A Note from Rev. Kevin Massey

Happy New Year! We hope that your new year is off to a good start and that the holiday season has been refreshing and nurturing for all in our communities. As we begin a new year here at Advocate Lutheran General Hospital, we begin it with exciting news about what we have accomplished in 2014 and exciting things in store for 2015.

First, we are excited to share the news that Advocate Lutheran General Hospital was awarded the Illinois Performance Excellence Gold Award last month. This award is given to organizations that demonstrate exceptional performance and consistency in continuous quality improvement and hardwiring of best practices. It is a testimony to the gifted physicians, volunteers, and associates who care for the individuals, families, and communities that seek our walls for healing.

Additionally we are very excited by the news that Advocate Health Care and North Shore University Health Systems are progressing in their plans to merge. This merger will increase the quality of health care in our community and heighten efficiency in many ways.

More detailed descriptions of all of this news can be found later in this newsletter. As we look to the year ahead, we are grateful for the heritage that the past has brought, and eager for the growth and learning that the future holds in store. May the new year bring great blessing to you all.

Thank you all for your partnership in our healing ministry.

Be prepared at all times for the gifts of God and be ready always for new ones.
For God is a thousand times more ready to give than we are to receive.
It’s Gold!

Illinois Performance Excellence (ILPEx) has selected Advocate Lutheran General Hospital as a 2014 recipient of an Illinois Performance Excellence Gold Award for “Achievement of Excellence”. It is the highest award recognizing performance excellence that an organization can receive from ILPEx. Lutheran General is also the only gold award winner in the state.

The Gold Award is tangible evidence of our success in pursuing continuous improvement across Lutheran General Hospital. The award means that ILPEx recognizes our sustained excellent results. ILPEx promotes the Baldrige Criteria for Performance Excellence in Illinois. The critical element in determining award recipients is the overall level of results across all major performance areas compared to best-in-class benchmarks of other organizations.

Changes to the Music Therapy Program

After nearly 30 years of sponsored service with the Mission and Spiritual Care Department at Lutheran General Hospital, the Music Therapy Program and Internship has accepted a request to join the Advocate Children’s Hospital Child Life Program. Service to babies and children exceeds present Music Therapy staffing. Supportive funding for Children’s services will increase music therapy services to the NICU, Pediatric ICU, Pediatrics, Child and Adolescent Psychiatry and Palliative Care. While services to Adult units will be available on a more limited basis, independent contracting is being investigated to continue the excellent service provided by oncology music therapy specialist, Louise Dimiceli-Mitran. As 2015 begins, we reflect gratefully on the years shared within the Mission and Spiritual Care Department and celebrate the new songs that we will sing!

What types of spiritual care services are available at Advocate Lutheran General Hospital?

Chapel-The A.D. Johnson Memorial Chapel is located on the first floor near the front of the hospital at east entrance. It is open day and night for personal meditation and prayer. Regularly scheduled services include:

- Community prayer is offered at 8:45 a.m. every Tuesday and Friday.
- Roman Catholic Masses are held at 5:30 p.m. Saturdays and 3:30 p.m. Sundays in Johnson Auditorium (ground floor of the Parkside Center). Special holiday services also are scheduled throughout the year.
- Time has been reserved from 1:30 to 2 p.m. Fridays for Muslim Jum’ah Prayer in the A.D. Johnson Chapel.

Chaplains-Mission and Spiritual Care staff chaplains are available for emotional and spiritual support and understanding 24 hours a day, seven days a week. To contact a chaplain, call 847.723.6395. In addition, a chaplain can be paged by calling the hospital operator.

The Adult Day Hospital will be renovated in 2015

Thanks to very generous gifts by an individual donor, the Service League, the Men and Women’s Association and the support of the Mental Health Services Department, the Adult Day Hospital will be undergoing renovations in 2015. To go with the excellent care, patients will now have a brighter, more welcoming space for treatment.

Pictured above is the Service League Board of Directors presenting a check to the Mental Health Services team to help get the project started.
Shoveling snow can be risky for your health

With snow flurries and storms hitting the Midwest and across the nation, those extra inches mean once again pulling out the shovels and snow blowers from the back of the garage.

Dr. Peter Kerwin, a cardiologist with Advocate Medical Group in Downers Grove, says shoveling snow is intense labor, especially when the snow is wet and heavy. He says while that can be great exercise for some, it could be potentially dangerous for older adults and those with heart problems.

“Exertion from shoveling strains the heart, which raises blood pressure and heart rate,” he says “Anyone with coronary artery disease should avoid shoveling snow, and if you experience any chest pain, you should stop shoveling immediately.”

Dr. Kerwin also says if the pain persists for more that a few minutes, you should call 911. “This could be a warning sign that you are having a heart attach.”

He offers these six tips to help protect your heart while shoveling:

- When the snow starts falling, begin shoveling before the snow packs down and becomes too heavy to move.
- Dress warmly.
- Use the correct size shovel. It’s easier and puts less strain on the heart.
- Remain hydrated. It’s easy to forget that you can become overheated and dehydrated when it’s cold outside.
- Avoid eating, drinking and smoking prior to shoveling. It’s OK to have some food in your stomach, but these activities make the heart work harder.
- Take frequent breaks. Experts recommend five minutes of rest for every 15 minutes of shoveling.
- Don’t be macho. Pick up small amounts of snow, which requires less energy.

Volunteer Spotlight

Just another day at the office for LaVerne

Tuesday, December 2nd, there was a special buzz in the hospital, it felt like a holiday, but it was actually LaVerne Pecka’s 90th birthday. Advocate associates from all over the Hospital stopped by the front desk, because LaVerne chose to spend her birthday doing exactly what she does each and every Tuesday rain or shine, snow or sleet.

As a special surprise for her birthday, Volunteer Sevices set a goal of sending her 90 birthday cards for her 90th birthday. They surpassed the goal and to date she has received 135 birthday cards!

LaVerne said, “This was the most unbelievable birthday I have ever had. Even people I had never even met sent me cards, but they didn’t just send blank cards, they wrote the nicest notes and shared kind thoughts. I am very lucky.”

LaVerne began volunteering in 1990 because she wanted to stay busy after retiring. She never expected to make so many great friendships along the way. If you’ve ever had the joy of meeting this spunky and spry 90-year-young lady, then you know that she loves talking to people, is an avid traveler, and in her heart of hearts, you’ll find a feisty little tomboy.

She is one of a kind, and one of our many phenomenal volunteers who keep Advocate Lutheran General Hospital and Advocate Children’s Hospital running every day. Please remember to say hello and thank them for all they do.
March of Dimes Recognition

Advocate Lutheran General Hospital was one of thirty-five Illinois hospitals recognized for reducing the number of elective deliveries performed before 39 completed weeks of pregnancy. This will give more babies a healthy start in life, as babies born too early may have more health problems at birth and later in life than babies born full term. Lutheran General Hospital is one of seven Advocate hospitals recognized.

March of Dimes honored our hospital with a banner indicating our commitment to improving the quality of care for moms and babies.

Advocate Flower Shop

The Advocate Flower Shop is unique – it’s like an ongoing fundraising event. It’s owned and operated by Advocate Health Care. We are Advocate’s preferred vendor.

The Advocate Flower Shop provides customized full service arrangements for the Advocate hospitals and support centers. The Advocate Flower Shop is the floral provider for Advocate events and special occasions.

All funds raised by the Advocate Flower Shop are used to support Advocate Health Care programs and projects that benefit the needs of patients and furthers Advocate’s mission, values and philosophy.

Some of the Advocate programs and projects our funds help to support are: Internships & Scholarships, Heart Pillow, Veteran’s Day, Children’s Memorial Services, and the Emergency Room Project.

Advocate Medical Group Behavioral Health Stress Management Group

Group Objective Participants of Advocate Medical Group’s Stress Management Group meet weekly to learn and practice stress management. The group, led by a licensed professional counselor (LPC, CADC), will cover relaxation techniques, cognitive reframing, and lifestyle choices.

Who Can Participate? The Stress Management Group is designed for individuals who want to learn and practice tools for preventing and/or managing stress. The group will meet for 4 sessions and will be limited to a total of 10-12 participants. Individuals interested in participating are asked to make a commitment to all 4 sessions.

Benefit for Participants The Stress Management Group is designed to offer participants: - Education about stress - Coping tools for current and/or chronic stress - Opportunity to discuss the effectiveness of particular tools and the benefits of stress reduction and stress management

Time and Location Sessions take place on Thursday from 3:30 p.m. to 4:30 p.m. at the following location: Advocate Medical Group – Behavioral Health Office 701 Lee Street, Suite 800 Des Plaines, IL

Duration This is a 4-session group that meets weekly.

Cost and Insurance Information Most major insurance is accepted. Please check with your insurance provider to confirm in-network coverage.

For additional information about the Stress Management Group, contact Advocate Medical Group Behavioral Health at 847.795.3921

Magnet Re-designation

Advocate Lutheran General Hospital has once again attained Magnet recognition as part of the American Nurses Credentialing Center’s (ANCC) Magnet Recognition Program. This voluntary credential is the highest honor an organization can receive for professional nursing practice. It recognizes the very best in nursing care and professionalism in nursing practices.

Magnet recognition is the gold standard for nursing excellence. Advocate Lutheran General Hospital first earned Magnet designation in 2005. It was re-designated in 2009 and now, again, in 2014.

“It is not easy to achieve Magnet status. To achieve it for the third time feels incredible,” says Jane Denten, MSN, RN, Vice President of Nursing and Chief Nursing Officer.
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