I frequently bring to mind a phrase attributed to Martin Luther; “I have so much to do today that I will have to spend the first three hours in prayer.” The idea may seem at first counter-intuitive. If I have so much to do, how can I spend that much of my day praying? But when the thought sinks in, I realize that what it means is that when I am very busy, and have much to do, I have to bring to those heavy demands a person who is physically and spiritually refreshed and centered.

I share this sentiment with you all, our partners in the healing ministry of Advocate Lutheran General Hospital, to commend to you all good self-care as an important principle of caring for others. Many of us in ministry spend our days caring for others, and it is vitally important therefore to take good care of ourselves. Whatever it is for you personally that refreshes you in these summer months, find time to do it! Whether for you personally it is prayer, reading, hiking, biking, cooking; whatever it is, practice it regularly as a way to bring to your ministry a person who is spiritually and physically refreshed and centered. May the months of summer be a rich time of growth and joy for you.

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

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.

Maya Angelou
Simms Family Emergency and Trauma Center Ribbon Cutting

Leaders and patients at Advocate Lutheran General Hospital and Advocate Children’s Hospital—Park Ridge cut a ribbon on Wednesday, June 24, 2015 marking the completion of The Simms Family Emergency and Trauma Center. The 18-month, $40-million expansion project, significantly increases the capacity of both the adult and pediatric emergency departments. The center will open for patients in early July.

The first major construction project on the Dempster Street campus in almost six years, the center is named to honor the generosity of the Simms Family of Park Ridge. The local family has donated over $5-million dollars to the hospital in the past 50 years. The new emergency and trauma center has 40 private treatment rooms. The expansion includes thirteen additional rooms to meet the growing need for services in the community.

“Our clinical leaders were intimately involved in the design of the new space for the ED,” says Douglas Propp, Chair of Emergency Medicine. “The work space optimizes open communication and collaboration. In addition the use of natural light creates a warm and friendly environment, hopefully appreciated by all. The treatment areas have been created to best meet the needs of our patients and their loved ones. We intended to create the safest setting to support our staff in providing exceptional, compassionate healthcare. I believe we have succeeded.”

For Advocate Children’s Hospital-Park Ridge, the new pediatric emergency department provides a kid-friendly environment for its specialized care. With a Pediatric Critical Care Center designation from the State of Illinois, it is the only center of its kind between downtown Chicago, Rockford and Wisconsin. The designation reflects the highest level of pediatric critical care and emergency care to meet the unique needs of children.

Cancer Survivors Day Celebration

Sunday, May 31, marked Advocate Lutheran General’s Cancer Survivors Day. The event was held at the hospital for a few hours in the afternoon with 250 survivors and family members in attendance. The cancer survivors were treated to a 50’s theme celebration. There was time for them to chat with each other and enjoy a lunch. Several patients danced and even sang.

The guest speaker was Jonny Imerman, the founder of Imerman Angels. While fighting cancer at 26 years old, Jonny had loving support from family and friends. But Jonny never met anyone his age who was a cancer survivor. He wanted to talk to someone just like him, someone who truly understood and remembered—someone who had already faced the same type of cancer. Today, Imerman Angels provides that gift for those fighting cancer. Imerman Angels introduces each cancer fighter to one survivor who is the same age, same gender, and someone who has already faced that particular type of cancer.

MCICU Recognized for Excellence

The Medical Cardiac Intensive Care Unit has received the American Association of Critical Care Nurses’ Beacon Award. The recognition honors the unit’s milestones in improving patient outcomes and success in gaining greater overall patient satisfaction.
Cubs Charities “Pink Out”
Advocate Health Care and the Chicago Cubs once again “pinked out” the bleachers at Wrigley Field to honor breast cancer survivors and raise awareness.

Trauma Day
Maine East High School students spent the morning of Friday, May 8th at Advocate Lutheran General Hospital participating in Trauma Day. This was a way for us to raise students’ awareness of the repercussions of serious injuries. The “hands-on” activities for the students were designed to encourage them to drive safely and avoid driving while impaired. The students also participated in several hands-on activities meant to give them a better understanding of a trauma patient’s journey. They traveled from the Flight for Life helicopter, through the Emergency Department, operating room and intensive care unit. The hands-on activities encouraged the teens to think before they act.

Rising Stars Talent Show 2015
“Hear us roar”
Pediatric Therapies at Advocate Children’s Hospital—Park Ridge had their annual Rising Stars Talent Show on Friday, May 15th. Our patients’ families had a chance to enjoy amazing acts by our pediatric therapy patients, such as circus performers, joke tellers, singers, dancers, dragon boat paddlers, and much more. The event was sponsored by the Men and Women’s Association of Advocate Lutheran General Hospital.

Health Fair for the Korean Community
Sixty people attended the Korean community Health education Fair held on May 7. Dr. David Jun gave a lecture on the prevention and treatment of chronic adult illnesses, such as high blood pressure, high cholesterol, diabetes, and heart disease. Ann Cho, the Korean concierge, talked about stress management. The participants had an opportunity to get free diabetes screening, blood pressure check, as well as BMI check.
Dear givers of care,

As we enter into this summer season, I invite you to join me in reflecting on ways that we as communities of faith support children and families in living full and abundant lives.

As we journey together with families, there are countless ways in which we can nurture their faith and well-being so that they can live with hope and vitality, even in the face of illness and health challenges.

Just as you nurture the faith and spiritual life of children and families at worship, I also invite you to join us here at the hospital in supporting the physical and emotional needs of children and families.

In this newsletter, we share an exciting partnership between Advocate Children’s Hospital and the Chicago Zoological Society to create opportunities for children with autism and their families. This collaboration lives out the wisdom of St. Irenaeus in equipping and supporting children to be fully alive in God’s wondrous creation.

Whether it is vacation Bible school, picnics, outings to the zoo or a summer picnic, we invite you to explore within your communities of faith new ways to expand the possibilities for children and families to be fully alive this summer.

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

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**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

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**Brookfield Zoo makes summer fun easy!**

The Chicago Zoological Society (known to many as Brookfield Zoo) is open 365 days of the year, 9:30 a.m. to 6:00 p.m. It is located at First Avenue between Ogden Avenue and 31st Street in Brookfield, Illinois, just 14 miles west of downtown Chicago.

General zoo admission is free on Tuesdays and Thursdays from October 1 through December 31, 2015. General admission the rest of the year is as follows: Adults $16.95, Seniors 65 and Over $11.95, Children (3 to 11) $11.95.

If you have a group of 20 or more guests and will be traveling to Brookfield Zoo via bus, the zoo offers group rates. Tickets must be reserved and paid for at least 7-10 days prior to your visit. Tickets are non-refundable and valid only on the date of your visit.

Brookfield Zoo makes a concerted effort to make its grounds, pathways, buildings, exhibits and programs accessible to all visitors. It strives to provide inclusive recreational programs to all of Brookfield Zoo guests. To request an accessible accommodation, ideally no less than 14 days in advance, please call (708) 688-8338.

Parking is $10 for cars and $15 for buses.

For more information visit czs.org.
Advocate Children’s Hospital’s partners with Brookfield Zoo

Research shows that animals have a positive impact on social behavior. In support of our pediatric patients (ages 3-8) on the autism spectrum, Advocate Children’s Hospital and the Chicago Zoological Society recently partnered to offer FAMILY FUN SATURDAYS at Brookfield Zoo.

FAMILY FUN SATURDAYS provided an interactive and fun environment for skill building. The ACH Developmental Pediatrics teams, along with Brookfield Zoo staff, developed a curriculum focused on inclusion, animals and experiential learning.

“Families of children with autism may avoid community activities because they fear how others may react to their child or how their child may react to situations,” said Dr. James Weedon, Developmental Pediatrician. “This partnership is great because it offers a typical childhood experience in a nurturing environment that focuses on developing social and motor skills.”

The hour-long program met in the award-winning Hamill Family Play Zoo, which was built to foster early childhood connections with nature and wildlife. Activities varied with each session but included meeting animals, crafts, working in the garden, scavenger hunts and a shift in the pretend zoo animal hospital. The ACH team developed goals for program participants to help guide them through each session.

“This program is a helpful, real-life expansion of our patients’ treatment goals,” said Valeria Naclares-Nogues, Psy.D., coordinator, Autism Program at the Developmental Pediatric Center. “It gives us another way to support our patients with autism and their families.”

In the spirit of inclusion, high school age students with autism from our Transitions Program volunteered to help facilitate activities. Participants were honored with a graduation ceremony at the end of the program.

“Families of children with autism may avoid community activities because they fear how others may react to their child or how their child may react to situations.”

Social skills interventions can improve outcomes for children on the spectrum.
Parking Spaces for Visiting Clergy

With our Emergency Department expansion construction now complete, the visiting clergy parking spaces are back! Any clergy visiting their congregants in the hospital are welcome to use the spaces. There are 13 parking space designated for municipal vehicle, visiting clergy, and commercial ambulance parking. The spaces are on the south side of the hospital facing the new emergency room.

SUKKOT (TABERNACLES) HOLY DAYS 2015

The Jewish Holy Day of Sukkot (the Festival of Booths or Tabernacles) begins on Sunday, September 27, 2015, and continues through Sunday, October 4 at sundown. This Holy Day -- originally an agricultural festival -- commemorates Israel’s wandering in the desert in which both temporary structures and G-d's sheltering presence were a part of the journey. Jews today symbolically reenact these treasured parts of their history by continuing to spend time and when possible enjoy meals in hut like structures called Sukkot or booths during its seven days. For the convenience of patients, family members, associates, physicians, and guests, there will be a Sukkah in the Lutheran General Meditation Garden. Please visit the Sukkah and bring your lunch to join us for a festive educational program with refreshments to be held Thursday, October 1 at 12 Noon. Please RSVP to 847-723-6395 or janet.guardino@advocatehealth.com.

Another symbol of the Holy Day is the Lulav - Etrog: a special palm branch used in prayer with twigs of willow and myrtle held together with a citron (Leviticus 23: 40). The Jewish Chaplain/Rabbi will bring around the palm branch to the Jewish patients/families during the Sukkot. This service can be requested at leonard.lewy@advocatehealth.com or 847-723-6395.

Two additional holy days conclude the season beginning at sundown on Sunday, October 4 through Tuesday, October 6 at sundown. The first is known as Shemini Atzeret on which Yizkor (memorial) prayers are recited. The second of these is the very joyous Simchat Torah, commemorating the conclusion of the annual reading of the Torah scroll (The Five Books of Moses) and, more broadly, Israel's love of and commitment to God's teaching. On Simchat Torah Jews dance with the scrolls and colorful flags at synagogue religious services. The Jewish Chaplain will distribute Simchat Torah flags especially to patients and family members.

Special electric and battery operated dual candle sets (also used for the eve of the Sabbath) can be borrowed from the Chaplain's office for patient rooms and turned on for each evening of the holy days on this list (9/27, 9/28, 10/4, and 10/5.) Kosher grape juice and challah bread can be ordered by patients or family members for each holy day dinner and lunch 9/27-9/29 and 10/4 -10/6 (as appropriate to the patient's diet). Those with no dietary restrictions may supplement kosher food thru the Kosher Pantry (please page the on-call chaplain at 847-723-6395). Those seeking more information may consult Rabbi Len Lewy, Lutheran General Jewish Chaplain at leonard.lewy@advocatehealth.com or 847-723-7264 or Janet at 847-723-6395.
**HIGH HOLY DAYS 2015**

*Rosh Hashanah* is the Jewish New Year holy day, which begins this year at sundown Sunday, September 13th, 2015 and continues on Monday, September 14th, and Tuesday, September 15th until sundown. The festival commemorates the creation of the world, according to Jewish belief, 5,776 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 Sunday, September 13th and Monday, September 14th. 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 13th. These items can also be requested for lunch and dinner on September 14th, 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. Those with no dietary restrictions may supplement kosher food thru the Kosher Pantry (please page the on-call chaplain at 847-723-6395).

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 on sundown on Tuesday, September 22 and continues all day on Wednesday, September 23. 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. Electric candles are available for Yom Kippur Eve on 9/22.

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* [http://www.jbfcs.org/file_viewer.php?id=743], please consult the Jewish Chaplain (or one’s own clergy).

A High Holy Day service is open to all on Tuesday, September 8th 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 (*Machzorim*) 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.
Lifestyle Changes to Reduce Your Risk of Dementia

Tuesday, August 25, 2015
Darren Gitelman, MD
Senior Medical Director
Advocate Memory Center

Class Code: 8G52

For more information or to register for an event, go to advocatehealth.com/classes or call HealthAdvisor at 1.800.3.ADVOCATE (1.800.323.8622) and mention the class code.

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

Space is limited. Make your reservation today!
HYDRATION AND YOUR HEALTH
Nutrition News You Can Use

Staying hydrated is an essential part of staying healthy. Water accounts for almost two thirds of our body weight. It enables our most important body functions. If you’re not drinking enough, you can quickly become dehydrated, which can lead to headache, fatigue and more serious issues. Staying hydrated can help you stay energized, active and healthy.

Most people know they need to drink in hot weather or after exercising, but staying properly hydrated is important all year long, and is just as important for the average person as it is for serious athletes. For healthy hydration, the trick is understanding what to drink, how much is enough, and when an extra glass can do you good.

Healthy Hydration Choices
Any non-alcoholic beverage can help you stay hydrated. Water, soda, sports drinks, fruit juices, coffee and tea can all help you maintain healthy hydration. However, it is very important to remember that low calorie or zero calorie beverages are usually the best choice. Sweetened beverages can be high in calories and low in nutrients. So while a sweetened drink is OK as an occasional part of your diet, too many can lead to weight gain and other health issues. Use the following as a guide to stay hydrated without adding extra pounds:

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<thead>
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<th>Choose:</th>
<th>Limit:</th>
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<tbody>
<tr>
<td>water &amp; other unsweetened beverages</td>
<td>sweetened beverages</td>
</tr>
<tr>
<td>skim milk</td>
<td>whole milk</td>
</tr>
<tr>
<td>100% juice</td>
<td>fruit drinks / punch</td>
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</table>

How Much is Enough?
There are many expert opinions about how much people should drink each day, but generally about 9 to 12 glasses of water and other beverages is recommended for most adults. Specific recommendations vary based on your level of activity, the temperature where you live, and your personal medical history. It’s important to adjust the amount you drink to your routine and environment. When you are more active or in very hot or cold environments you should drink more. For every hour of strenuous activity, experts recommend adding an extra 18 to 36 ounces to help offset the amount of water lost. The old “8 glasses a day” advice is a good starting point, but it’s important to adjust the amount you drink to your personal lifestyle.

Tips for Getting Enough
• Fill your glass from a container that holds at least 64 ounces of water. Drink at least one full container every day.
• Drink a glass of water or other beverage with every meal and every snack.
• Drink a glass of water in between each meal.
• Keep a log of your drinks for a week to see if you’re getting enough.
• Carry a water bottle with you on-the-go.
• Add fresh lemon or lime to your water since studies show that people drink more water when it’s flavored, even without added sugar.
• Include more fresh fruits and vegetables in your diet; they contain lots of water, and up to twenty percent of your fluid intake comes from the food you eat.
• Begin and end your day with water. Drink a glass when you wake up and a glass before you go to sleep.

Don’t Wait Until You’re Thirsty!
Experts advise that if you wait until you’re very thirsty, you may already be dehydrated. So drink enough water and other fluids throughout the day, every day, to stay hydrated and to keep your body working normally.
HYDRATION AND YOUR HEALTH
Nutrition News You Can Use

Avoid dehydration by drinking a glass of water 30 minutes before you exercise, then drink another half glass every 15-20 minutes during your work out.

Water and Weight Management
Water may also help you manage your weight because it can help you feel full. So for many people, drinking more water has the added benefit of cutting calories. Water can take the place of other high calorie beverages and also reduce the cravings you have for unhealthy snacks throughout the day.

The Great Debate: Bottled versus Tap
Bottled and tap water are both healthy and safe to drink, so it’s is all a matter of preference. Some prefer the taste and convenience of bottled water. Others think tap water is just fine and love the fact that it’s free. Choose whichever will help you drink enough each day. If your tap water at home has a flavor you don’t like, try filtered water pitchers or install filters onto your faucets. If you drink bottled water, please don’t forget to think of the environment and recycle!

There are so many types of bottled water that it’s sometimes confusing to tell the difference. All of the following are great hydration choices:

- Mineral Water: Water that comes from protected underground sources that contain minerals naturally.
- Purified Water: Water that goes through a distillation process to remove impurities.
- Sparkling Water: Water that is carbonated to add “fizz”.
- Spring Water: Water collected from a naturally flowing spring.

The Scoop on Specialty Beverages:
Sports Drinks: When you exercise more rigorously, for periods of more than an hour, sports drinks can be helpful. They contain carbohydrates, sodium and other electrolytes that help replenish your muscle strength and replace minerals lost as you sweat. However, they can also add calories to your diet so limit sports drinks if you’re not a serious athlete. Healthy hydration during your workout is one of the most important things you can do for your performance and health.

Nutrient added waters: As you look for healthy hydration options, nutrient added waters are a big trend. These beverages add tropical fruit and exotic berry flavors to water, and then add extra vitamins, minerals, antioxidants and even medicinal herbs. While these are a tasty way to hydrate and add some extra nutrients, make sure that you don’t rely on these types of drinks as your main source of vitamins. Many contain extra calories and will never replace the health benefits of a balanced diet. Including them occasionally however can be a great addition to a healthy hydration plan.

Coffee, Tea and Energy Drinks: Most energy drinks provide both carbs and caffeine. Energy drinks do help you stay hydrated. However they also add calories to your diet and sometimes contain more caffeine than 2-3 cups of coffee. While caffeine can offset some of the hydration benefits from energy drinks, coffee or tea, experts report that there are still benefits from drinking caffeinated beverages. So an energy drink or a cup of coffee or tea can be part of your healthy hydration plan. But don’t overdo the caffeine and remember that water and low calorie beverages should satisfy most of your daily hydration needs.

Can I Drink Too Much Water?
Although not very common, it is possible to drink too much water. Drinking too much water can dilute the sodium in your blood which can result in a dangerous condition. This is rare and when it does occur it is usually seen in marathon runners or endurance athletes, or other people who consume large amounts of water in a short period of time. Generally however, drinking water is a great choice and trading up a sports drink with added electrolytes is a good idea during long periods of intense exercise.

While sticking to a healthy diet can sometimes be a challenge for all of us, staying hydrated is an easy step you can take towards good health.