPITAL**
**ADVOCATE CHILDREN’S HOSPITAL, PARK RIDGE**

Passover (Pesach) begins at sundown on Monday, April 14 and continues until sundown on Tuesday, April 22, 2014. 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 many 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 Yortef (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 Monday, April 14 which can be ordered directly from Lutheran General Food Service by patients and family members at 847-723-6130. Associates, volunteers, and others desiring such foods/meals can order them directly from the Top Deck 10th Floor dining area Supervisor at 847-723-7040. Kosher for Passover Matzah will be available at Top Deck in a set aside area. When a patient’s diet permits, ritual kosher grape juice and Matzah are traditionally eaten on the Yontef (the most significant times within the Holy Day) at dinner on April 14, 15, 20, and 21, and at lunch on April 15, 16, 21, and 22. Electric Sabbath/Holy Day candles are available to be lit as is traditional on April 14, 15, 20, and 21.

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 847-723-6395. A Model Jewish Passover Seder including with traditional ritual symbols will be conducted in the Sasser Conference Room on the 10th Floor beginning at 11:00 am on Wednesday, April 9 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 on in hospital Channel 12 during Passover.

**SHAVUOT 2014**
**ADVOCATE LUTHERAN GENERAL HOSPITAL**
**ADVOCATE CHILDREN’S HOSPITAL, PARK RIDGE**

The Jewish holy day of Shavuot – The Festival of Weeks – comes exactly seven weeks after the beginning of Passover. This year, it occurs from sundown on Tuesday, June 3 through sundown on Thursday, June 5. Shavuot is one of three biblical pilgrimage festivals and originated as an agricultural holiday. The most significant meaning of Shavuot today relates to Jewish understanding that the Torah, the Bible, and all of Jewish teaching were given on Shavuot. There are festive meals on the first two nights and first two days of Shavuot, including wine and/or grape juice and challah (egg bread or roll). Following synagogue services on Shavuot, Tikkun Leyfi Shavuot occurs. Jewish homiletic tradition teaches that the children of Israel fell asleep as they were about to receive the Law at Mount Sinai. God was forced to awaken the people with thunder. In order to right that wrong of the first Shavuot. Jews traditionally remain awake studying as a community on the first night of the holy day until morning services.

Jews greet one another on Shavuot by saying, Chag Sameach (Hebrew) or Gut Yortef (Yiddish).

Another custom related to Shavuot is eating dairy products, such as blintzes and cheese cake, instead of meat or poultry food items. There are many explanations for this practice. Some say that until the giving of the Law at Mount Sinai, Jews did not understand the restrictions of slaughtering and preparation of kosher food. Once these laws were revealed at Sinai on the first Shavuot, it was easier to accommodate the new teachings by preparing and eating dairy products.

Diet permitting, kosher dairy items especially blintzes are available to Jewish patients/families during Shavuot. Electric candles are lit before sundown on the nights of Tuesday, June 3 and Wednesday, June 4. As is traditional, kosher grape juice and challah can be requested for the Holy Day dinner meal on June 3, at lunch and dinner on June 4, and at lunch on June 5. Shavuot meals can be ordered directly from Lutheran General Food Service by patients and family members at 847-723-6130. Associates, volunteers, and others desiring such meals can find them in the Top Deck (10th Floor dining area) and order them directly from the Supervisor at 847-723-7040.

Those desiring to borrow Electric Sabbath/Holy Day candles or seeking more information about Shavuot may consult Rabbi Len Lewy, Lutheran General Jewish Chaplain at leonard.lewy@advocatehealth.com or 847-723-6395.
Community

Healthy Living
Nutrition and Relaxation | Foot and Ankle Conditions | Overuse Injuries | Exercise IS Medicine

Using Nutrition and Relaxation for Wellness
Tuesday, April 8, 2014
Naomi Parrella, MD*
Family Medicine Physician

Five Most Common Foot and Ankle Conditions
Tuesday, April 15, 2014
Douglas Solway, DPM
Podiatrist

Overuse Injuries: Why You Should Listen to Your Aches and Pains
Tuesday, April 22, 2014
David Lessman, MD*
Pediatric Sports Medicine Physician

Exercise IS Medicine: the Cheapest Prescription for Health!
Tuesday, April 29, 2014
Philip Skiba, DO*
Program Director, Sports Medicine

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

Coming in May: Healthy Digestive Systems

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 Medical Group Physician