In the last couple of months, my colleague Rev. Stacey Jutila, the Vice President for Mission and Spiritual Care at the Advocate Children’s Hospital and I have been sharing workshops at a number of denominational meetings about how houses of worship have a pivotal role to play in helping our congregants make careful important decisions about the kind of health care they would want and not want all across the spectrum of life.

Decisions about advance care planning and health care advance directives are things that are often discussed in the hospital when people come into the hospital with chronic illnesses, but we believe that those discussions would be even more helpful when they happen before a hospitalization. People sometimes look to their clergy and faith leaders for guidance in making these kinds of decisions. Some clergy have shared with us that they feel unprepared for guiding their members during these difficult conversations.

A few months after one of the above mentioned workshops, a pastor shared with Rev. Jutila, that the workshop empowered him to think in new ways of his role in guiding and supporting families with their health care decisions. Where the individual congregant and his family had previously avoided conversations on end-of-life care needs, the pastor was able to encourage the family to have these conversations together. He has now identified a second family who he feels could benefit from his pastoral presence and support as they navigate health care decisions in their family.

We 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, Vice President
Mission and Spiritual Care,
Advocate Lutheran General Hospital
kevin.massey@advocatehealth.com
847-723-8225

Rev. Stacey Jutila, Vice President
Mission and Spiritual Care,
Advocate Children’s Hospital
stacey.jutila@advocatehealth.com
708-684-5174
3D mammography proves highly effective in detecting breast cancer

A study just released in JAMA, The Journal of the American Medical Association, has found that 3D mammography is more effective in detecting lethal breast cancer in women, than traditional mammography. The lead author of the research is Dr. Sarah Friedewald, co-medical director of the Caldwell Breast Center at Advocate Lutheran General Hospital in Park Ridge, Ill.

The largest study of its kind to date, the researchers reviewed the mammograms of nearly a half million women at 13 different health care facilities across the United States. What they found is that 3D mammography finds significantly more invasive or lethal cancers—41 percent more, than a traditional mammogram. According to the study’s results, 3D mammography also reduces the number of women called back for unnecessary screenings due to false alarms. That reduces anxiety, as well as health care costs.

“We believe this study is groundbreaking because of the sheer number of mammograms we reviewed,” says Dr. Friedewald. “Because it is ten times larger than other studies to date, and because the data came from both academic and community health care settings, we think it tells a compelling story about the effectiveness of 3D mammography.”

Women will see little difference in the 3D mammography exam. It takes just a few seconds longer than traditional 2D mammography. What radiologists see in the image is significantly different. Like the pages of a book, it allows the physicians to see through the layers of the breast and diagnose potential problems more quickly.

“The Caldwell Breast Center at Lutheran General Hospital was the first in the Midwest to purchase 3D mammography,” adds Dr. Friedewald. “All of our patients have the opportunity to receive 3D exams because we believe the technology is saving lives.”

Advocate Lutheran General Hospital was one of thirteen health care organizations participating in the study. Others include breast imaging programs at Massachusetts General Hospital in Boston, the University of Pennsylvania in Philadelphia, University Hospitals Case Medical Center in Cleveland and the Yale University School of Medicine in New Haven.

Photo from Advocate Lutheran General Hospital. Left photo is of a traditional 2D mammogram and on the right is a 3D tomosynthesis.

Did you know...
The Service League is dedicated to the hospital and community, and is committed to making a positive impact today and in the future. For over 50 years, the Service League has served the community through volunteering and raising funds to enhance services provided to patients at Advocate Lutheran General Hospital and Advocate Lutheran General Children's Hospital. Join the Service League for their Joy of Service Odyssey Cruise on August 3rd. See attached flyer for more information...
“Summer CPE Begun with Four Chaplain Students”
by Chaplain and Supervisor Joseph Tamborini Czolgosz

“Summertime, Summertime, Sum, Sum, Summertime... ... say goodbye to dull school days...”
The exuberance and promise of these words from the The Jamies’ 1958 “oldie but goodie” doo-wop hit hold a unique truth for four Chaplain students and their supervisor this summer of 2014. These four students are risking the depths of learning to read “the living human documents,” the people they will encounter this summer, in this lively school also known as Advocate Lutheran General Hospital.

Begun Monday, June 9 at 8:30 sharp, these chaplain students engaged their orientation to the hospital and to the program of training known as Clinical Pastoral Education (CPE). As part of their orientation, chaplain students shadowed staff chaplains to observe how ministry to the spiritual and religious needs of patients is carried forward here. They are also solo visiting patients and working with interdisciplinary staff to best address patients’ spiritual, religious, emotional and social issues, concerns and needs. They have begun engaging group process learning as they reflect on their efforts in ministry. Below you will find their pictures and a brief autobiographical statement. If you happen to meet any of them over the course of the summer, please introduce yourself and allow them to enrich your understanding of the learning and ministry that they will have engaged. In their own words, here are the student chaplains of the Summer CPE Class of 2014.

**Frederick (Fred) Fox:** I was born in Hammond, Indiana. I am the youngest of four children. I am Roman Catholic and attend Divine Infant Parish in Westchester, IL; I am also in my second year of the Roman Catholic Permanent Diaconate formation program. The reason I am pursuing this unit of CPE at Lutheran General Hospital is to help those who are in need of chaplaincy services. I hope to complete this, my second CPE unit, as I pursue becoming a certified professional chaplain.

**Danny (Daniel) Moss:** Danny is a Wilmette native! He is a rising third-year student at Hebrew Union College-JIR, the rabbinical seminary of the reform movement of Judaism. After receiving his B.A. in comparative religion from Oberlin College, he spent three years working as an educator and youth director at a synagogue in Washington, D.C. Danny cites his many summers at Camp OSRUI in Wisconsin, and his family’s nurturing Jewish presence among the factors that drew him to the rabbinate. He is hungry to develop his ministerial skills this summer as a part of the Mission & Spiritual Care team.

**Fr. Saji Pinarkayil:** I am a Catholic priest. I was born and brought up in a family where my parents have six children (we are five sons and one daughter). I am the youngest one. I am an Indian from the Southern part of India, Kerala Province. I got a Master’s in Business Administration (MBA), a Master’s in Philosophy (MPhil), and a Master’s in Psychology (MS). I am from the Archdiocese of Kottayam now serving in the Syro-Malabar Diocese of Chicago. My main goal for taking this course is that I want to interact with the different cultures, improve my language, and help the needy. This is my second unit of CPE as I pursue professional chaplaincy certification.

**Louis Tillman:** Hello, meet Louis Tillman. He is a chaplain intern this summer at ALGH. He is the son of Louis Tillman, III, and of Patrice Tillman. He is a grandson, brother of two, second Uncle of one. He is originally from Atlanta, Georgia but was born and baptized in Savannah, Georgia. He received his Bachelor of Arts in both Business Administration and Public Relations at Carthage College in 2013. Soon after he enrolled at the Lutheran School of Theology at Chicago, where he is studying for his Masters of Divinity degree in pursuit of ordination in the Evangelical Lutheran Church of America (ELCA). Tillman chose to do the CPE summer intensive at ALGH because he wants to experience a hospital setting that deals with Trauma Level I adults and Level 3 Pediatric patients. He has lived in mostly metropolitan areas for the majority of his years on this earth and had a strong urge and hunger to fulfill his ministry within a new social location.
**5 Tips for a Healthier Heart**

1. **Cleaner Teeth**
   Brush and floss every single day and visit your dentist regularly to avoid coronary artery disease.

2. **Mediterranean Diet**
   Eating lean proteins and heart-healthy fats like olive oil, canola oil, and nuts decrease the risk of heart attack or stroke.

3. **Exercise, Cholesterol**
   Regular exercise can both lower bad cholesterol and improve good cholesterol.

4. **Help Your Brain**
   Stress is a powerful force against a healthy heart, so give time to the things that relax you. Enjoy hobbies.

5. **Quit Smoking**
   Smoking is the single most dangerous thing you can do to your heart. Every cigarette you cut back on matters.

---

**American Heart Association Award**

Congratulations to all of our physicians and staff caring for heart attack patients across Advocate Lutheran General Hospital. We have achieved the American Heart Association’s Mission: Lifeline® Receiving Center-GOLD Level Recognition Award.

It recognizes the exceptional job we have done over the past two years to consistently meet high standards for the treatment of acute heart attack patients. Special thanks to the Emergency Department, Cath Lab and all those on inpatient units who are caring for these patients.
Dear giver of care,

Recently I was interviewed on the topic of nature and children. Nature provides much more for a child than a pleasurable pastime, as the article below reveals:

With so much time spent with technology, according to the National Wildlife Federation, “The nature of childhood has changed. There’s not much nature in it.” Getting outside in nature has been found to reduce childhood obesity, boost classroom performance and spur imagination. New research reveals that nature also affects how children define spirituality.

The study, published in a recent issue of the Journal for the Study of Religion, Nature and Culture, found that children who spent play time outside for five to 10 hours each week said they felt spiritually connected to the earth and believed that it was their role to protect it.

Research also uncovered the notion that those children who spent more time outdoors had a stronger sense of self-fulfillment and purpose compared to those who don’t.

“In the world’s major religions, in sacred texts, there abound stories of lessons learned from the seasons and from nature,” says Rev. Stacey Jutla, vice president of mission and spiritual care for Advocate Children’s Hospital.

“There is a Jewish tale of a Rabbi who finds his son reading the Torah while sitting in a tree. The father proclaims, ‘Son, don’t you know that the wisdom of the Torah is the same, whether you are in the synagogue or in a tree?’ The boy proclaims, ‘Yes, that is true, but I am different when I read it while sitting in the tree,’” she explains.

“As we speak with children about the wonders of faith, of God, and spirit, nature provides us with active and living metaphors for hope, grief and loss, and change,” says Jutla.

She sees this take place through experiences her daughter, a toddler, is having. Jutla explains that her daughter’s daycare has had caterpillars that they have faithfully watched in recent weeks, and with joy, the children have seen these hungry caterpillars transformed into living butterflies. “As we pray at the dinner table and before we go to bed at night, I can talk with her about God’s love being ever present and ever transforming and like a caterpillar, we too can be transformed in new and amazing ways,” she says.

“Beyond a sense of peace and well being occurring in nature, children also learn a sense of reverence, awe and respect for the world, as we take part and delight in the natural world,” Jutla adds.

May your summer overflow with wellness and joy and nature.

Blessings,

Stacey Jutla

---

**Summer prayer for children**

For the laughter, wisdom and joy children share,
May our ears be open to hear them.

For children who are in need of care and support,
May our hands reach out to them with care and compassion.

For children who enter into this summer season,
Grant them safe places to play and enjoy life with friends and family.

For children who find themselves at the hospital this summer,
May warm and generous caregivers provide them with rays of hope.

For parents whose hearts are full of prayers for healing and recovery for their child,
Hear their prayers and surround their family with courage.

Gather all of our prayers, Oh Lord,
And guide us in caring for your children.

Amen
Lifting Spirits

When a child is hospitalized, excellent treatment to help his or her illness is critical. But physical treatment is not the entire picture, and so Advocate Children’s Hospital also tends children’s spirits while they’re patients.

Because it treats the whole patient, Advocate Children’s Hospital strives to lift children’s spirits. Efforts include child life services, music therapy, and art therapy – spirit boosters that fit in perfectly with the hospital’s holistic approach.

“Our goal is to help the entire child, both in spirit and in body,” says Doug Kolton, MD, Pediatric Rehabilitation, Advocate Children’s Hospital.

One very well-received special service is Open Heart Magic. Advocate Children’s Hospital has had a relationship with that volunteer group since 2007.

“Open Heart Magic is more than just a magic show. Yes, the volunteer magicians do one-on-one, bedside activities with our patients, but they also teach them magic tricks. This allows our patients to experience mastery and control over something while they’re in the hospital -- and that something is magic.”

Young patients perform tricks for doctors, nurses and their visitors. They enjoy learning something special and then being able to implement it while they’re in the hospital.

“Our goal is to decrease some of the anxiety they’re feeling while they’re here,” says Boland. “and magic gives them something special to take with them then they leave.”

Thanks to your overwhelming support, Advocate Children’s Hospital has been chosen to receive Community Impact Project funding from the Livestrong Foundation for VitalHearts!

VitalHearts provides support to cancer treatment providers who take such wonderful care of our young oncology patients. Helping facilitate providers’ healing is a great way to help them continue to offer compassionate care for our patients.

In addition to the Livestrong’s financial support, the hospital will receive training and support from the VitalHearts’ staff and access to additional tools and resources.

We are beyond appreciative of everyone who took action and helped Advocate Children’s Hospital bring this program to our cancer caregivers.
Did You Know…
The LGH Service League Supports Patients Getting a Grip on Substance Abuse
In many cases, patients dealing with addictions visit Advocate Lutheran General Hospital’s Substance Abuse Program on 5 Center and 14 West.

Recently the LGH Service League was pleased to donate $3,000 to purchase 12 Step literature for first-time patients being discharged from 5 Center and 14 West to help assist in recovery.

The LGH Service League offers programmatic support for internal departments such as 5 Center and 14 West. This support is funded through vendor sales and the LGH flower shop. The Service League also hosts special events like last year’s Breakfast with Santa, and the upcoming Joy of Service/Odyssey Cruise event, that takes place on Sunday, August 3rd. Stay tuned for more information on ticket sales.

To learn more, call 1.800.3.ADVOCATE. For more information about the Service League, visit www.advocatehealth.com/luth/serviceleague.

---

Do it Yourself Salad Dressing

- 2TSP olive oil
- 2TBSP Apple Cider Vinegar
- 1 TSP dried onion
- 1 TSP dried Italian seasoning
- 1 TSP red pepper flakes (optional)

Add all ingredients into a mason jar or like container. Shake and let rest for at least 30 minutes. Enjoy with salad, veggies, pasta, and more!

---

“Catching Up”

Pin to Win: Your #HealthiestLife

1. Follow @ AdvocateHealth on Pinterest.
2. Create a “Healthiest Life” board.
3. Pin your #healthiestlife tips, recipes, or ideas.
HIGH HOLY DAYS 2014
ADVOCATE LUTHERAN GENERAL HOSPITAL
ADVOCATE CHILDREN’S HOSPITAL, PARK RIDGE

Rosh Hashanah is the Jewish New Year holy day, which begins this year at sundown Wednesday, September 24th, 2014 and continues on Thursday, September 25th, and Friday, September 26th until sundown. The festival commemorates the creation of the world, according to Jewish belief, 5,775 years ago. On Rosh Hashanah Jews traditionally spend significant time in synagogue reciting special prayers appropriate to the day. In addition, prayers are said at meals that usually include ritual wine or grape juice, egg bread (challah — often baked for Rosh Hashanah in a round loaf in accord with the cyclical beginning again of the year) and apples dipped in honey. In observing the latter custom Jews begin the New Year with a moment of sweetness and goodness. Honey cake is another sweet food that has a place at the Rosh Hashanah table.

Jews customarily wish one another Shanah Tovah (Hebrew for good year), and/or a Gut Yontef (Yiddish for a good holy day). On the days of Rosh Hashanah a ram’s horn (shofar) is customarily blown as a reminder of the need to turn hearts and minds to G-d, to one another, and to ourselves in the New Year. The sound of the shofar will be available live for individual patients and on the internal television system.

Traditionally Rosh Hashanah candles are lit before sundown on the nights of Wednesday, September 24th and Thursday, September 25th. Electric candelabra are available. Diet permitting, kosher grape juice and challah, honey cake, and apples/honey will be served to patients with the Holy Day dinner meal on Rosh Hashanah Eve, September 24th. These items can also be requested for lunch and dinner on September 25th, and at lunch on September 26th, as well as kosher meals at any time from Food Service by patients and family members at 847-723-6130. Associates, volunteers, and others desiring such special foods/meals will find them on Top Deck [10th Floor dining area] or can contact the Supervisor at 847-723-7040.

Repentance and reconciliation with G-d and human beings are very important aspects of the Days of Awe or the Ten Days of Repentance that begin with Rosh Hashanah and continue through Yom Kippur. This year Yom Kippur begins at sundown on Friday, October 3rd and continues all day on Saturday, October 4th. Yom Kippur is also known as the Day of Atonement. Traditionally Jews ask one another on an individual basis for forgiveness either prior to or during this holy day. As a synagogue community, Jews recite confessional prayers that encompass individual and communal misdeeds and resolve to improve interactions with other human beings and G-d in the New Year.

For those in good health, it is customary to fast on Yom Kippur as an aid and spiritual spur toward repentance and reconciliation in keeping with the theme of the High Holy Days. For those who are frail or need to be in health care settings Jewish tradition is very specific in requiring that such individuals refrain from fasting to preserve life and health. For concerns regarding patients who despite the Jewish religious obligation to eat concurrent with danger to life nonetheless desire to fast or for a copy of the Meditation before Yom Kippur for One Who Cannot Fast, please consult the Jewish Chaplain (or the patient’s own clergy)

A High Holy Day service is open to all on Thursday, September 18th in the Grainger Atrium at 11 am as well as available for later viewing in patient rooms. Those desiring to borrow Electric Sabbath/Holy Day candles, hear the shofar during Rosh Hashanah, obtain calendars for the new Jewish year, use High Holy Day Prayer Books (Maachzorim) or need more information about Rosh Hashanah or Yom Kippur may consult Rabbi Len Lewy, Jewish Chaplain at leonard.lewy@advocatehealth.com or 847-723-6395.

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 Bugline, Roman Catholic
Christine Hoffmeyer, United Methodist
Lee Joesten, Lutheran, Missouri Synod
Fr. Frank Keenan, Roman Catholic
Leonard Lewy, 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
Soozie Cotter-Schaufele, MA, MT-BC
Coordinator, Music Therapy and Music Therapy Training Program
Louise Dimeo-Mitran, MT-BC, LCPC

Administrative Staff
Kevin Massey, 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 Ottenfied, 847.723.6396, Clinical Ethics, Main Office
Lu Terket, 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.
Healthy Aging
Diet and Nutrition for Seniors | Emotional Health | Managing Your Chronic Pain

Diet and Nutrition for Seniors
Tuesday, July 8, 2014
Eileen Walsh
Dietician
Class Code: 8G52

Emotional Health: Keeping Your Spirits and You Healthy
Tuesday, July 15, 2014
Jeanine M. Gibbons, MSN, RN
Clinical Manager of Behavioral Health Services
Class Code: 8G52

Managing Your Chronic Pain
Tuesday, July 22, 2014
Mehul Sekhadia, DO*
Medical Director, Pain Management Center
Class Code: 8G52

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

Advocate associates: These lectures may qualify for Health e You credit or points, please check the Health e You events calendar for specific details.

Coming in September: Healthy Back to School
*Advocate Medical Group Physician

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.
The Service League cordially invites you to the
Joy of Service
Odyssey Brunch Cruise - Navy Pier
August 3, 2014
Board: 12:15 PM
Sail: 1:00 - 3:00 PM
$50 per person

The Service League of Advocate Lutheran General Hospital invites you to join us as we set sail for a special Joy of Service Odyssey Brunch Cruise honoring the important work done by volunteers each and every day at Advocate Lutheran General Hospital and community-wide. We’ll enjoy a delicious champagne brunch while listening to music and taking in the stunning Chicago scenery, all for the below-retail price of $50 per person. Tickets sales begin Monday, June 9th in the Flower Shop during their regular business hours:

- Monday - Friday
  - 9:30 AM to 5:00 PM
- Saturday
  - 10:00 AM to 2:00 PM

Cash and checks will be accepted. We cannot accept credit cards.

For more information on the Joy of Service Odyssey Cruise or the mission and work of the Service League, visit our website: lghonline.advocatehealth.com. Click on Service League under the Departments tab. You can also call us at 847-723-7466.

We look forward to celebrating the Joy of Service with you on August 3rd!
Service League Fundraising Events
July 2014

Two-vendor event!

MPG Uniforms
Scrubs, shoes, stethoscopes and other medical accessories

Carline Leathers
Fashion footwear, handbags, accessories

Tuesday, July 10    7:00am-4:30pm
Wednesday, July 11  6:30am-4:00pm

Grainger/Olson Atrium
Floor below the Olson Auditorium

HCI Fundraising
$6 jewelry

Tuesday, July 24    9:30am-4pm
Wednesday, July 25  8:30am-3:30pm

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

Most items are $6.00! Over 1,500 different items for men, women, and children.
Costume jewelry, leather goods, pashminas, fashion scarves, gadgets for smartphones,
summer dresses, sandals, umbrellas, fashion socks, licensed sports apparel and specialty
items, fashion hair accessories, fashion hats for women, readers, sunglasses for men and
women.

Vendors accepts cash, checks, credit/debit cards & payroll deductions.

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