A Note from Reverend Kevin Massey

While April brings the welcome signs of spring, it also brings a time for an important reminder. Every April 16th is designated as National Health Care Decisions Day. This is a day when people are encouraged to make and communicate their wishes about health care and advance care planning. This may include completing a health care Advance Directive, such as a Power of Attorney for Health Care.

At the hospital we will recognize this important topic by holding a special community lecture on Advance Directives hosted by Dr. Judi Gravdal and myself on Tuesday April 14th at 7pm in the Johnson Auditorium at Lutheran General. We will share information about the documents and have on hand the ability for attendees to complete a document that day.

We also want to issue an open invitation to all of the faith leaders and clergy and houses of worship reading this newsletter to call on us at the Departments of Mission and Spiritual Care at Advocate Lutheran General Hospital and Advocate Children’s Hospital for any help and partnership we can provide to you in deepening your comfort and understanding of these topics. Whether you are journeying with a family who has struggled with matters of infertility, a miscarriage or an elderly congregant with dementia, we would be delighted to meet with you individually to talk about ways to navigate pastoral support in the face of health care matters. We would be pleased to visit your houses of worship and offer sessions for your congregants on navigating these challenging issues.

Please contact us directly for any kind of support on this topic. We look forward to strengthening our partnerships in caring for our communities in this important way.

Rev. Kevin Massey, MDiv, BCC
Vice President - Mission and Spiritual Care

Grace Notes

The more often we see the things around us — even the beautiful and wonderful things — the more they become invisible to us. That is why we often take for granted the beauty of this world: the flowers, the trees, the birds, the clouds — even those we love. Because we see things so often, we see them less and less.

Joseph B. Wirthlin
Clinical Pastoral Education (CPE) provides supervised opportunities for pastoral engagement with people in crisis, and exposure to current topics in healthcare ministry. Advocate Lutheran General Hospital, with its long history of providing such experiential education in a multi-faith setting to clergy, seminarians, and qualified lay people, is now offering a new model for CPE.

Designed especially for those whose schedules do not allow for a traditional weekday CPE program, this Extended CPE unit will focus on referral-based ministry and advance care planning. After an extensive orientation by seasoned chaplains with opportunities to shadow them, participants will provide front-line ministry primarily on the evening shifts (4:00 p.m. – midnight). As a CPE intern, you will be responding to calls in the Emergency Room and throughout the hospital. Half-day group sessions will occur once per week, offering presentations by experts from the interdisciplinary healthcare team, opportunities for peer feedback, and reflections on pastoral care of those facing critical events or chronic illness. For further information, please contact CPE Supervisor Susan Gullickson at 847-723-5133 or at susan.gullickson@advocatehealth.com.

12 hour/week Evening CPE Program beginning in September

Service League high school summer paid internship program underway

The summer internship program generously sponsored by the Service League is a wonderful opportunity for junior and senior high school students to spend five weeks in a hospital setting and receive a stipend. For more information about the program, FAQ and to apply, please visit http://www.advocatehealth.com/luth/high-school-internship-program. Deadline is 4/6/2015.

100 Top Hospital for 16th time

Advocate Lutheran General Hospital has once again been recognized as a 100 Top Hospital by Truven Health Analytics. It is the 16th time that Lutheran General Hospital has been included on this prestigious list of high performing hospitals. Only one other hospital in the country has also reached this milestone.

The 100 Top Hospitals recognition evaluates hospitals on 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.

“Being recognized sixteen times is a tribute to the exceptional quality of our care and those who provide it,” says Rick Floyd, President, Advocate Lutheran General Hospital. “Our physicians, associates and volunteers are committed to performing at the highest level. 16 times says that our patient outcomes are consistently among the best in the nation.

Lutheran General had an all associate celebration of excellence for Top 100 hospital status, ILPEx Award, and Magnet certification on March 18.
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 Saturday, May 23 through sundown on Monday, May 25. 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 Leyl 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 Yontef* (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.

Electric candles are lit before sundown on the nights of Saturday, May 23 and Sunday, May 24. Diet permitting, kosher dairy items especially blintzes are available to Jewish patients/families during Shavuot. Kosher grape juice and challah can be requested for the Holy Day dinner meal on May 23, at lunch and dinner on May 24, and at lunch on May 25. 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.

**Autism Spectrum Disorder Round Table**

The Center for Developmental and Behavioral Pediatrics at Advocate Children’s Hospital-Park Ridge is presenting an Autism Spectrum Disorder Round Table for families of children with autism spectrum disorder and professionals on Thursday, April 16th from 5:15-8 pm at Olson Auditorium. For more information or to register contact carol.rizzie@advocatehealth.com.

**People with Down Syndrome Teamed with Professionals to Promote Healthy Living**

In celebration of the 10th Anniversary of World Down Syndrome Day, Advocate Medical Group’s Adult Down Syndrome Center at Advocate Lutheran General Hospital hosted a first-of-its-kind event on Saturday, March 21, 2015. The conference called Healthy Me, Healthy You, Healthy Us, focused on health promotion for and by people with Down syndrome. More than 220 advocates, families and friends of the Down syndrome community, including Greg Bales, Outreach Coordinator from Senator Dick Durbin’s office, attended the event.

Each session featured both a person with Down syndrome and a subject matter expert as co-presenters. Christine Maxwell, 38, was among them. She’s been a self-advocate, especially for her health, for years. Christine has recently been featured in the WGN story New approach to health care for adults with Down Syndrome.
Healthy physical activity

2015 is here, and it’s time to commit (or recommit) to healthy habits. The right amount of physical activity can have a huge impact on our lives. The Centers for Disease Control states that adults who engage in regular physical activity are less likely to develop type 2 diabetes, heart disease and other health problems.

Worried that it’s “too late” to start exercising? Don’t be. People of every age benefit from physical activity.

How much exercise do we need? The CDC recommends the following activity levels for healthy people:

**Children between the ages of 6 and 17** should enjoy 60 minutes of physical activity every day. Children also need to participate in vigorous physical activity (such as running), bone building exercises (such as jumping rope) and muscle-building activities (such as push-ups) three days a week.

**For adults and seniors**, the recommended physical activity levels depend on the intensity of the activity. The CDC recommends 2.5 hours of moderate exercise (such as walking), plus two sessions of muscle strengthening activities that address all major muscle groups every week.

**Adults who prefer to engage in vigorous exercises**, such as running, should aim for 75 minutes of activity per week, plus two sessions of muscle strengthening exercises. If you prefer to combine vigorous and moderate exercise each week and adjust your times accordingly, go ahead!

Women who are pregnant, as well as individuals who have health challenges, should speak to their doctors before beginning an exercise program.

**Prayer:** Dear God, thank you for the gift of my body. Help me to mindfully care for myself so that I can be all that you have created me to be. Amen

**Resources:** advocatehealth.com and CDC
The Center for Developmental and Behavioral Pediatrics at Advocate Children’s Hospital – Park Ridge presents

Autism Spectrum Disorder Round Table
Parents and Providers Partnering for the Best Outcome

Thursday, April 16, 2015 5:15 – 8:00 pm
Olson Auditorium, 1775 Dempster Street, Park Ridge, IL

Celebrating 15 years of Advocate Health Care’s Autism Treatment Program with an opportunity to learn about the diagnosis of autism spectrum disorder and a family-centered approach to care.

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>5:15p</td>
<td>Registration, Hors d’oeuvres and Refreshments</td>
<td>Karen Fried, PsyD, BCBA-D, Director Developmental Pediatric Services Advocate Children’s Hospital Advocate Illinois Masonic Medical Center</td>
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<tr>
<td>6:00p</td>
<td>Welcome and Opening Remarks</td>
<td>James Weedon, MD, Division Director Developmental Pediatrics Advocate Children’s Hospital</td>
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<tr>
<td></td>
<td>What You “Aut” to Know about Autism</td>
<td>Valeria Nanclores, PsyD, Coordinator Autism Treatment Program Advocate Illinois Masonic Medical Center</td>
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| 7:30p | Meet Our Team                             | James Weedon, MD
Amy Francis, DO
Karen Fried, PsyD, BCBA-D |
|       | Developmental and Behavioral Pediatrics   | Valeria Nanclores, PsyD
Elizabeth Lally Daley, MA |
|       | Autism Treatment Program                  | Marjorie A. Getz, PhD
Danielle M. Baran, PhD |
|       | Educational Consulting and Evaluation Services | Marjorie A. Getz, PhD
Danielle M. Baran, PhD |
| 8:00p | Event Concludes                           | Eve Schloss, Executive Director, Autism Treatment Program Advocate Children’s Hospital |

WHO SHOULD ATTEND:
- Parents of children with autism spectrum disorder
- Professionals working in the field of autism including: physicians, psychologists, school nurses, social workers, teachers and therapists
- Intended for adults only

EXPERTS IN THE FIELD WILL DISCUSS:
- Diagnosis and characteristics of autism spectrum disorder
- Time-tested and evidence-based treatment strategies used in the Autism Treatment Program
- Effectiveness of including families in therapy

REGISTRATION AND INFORMATION
Advance registration is required. Contact Carol Rizzie at carol.rizzie@advocatehealth.com

Registration is FREE.
Registration deadline: Friday, April 10, 2015

Location: Advocate Lutheran General Hospital
1775 Dempster Street, Olson Auditorium
Park Ridge, IL 60068

Free parking: WEST GARAGE, located south of Dempster on Luther Lane

With special thanks to Advocate Lutheran General Hospital
Men and Women’s Association
EXPRESSIONS

EXPRESSIONS: a program for people in the earliest stages of Alzheimer’s disease and related dementias that focuses on different aspects of memory enhancement

Joining EXPRESSIONS offers opportunities to:

- Socialize with others who are experiencing similar issues
- Take a proactive stance related to your memory loss
- Engage in activities and outings that support cognitive abilities
- Enhance your self-esteem and self-confidence

Fridays are open for enrollment!

Expressions is open Tuesdays, Thursdays, and Fridays. At present, we have several spots open on Fridays so grab them while you can! For more information, please contact Gwynne Chovanec, Director of Advocate Lutheran General Hospital’s Older Adult Services, at 847-824-5143
Service League Fundraising Events
April 2015

Sheets by Karen
1500 thread count luxury sheets

Tuesday, April 7 7:00am-4:30pm
Wednesday, April 8 7:00am-4:30pm

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

17 colors—all sizes
$35-45 per set

Books Are Fun

Tuesday, April 21 10:00am-4:00pm
Wednesday, April 22 8:00am-3:00pm

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


The vendors accept cash, checks, credit/debit cards & payroll deductions

Your purchases help support Service League-funded programs such as Art Cart, Pet Therapy, Student Scholarships, High School Internships, Trauma Day, Heart Pillows and many more. THANK YOU!