The steadfast love of the Lord never ceases, his mercies never come to an end. They are new every morning, great is your faithfulness.” Lamentations 3:22-23

The beginning of a new year is an occasion to recall on new beginnings. I reflect on a favorite verse of Scripture that teaches that the love and mercy of God is experienced new every day. The beginning of a new day is like the beginning of a new year. We start over again, striving to build on that which has been strong, learn from where we may have fallen short, and always continue on with hope. In this spirit we give thanks for all that the past year has brought us and await with eagerness the adventures of the new year ahead.

It is a time of new beginnings at Advocate Lutheran General Hospital as well. We have a new president who has begun with us, Richard Floyd, formerly with Advocate Sherman Hospital. Mr. Floyd is a gifted and seasoned leader who will capably build on the heritage of excellence in our healing ministry. Additionally we will see changes unfolding in the coming months as construction for our new Emergency Department and additions to our Operating Rooms begins. These are urgently needed improvements as our hospital is increasingly serving the emergency and advanced surgical needs of our whole community.

Thank you all for your partnership with us in our healing ministry. All of us together share the privilege of caring for the physical, emotional, and spiritual needs of our community. This healing is provided from pulpits, from offices, from bedsides, and from clinics. It is provided by clergy and chaplains and volunteers and members of our houses of worship. May the new year ahead deepen our bonds as we share this privilege. We wish everyone a healthy and happy 2014.

What’s Behind the Curtains?

Come out on Friday, February 7 from 2-2:45 pm at the Parkside Ground Floor (by the walkway garage) as three special murals created by local artists - a project sponsored by the MVP Integration Committee are unveiled. These murals are a symbol of living the Mission, Values and Philosophy, and celebrate the diversity of the community. Two murals depict an artist’s rendering of the word Welcome in different languages and one mural depicts the word Thank You in different Languages. The following stops will be made to unveil and bless the murals:

1. **Parkside Ground Floor** - Welcome mural by Ashley Cesario and Maine East High School students
2. **Tower Ground Floor**—Welcome mural by Madalyn Meyer, Sterile Processing Department associate
3. **Top Deck Cafeteria**—a Thank You mural by Ashley Cesario

Office for Mission & Spiritual Care

The Office for Mission and Spiritual Care provides spiritual care for patients, their families and associates 24 hours a day every day of the year. The office is open Monday through Friday from 8:30 a.m.to 4:30 p.m.

To contact us, call 847-723-6395. Evening and weekends call 847-723-2210, ask the hospital operator for the On-Call Chaplain.
Advocate Health Care was selected as one of six organizations to identify and explore hypotheses about chaplains’ contributions to palliative care, thanks to a grant from the HealthCare Chaplaincy provided by the John Templeton Foundation. The Advocate grant will help create a taxonomy, a way to categorize the essential activities for chaplains in palliative care.

HealthCare Chaplaincy is a New York-based professional chaplaincy services group and a national leader in advancing the role of chaplaincy care within palliative care. These grants are made possible through the vision and generosity of the John Templeton Foundation, a philanthropic catalyst for discoveries relating to the big questions of human purpose and ultimate reality, and are the largest in size and scope for professional chaplaincy.

Leading the Advocate Health Care work as project director is Rev. Kevin Massey, Vice President, Mission and Spiritual Care, Advocate Lutheran General Hospital, Park Ridge. “We were thrilled to have been chosen. One thing that distinguished our application was the careful interdisciplinary approach we took.” A chaplain’s work touches many aspects of a patient’s medical, spiritual and social life. Including all these disciplines, as the Advocate Health Care grant application did, reflects a thorough understanding of chaplaincy and deep appreciation for its work and reach.

“The grant provides a terrific model for us. Its goal is to actually get this specific project accomplished but also, in the course of doing so, to create a cadre of research-capable chaplains to take it further than the grant.”

During the eighteen months of work on the grant, chaplains at all of Advocate Health Care’s 12 hospitals have taken part in the study, and over sixty chaplains were used in various steps of the research. Rev. Anna-Lee Hisey – Pierson represents Advocate Good Samaritan Hospital in this endeavor. “Previously, there was little available on what chaplains do and how they do it,” said Rev. Hisey-Pierson “This research will offer a much greater definition of our role.

The end result is the taxonomy—standardized, clinical language all chaplains can use—will be available at no cost at the beginning of 2014.

**Grant recipients on chaplaincy**

Demonstrating significant interest in furthering professional health care chaplaincy as an evidence-based clinical field, 72 proposals were submitted from institutions throughout North America. The six grant recipients and topics are as follows:

- **Advocate Charitable Foundation & Advocate Health Care (Chicago)** - *What Do I Do? - Developing a Taxonomy of Chaplaincy Activities and Interventions for Spiritual Care in ICU Palliative Care*
- **Dana Ferber Cancer Institute (Boston)** - *Hospital Chaplaincy and Medical Outcomes at the End of Life*
- **University of California (San Francisco)** - *Spiritual Assessment and Intervention Model (AIM) in Outpatient Palliative Care for Patients with Advanced Cancer*
- **Children’s Mercy Hospital (Kansas City)** - *Understanding Pediatric Chaplaincy in Crisis Situations*
- **Emory University (Atlanta)** - *Impact of Hospital-Based Chaplain Support on Decision-Making During Serious Illness in a Diverse, Urban, Palliative Care Population*
- **Duke University Medical Center (Durham, NC)** - *Caregiver Outlook: An Evidence-Based Intervention for the Chaplain Toolkit*

These projects will begin to build a community of researchers, including professional chaplains, to grow the field of research on spiritual care in palliative care.
Kevin Bergmann was a CPE student here last spring and has returned to further strengthen his pastoral care skills. Kevin is a pastor in the Lutheran Church Missouri Synod and after many years of serving parishes, he is finding new ways to care for others and himself as well.

Sarah Lee is a seminary student at Garrett Evangelical Theological Seminary. She came to the United States from South Korea for graduate school. Both of Sarah’s parents are pastors in the Methodist tradition. Sarah served as chaplain intern at Presbyterian Homes before joining our CPE program. She will graduate from seminary this spring. Sarah has great compassion and tenderness for the children and families she visits in the pediatric areas of the hospital.

Jungmi (Mimi) Kang is a seminary student at Garrett Evangelical Theological Seminary. Jungmi came to the United States from South Korea with her husband and 8 year old daughter. She serves as student pastor at a large United Methodist church and will graduate from seminary this spring. Jungmi is providing consistent heart-felt care to the patients on West, Rehab.

Sr. Jessina Manalel is a Roman Catholic religious sister with the Visitation Congregation of the Blessed Virgin Mary. She came to the United States from India three years ago to fulfill her responsibilities to her order and care for aging nuns at a local nursing home. Sr. Jessina cares for the orthopedic patients here at Lutheran General Hospital. She is a calming presence to those in great pain.

Mark Wolski is a Roman Catholic lay chaplain who is completing his second unit of Clinical Pastoral Education. Mark is originally from Poland where he served as a police detective. Mark currently works for the Archdioceses of Chicago in the Office for Immigrant Affairs. While at the hospital, Mark cares diligently for the patients and staff of the 7th floor surgical telemetry unit.
Floyd Named President Advocate Lutheran General Hospital

Advocate Health Care has named Richard Floyd the new president of Advocate Lutheran General Hospital, effective January 1, 2014.

Floyd has served as Advocate Sherman Hospital’s president and chief executive officer since 2001. Under his leadership, Sherman successfully built a 255-bed replacement hospital, earned the ILPEX Silver Award for performance excellence and Magnet Nursing designation, among numerous other accomplishments. Sherman joined the Advocate Health Care system in June, 2013.

Floyd brings more than 30 years of experience as a health care leader to this new role at Lutheran General. Prior to his work at Sherman Hospital, Floyd served as executive vice president and chief operating officer at the Cleveland Clinic affiliated Parma Community Hospital in Ohio. He also served as vice president of operations at New England Deaconess Hospital in Boston.

Floyd replaced Armada who served as Lutheran General’s president for four years. Armada left to assume a new role with a health system in Seattle.

Can volunteering boost your health?

Serving the needs of others is not only a good thing to do; you may actually be helping your health according to a recent study. Teenagers, especially, may have the most to gain.

Researchers at the University of British Columbia set out to discover how the act of volunteering may contribute to overall health among teens. The findings showed that young adolescents who engaged in altruistic activities reaped surprising health benefits.

The study looked at 106 sophomores from a city high school, splitting them into two groups. One group of students performed volunteer services regularly for 10 weeks. The other group was told they were on a waiting list and wouldn’t be able to volunteer immediately. The volunteers worked with younger kids in after school programs.

The body mass index (BMI), cholesterol and inflammation levels were taken of all of the students before and after the study. Researchers also gauged the student’s mood and self esteem among other mental health categories. At the end of the trial period, the students who engage in good works were found to have lower levels in all categories, and improved cardiovascular health, compared to their non-volunteering counterparts.

“It was encouraging to see how a social intervention to support members of the community also improved the health of adolescents,” said lead researcher Hannah Schreier, in a news release.

“The volunteers who reported the greatest increases in empathy, altruistic behavior and mental health were the ones who also saw the greatest improvements in their cardiovascular health,” added Schreier, a postdoctoral fellow at the Icahn School of Medicine in New York.

Contact our volunteer department at 847.723.6105 for volunteer opportunities at Advocate Lutheran General.
Lutheran General welcomes a 3rd daVinci Robot

Advocate Health System has invested in a third daVinci robot for Lutheran General Hospital. The region’s largest multispecialty robotic surgery program purchased the third robot to keep up with growing patient volumes and demand. The hospital will perform up to 800 robotic surgeries in 2013. “The third robot allows us to continue to expand our capabilities,” says Leo Kelly, M.D. Vice President of Medical Management for Advocate Lutheran General Hospital. “It allows our patients to have access to the latest surgical techniques for both highly complicated as well as more common procedures.”

Robotic surgery allows surgeons to perform delicate operations through a few small incisions. Only one other hospital in Illinois has three robots in operation. The recently purchased daVinci will be used for single site procedures. Those are procedures where surgeons operate through only one incision. Lutheran General was among the first hospital to adopt the single site surgery. Besides being designated as a Colorectal Robotic Epicenter or Center of Excellence by Intuitive Surgical, the makers of the daVinci, surgeons use the robot for general surgery, as well as ear, nose and throat, urologic, thoracic and gynecologic surgeries. It is also used for more highly complex gynecologic/oncologic, liver, pancreatic, esophageal and stomach surgeries. The benefits to patients from minimally-invasive robotic surgery include shorter hospital stays and recovery times, less blood loss and minimal scarring. The third robot at Lutheran General performed its first surgery last week.

PURIM 2014

This year, the Jewish holy day of Purim takes place from sundown on Saturday, March 15 until sundown on Sunday, March 16, 2014. This holy day commemorates the defeat of Haman, a historical enemy of the Jewish people. The story of Purim is found in the biblical Book of Esther. Haman wished to annihilate Jews in Persia. However, Mordechai and his daughter Esther – who became queen of Persia – defeated this heinous plot. Although Purim is considered a minor holiday like Chanukah, it is also among the most joyous. The Scroll of Esther is chanted in synagogue. Whenever Haman’s name is intoned, graggers (noisemakers) are used to drown out his evil name – booing the villain.

Esther, Chapter 9:20-22 states: The month that was turned unto them from sorrow to gladness and from mourning unto a good day; that they should make days of feasting and gladness and of sending of portions one to another and give to the poor. Jews, commemorating their great fortune in having been spared yet another evil enemy, are commanded to share generously with the poor at Purim time. Special gifts of food are given, traditionally including Hamantaschen, a cookie dough pastry filled with poppy seed, prune or other fruit jellies and baked in the shape of Haman’s hat [The Bible narrates the evil Haman’s story beginning in Esther, Chapter 3].

To celebrate Purim at Lutheran General Hospital kosher Hamantaschen will be provided on regular Jewish patient meal trays on March 16, assuming no dietary restrictions. On the same day Hamantaschen will be available at the 10th Floor Top Deck dining area in a set aside kosher area for Associates, Physicians, Volunteers, and guests. Jewish Bibles with English and/or Hebrew language for reading the Book of Esther. The traditional Hebrew language Megillah or Scroll of Esther can be chanted for patients. Both may be requested through Rabbi Leonard Lewy (see below).

Please contact the Jewish Chaplain, Rabbi Len Lewy at leonard.lewy@advocatehealth.com or 847-723-6395 for more information.
Advocate Lutheran General begins $40 million expansion

the following article appeared in the Daily Herald on November 7, 2013.

Advocate Lutheran General Hospital broke ground Thursday on an 18-month, $40 million project to expand the Emergency Room, Level 1 Trauma Center and the Surgery Department.

Hospital officials say the construction is in response to an increase in the volume of patients, as well as the complexity of care they require. In 2012, the hospital had $63,307 emergency room visits.

“By expanding our Emergency Department and operating suites, we are addressing the current capacity challenges and preparing for the future,” said Barbara Weber, interim president and chief operating officer of Advocate Lutheran General Hospital. “Both of these new, high tech environments will allow us to better care for our patients, as well as better preserve their dignity and privacy.”

The same will be true for children. “Having a dedicate space for emergency care in our new design for pediatric families and patients, will enhance our care model and patient experience,” said Mike Farrell, president of Advocate Children’s Hospital.

The number of general treatment station in the ER will increase from 30 to 37.

“Having participated in a major ED renovation and expansion project 10 years ago, I saw first hand the direct impact a project of this nature can have on improving service and care to our patients, “ said Dr. Douglas Propp, chairman of emergency medicine.

The number of operating rooms will increase from 24 to 26 and the new rooms will support complex surgery cases, in particular, minimally invasive robotic surgery. The project also includes a new loading dock and a modernized Materials Management Department.

Advocate Lutheran General is the only Level 1 trauma center in the Northwest suburbs, with the next nearest one being Advocate Condell Medical Center in Libertyville.

Community Lecture Series: Smart Beauty: A Guide to Cosmetic Procedures for Women: Dr. Anthony Terrace on Tuesday, January 7, 2014 (see registration information on page 7).

Community Lecture Series: How Robotics is Changing the Face of Gynecologic Surgery: Dr Charles Miller on Tuesday, January 14, 2014 (see registration information on page 7).

Myths of Aging and Memory Loss: Pat Stacy Cohen on Friday, January 17, 2014. Call 1.800.3.ADVOCATE to register. Breakfast lecture at Just like Home Restaurant (see page 8).

Community Lecture Series: Incontinence and Pelvic Floor Disorders: What Every Woman Should Know: Dr Michael Moen on Tuesday January 21, 2014 (see registration information on page 7).

Community Lecture Series: Street Smarts: What Bad Guys Don’t Want You to Know: Colonel (Ret.) Jill Morgenthaler on Tuesday, January 28, 2014 (see registration information on page 7).

What's Behind the Curtains? Friday, February 7 from 2-2:45 pm at the Parkside Ground Floor (by the walkway garage) as three special murals created by local artists - a project sponsored by the MVP Integration Committee are unveiled.

Lung Cancer Detention and Prevention: Jennifer Clayton, RN on Friday, February 21, 2014. Call 1.800.3.ADVOCATE to register. Breakfast lecture at Just like Home Restaurant (see page 8).
Community HealthBeat

Healthy Women
Cosmetic Procedures | Gynecologic Surgery | Incontinence and Pelvic Floor Disorders | Street Smarts

Smart Beauty: A Guide to Cosmetic Procedures for Women
Tuesday, January 7, 2014
Anthony Terrasse, MD
Plastic Surgeon
Class Code: 8G52

How Robotics is Changing the Face of Gynecologic Surgery
Tuesday, January 14, 2014
Charles Miller, MD
Minimally Invasive Gynecologic Surgeon/Infertility Specialist
Director of Minimally Invasive Gynecologic Surgery
Class Code: 8G52

Incontinence and Pelvic Floor Disorders: What Every Woman Should Know
Tuesday, January 21, 2014
Michael Moen, MD, FACOG, FACS
Obstetrician/Gynecologist
Director of Urogynecology
Class Code: 8G52

Street Smarts: What Bad Guys Don’t Want You to Know
Tuesday, January 28, 2014
Colonel (Ret.) Jill Morgenthaler
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.

Coming in February: Healthy Heart

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 Lutheran General Hospital
Inspiring medicine. Changing lives.
SENIOR ADVOCATE
BREAKFAST CLUB

NEW LOCATION

Our Senior Breakfast Club presentations are free and now held at:

*Just Like Home*
Restaurant
8501 W. Dempster St.
Niles (South side of Dempster).

Presentations include breakfast at 8:30 a.m. followed by a 9:00 a.m. lecture.

Registration is required.

Aging Well with Art Therapy
Join Katie Klehn, MAAT, Art Therapist and Coordinator of Expressions (early stage memory loss program) to learn how art can produce positive changes for seniors. Example of art created by our Expressions participants will be shown.

When: Friday, Nov. 15, 2013
Code: 8S21

Have a fun Holiday. There will not be a Senior Lecture in December.

Myths of aging and memory loss
During this session Pat Stacy Cohen, the Director of the Advocate Alzheimer’s Support Center, will clear up some myths associated with aging and the brain, offer some ideas to increase your brain health and engage the group in some interactive exercise to increase your brain power.

When: Friday, Jan. 17th, 2014
Code: 8S11

Lung Cancer Detection and Prevention
Jennifer Clayton, RN MSN ACNP-BC from our cancer institute will provide an overview of lung cancer and also discuss the new recommendations for lung cancer screening. Discussions on smoking causing cancer will occur as well as the latest evidence on smoking cessation.

When: Friday, Feb. 21th 2014
Code: 8S12

To register, call 1.800.3.ADVOCATE (1.800.323.8622) or visit advocatehealth.com/senioradvocate and click on “I need” and “to register for a class.”
Information and Resource is a free service that connects you with trained staff that can provide you with information on a wide variety of services and programs.

**Senior Advocate**- Personal assistance with Medicare and supplemental insurance billing.

**Adult Day Center**- This program offers a fun, creative and stimulating environment for older adults who, because of physical or cognitive disabilities require some assistance during the day. Take a tour for yourself, loved one or friends.

**Expressions** – A new program designed for people with early memory loss. It’s upbeat, interesting and keeps our minds active

**Philips Lifeline** is a personal response system that links older adults to help at the push of a button 24 hours a day. The newest technology can automatically detect a fall and summon for help. This product saves lives every day.

**Home Delivered Meals**- A support service provided to homebound elderly, individuals recovering from hospital stay or disabled persons who cannot prepare their own meals.

---

**Advocate Lutheran General Hospital’s Senior Information and Resource office**

**Call us for help: 847.296.0737**

Free blood Pressure Screening done the first Wednesday of every month between 10:00am and Noon at our Senior Advocate office located at: 8820 W. Dempster Street, Niles, IL

*(Across from Advocate Lutheran General Hospital)*

---

**Older Adult Services & Senior Advocate staff members you should know:**

- **Mindy Haglund:** Information and Referral Specialist, Home Delivered Meals and Philips Lifeline Coordinator 847.296.0737

- **Agata Doerfler:** Senior Advocate billing counselor 847.723.7277

- **Linda Gonzalez:** Senior Advocate billing counselor 847.723.7277

- **Sandra Mueller:** Senior Advocate billing counselor 847.723.7277

- **Edythe Hirasa:** Manager, Medical Model Adult Day Service 847.824.5142

- **Katie Kiehn:** Coordinator of Expressions (early stage Alzheimer’s program) 847.296.0434

- **Gwynne Chovanec:** Director of Senior Advocate and Older Adult Services 847.824.5143

---

"As old age is not a surprise, we knew it was coming – make the most of it. So you may not be as fast on your feet, and the image in your mirror may be a little disappointing, but if you are still functioning and not in pain, gratitude should be the name of the game." *Betty White*
Distracted driving is a growing problem

Distracted driving is usually thought of as texting and talking on the phone and often tied to advances in technology. But any behavior that reduces a driver’s focus qualifies – eating, grooming, tending children or pets.

These seemingly innocent distractions – electronic and otherwise – contribute to 16% of all fatal crashes, more than 5,000 deaths each year.

Texting while driving is particularly hazardous because it involves all three kinds of distracted driving: visual, manual and cognitive. It impacts what we see, how we respond and the time needed to process what’s happening before we respond.

But cell phone usage is no better. Recent research shows that any cell phone used while driving (even hands-free) impacts a driver’s reactions as much as being at the legal limit of alcohol.

Planning ahead can make you safer. If you think before you drive, you can eliminate a lot of the temptations:

Before you get into the car: Have your snack and drink and make those phone calls from home.

Before you put the car in drive:
- Review your route, check traffic and program your GPS.
- Adjust your mirror, temperature, music.
- Refresh your lipstick or comb your hair.
- Check that your children are comfortable and buckled properly. Secure your pets, too!

Beginning Jan. 1, 2014, handheld devices will be banned for all Illinois drivers.

Prayer: Timeless God, forgive me for the foolish and unnecessary risks I’ve taken with my life and others’ lives while driving. Amen.

Practical Guide to the Affordable Care Act
Update for people in Illinois

Although there have been setbacks with the Affordable Care Act and its HealthCare.gov site, we in Illinois have our own website, and it can truly help you.

GetCoveredIllinois.gov is reliable and easy to use. You can talk with someone person-to-person by simply phoning 866.311.1119. For some people, the transaction can be completed on the phone. For others, it will be necessary to go in person to complete the paperwork, but there are offices throughout the state to help you.

Things to remember to guard against fraud

1. No one should be asking for your personal health information, such as health history, any health conditions you have or medical treatments you’ve received. Do not give this information to anyone over the phone or in person.

2. Keep all your personal and account numbers private. Do not give your Social Security number or credit card or banking information to any company you didn’t contact or in response to unsolicited advertisements.

3. Never give your personal health or financial information to someone who calls or comes to your home uninvited, even if they say they are from the Marketplace.

4. No one claiming to be from the government or Medicare will contact you by phone, email or regular mail and ask you to pay for a new “Obamacare” insurance card.

Calendar of Health Insurance Marketplace
October – open enrollment began
January 2014 – coverage begins
March 2014 – open enrollment closes

Resources advocatehealth.com – “Think you can get away with texting and driving?” simulator – freenation.com – Pledge form for teens to sign and post in their cars – distraction.gov/content/get-involved/teens.html