A Note from Rev. Kevin Massey

Dear Friends,

As the New Year is getting underway, and even while the New Year is always filled with hope and new beginnings, the world itself remains troubled by conflict and division. At this time there is a climate in our world, and even in our own land, where religion seems to be dividing some of us. Some people look with fear, and even distrust, at others because of their religious beliefs.

We don’t want to miss the opportunity to say to all of our faith community leaders, patients, neighbors, associates, physicians, and volunteers that whoever you are, whatever faith or creed or religion you profess, you are cherished and welcome at Advocate Lutheran General Hospital. We are all partners together in this healing mission that we share. Volunteers from many faith communities bring deeply appreciated spiritual support to our patients of every faith. Communion ministers visit our patients, Muslim Heart to Heart volunteers care for our patients. Visitors from every temple, synagogue, church, and mosque care for the spiritual needs of all. Thank you all for this partnership.

At Advocate Health Care, we believe that all persons, of every race, national origin, and religion, are infinitely precious. Our associates, physicians, and volunteers include persons representing all of the world’s faith traditions. Together we share much more in common than what makes us different. We find in the hearts of all humanity the same yearning for peace and hope. May this New Year bring to all hope and a sense of peace.

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

We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.

Maya Angelou
Work has started on the new Interventional Suite/Cardiac Catheterization Labs

Lutheran General treats approximately 1,550 patients a year in its cardiac catheterization labs. That number is expected to increase as the population ages and more people are covered by health insurance. At the same time the heart patient population is growing, technological advances are expanding the range of conditions that can be treated in cardiac procedures performed via catheter, often on an outpatient basis. Such examples include radiofrequency ablation and pacemaker implantation for patients with irregular heart rhythms.

To accommodate growth and improve patient satisfaction, a new cardiac catheterization lab is being built. It is a $15-million dollar investment. The plan includes the following improvements:

- Larger labs to accommodate new, state-of-the-art equipment that can enable more minimally invasive procedures - reducing patients’ pain, decreasing exposure to anesthesia, and shortening hospital stays and recovery times.
- Latest-generation equipment to expose patients to less radiation.
- Latest-generation equipment to increase efficiency; performing more procedures each day will enable the hospital to meet growing demand.
- Private post-procedure bays: currently only two of the labs’ 11 recovery bays are private.
- Locating the catheterization lab adjacent to the existing Vascular Lab and Heart Station (where patients undergo EKGs and other screening procedures) to enable “one-stop” registration, diagnostics and treatment services.

New Bus for Adult Services

Older Adult Services at Advocate Lutheran General Hospital has received great news. The Illinois Department of Transportation (IDOT) has approved their grant application for a new bus. The new light duty paratransit vehicle with a lift is expected to arrive in spring of 2016.

“Having a wheelchair lift will allow us to continue to serve individuals with special needs and supply our communities with additional resources,” says Gwynne Chovanec, Director of Advocate Lutheran General Hospital Older Adult Services and Senior Advocate. Older Adult Services worked collaboratively with the Advocate Charitable Foundation’s grant team to secure this grant.

Bone Marrow Transplant (BMT) Program Receives FACT Accreditation

Congratulations to the entire ALGH Hematopoietic Progenitor Cell Transplant (BMT) Program for receiving accreditation in both adult allogeneic and autologous transplantation.

This is the first time that ALGH has received accreditation for allogenic BMTs and this could not have been achieved without the hard work and dedication from everyone on this team.

Spring 2016 Paramedic Student Course

Lutheran General EMS office is starting to take applications for the Spring 2016 paramedic student course. For questions, please contact Jenni hare, LGH EMS Administrative Assistant at 847-723-5430.
Mentors Needed for an evening mentoring program

Maine Township’s MaineStay Youth and Family Services will begin a new on-site mentoring program in partnership with Big Brothers Big-Sisters in February 2016. Meetings will be held twice a month from 6—7:30 p.m. on the same day of the week in a structured group setting at the Maine Township Town Hall in Park Ridge. Mentors will be matched with a student in grades 4-6 of the same gender. Activities will be pre-planned by an experienced facilitator and will take place in a group setting with 20 matched pairs of mentors and youth. No outside contact between mentors and youth will be allowed.

The primary goal of this program is to help youth take positive steps towards a successful future. Themes such as academic success, avoiding risky behavior, relationship building, and increasing confidence will be included. Mentors must be at least 18 and willing to commit to the program for a minimum of 1 year. Day of the week will be chosen prior to program start based on mentor availability.

Ready to make a difference in the life of a child or interested in learning more about volunteering? Contact Anne Camarano at 847-297-2510 x272 or acamarano@mainetown.com or Michelle Faherty at 312-207-4227 or sitebasedapp@bbbschgo.org.

Donate homemade baby hats

Do you know that babies lose heat very quickly through their head? The Maternity Department at Advocate Lutheran General Hospital is looking for volunteers to make hats for our newborns.

To learn more, please contact Cynthia.Hartwig@advocatehealth.com or 847-723-6016.

Why it’s harder to lose weight today than ever before

By: Andrea Benda

There may be more to blame for Americans’ increasing waistlines than poor diet and lack of exercise, according to new research published in Obesity Research and Clinical Practice.

Researchers looked at diet and exercise data collected on more than 36,000 adults between 1981 and 2008. They found that, for the same amount of food consumed, people were about 10 percent heavier in 2008 than they were in 1971. For the same amount of physical activity performed, people were about 5 percent heavier in 2006 than in 1988.

In addition to “calories in, calories out,” researchers said other factors also play a role when it comes to body weight, including: medication use; pollutants in the environment; genetics; the time of day people eat; stress; nighttime light exposure.

“This study brings up some important points, as external factors do play a role in many aspects of our health, including weight management,” says Dr. Paul Ringel, internal medicine physician at Advocate Illinois Masonic Medial Center in Chicago. “However, it’s important to remember that eating a healthy diet and getting regular exercise are by far the most essential steps to losing weight and keeping if off. And, unlike some of these other factors, they are two things you can control.”. Dr. Ringel offers the following tips for achieving and maintaining a healthy weight:

Aim for at least five services of fruits and veggies a day; Limit fats and processed foods; always eat breakfast; watch your portion sizes: when dining out, consider splitting an entrée with a friend or having half of it packaged to take home to avoid the temptation to overeat; Drink plenty of water throughout the day, and avoid soda and sugary beverages; get at least 30 minutes of exercise 5 or more days a week; get a workout partner and hold each other accountable; build physical activity into your daily life: take a walk at lunch instead of sitting at your computer or choose the stairs instead of an elevator.
Greetings and blessings to you as we enter a new year!

The new year is a time of hope and renewal for many people. 2015 has passed, and 2016 offers the promise of new experiences, change and growth.

While many of us eagerly anticipate the start of a new year, we at Advocate Children’s Hospital know that there are families in our community who continue to grieve the death of a child. Some of these families continue to wonder if a new year will ever represent joy and hope again.

Knowing that your congregation may also be walking with such a family in their grief, this issue of Connections offers selections and prayers from a newsletter Pediatric Bereavement Support publishes. Please feel free to share them with a family experiencing such a need.

Wherever you find yourself in 2016, may God’s love find you and accompany you with hope and grace.

Peace and blessings,
Rev. Stacey Jutila, Vice President Mission & Spiritual Care

A map for the season for grieving parents

So much about grieving in the first year after a child dies can seem overwhelming. Many grieving parents share that they are unsure about what to do during the holidays – and even wonder how to feel. Here are some ideas gathered from other grieving families. Not all of these ideas may seem right for you. Our hope, though, is that they may inspire you to find ways to take good care of yourself during this holiday season.

- **Give yourself permission “to be.”** Accept changes in your mood and thoughts.
- **Keep your plans simple and flexible.** The holiday season comes with many invitations to join celebrations. It is okay to thank friends and family for thinking of you and then let them know that you will be taking a break from their holiday celebration this year.
- **Purchase a gift** for a child in need, or make a donation in memory of your child.
- **On a particularly cold day, wrap yourself in blankets and quilts.** Take time to rest and let yourself experience the feelings that meet you as you are covered in comfort.
- **Hang your child’s stocking** and fill it with flowers, notes, special memories or photos. The notes and memories can be later placed in a scrapbook.
- **Buy a new ornament** in memory of your child.
- **As your family lights holiday candles,** think of the light your child brought to your family.
- **Surround yourself with people who are especially supportive** in your grief journey. Let them know what you need. They will want to help you.

A Prayer

God,

During this celebratory time of year as friends and family gather, gather me into your love.

Quiet my restlessness with your presence.

Keep me close in your care.

Give me strength and courage to celebrate something . . . to find spaces in the season where I will not be overwhelmed with small and big reminders of the one I miss so deeply.

Remind me when I am feeling most stricken by grief that restoration and quiet joy may – one day – return.

Amen
The Pediatric Celiac Center at Advocate Children’s Hospital, Park Ridge, and The Digestive Health Institute at Advocate Lutheran General Hospital are sponsoring a free showing of The Celiac Project.

This movie is a dynamic, first-of-its-kind documentary about life before and after a diagnosis of celiac disease.

WHEN AND WHERE
Wednesday, January 20, 2016, 6:00 – 8:00 p.m.
Advocate Lutheran General Hospital
1775 Dempster Street, Park Ridge, IL.
Olson Auditorium

SCHEDULE
6:00 pm – Check-in, hors d’oeuvres and refreshments
6:30 pm – The Celiac Project – Film showing
7:30 pm – Q & A panel discussion, including Advocate celiac experts, special guests from the celiac community and filmmaker, Michael Frolichstein.

REGISTRATION AND INFORMATION
Advance registration is required. Contact Carrie Ek at carrie.ek@advocatehealth.com. Registration is FREE. Registration deadline is Monday, January 18, 2016.
Free parking is available in the West Garage, located south of Dempster on Luther Lane.

Help for children struggling with their weight

Child obesity is a concern for many families. Advocate Children’s Hospital offers a free program that can help. ProActive Kids (PAK) is an 8 week program that provides exercise opportunities, nutrition education and supportive discussion for children and their families.

Eligibility requirements include being between the ages of 8 and 14 and being in the 85th percentile or above in weight.

The next session runs between January 11 and March 4, 2016. Fitness and lifestyle programs for kids only take place on Mondays and Wednesdays between 4 and 5:30 pm. Friday is Family Day – with fitness, nutrition and lifestyle programming from 4 to 5 pm.

Programming takes place at Oak Lawn Ice Arena, 9320 S. Kenton Ave, Oak Lawn, and Gemini Junior High School, 8955 Greenwood Blvd, Niles.
For more information and to enroll, please visit www.proactivekids.org or call 630-681-1558.

ProActive Kids (PAK) is a not-for-profit foundation with the mission of advancing child health and reversing the obesity trend – one community at a time. The PAK Plan is more than a diet or exercise program. It is a comprehensive, all-inclusive program to treat the whole child -- physically, nutritionally and emotionally, and it is built around the stability and commitment of family.
To learn more about Pro-Active Kids go to proactivekids.org.