

Connections

Links our community together.

 Advocate Good Shepherd Hospital
Office for Mission and Spiritual Care



Vision Statement

To be the dynamic medical center of choice committed to wellness and exceptional care.

Growing to Serve Our Community...

New sites opening in your town.



CRYSTAL LAKE: Advocate Good Shepherd Hospital Outpatient Center. Immediate care, occupational health and imaging services (X-ray, ultrasound, digital mammography, CT, and MRI) Dr. Robert Malecki, Family Medicine, Suite 250, now open!

ALGONQUIN: Advocate Good Shepherd Medical Group. Pediatric cardiology, maternal fetal medicine, cardi diagnostics and imaging services (X-ray, ultrasound, digital mammography and CT) currently available. Dr. Froderman will open his practice in November.

LAKE ZURICH: Advocate Outpatient and Imaging Center, Occupational health, imaging services (X-ray, ultrasound, digital mammography, DEXA scan, CT, and MRI) and pediatric physical therapy available. Note: women's imaging services are in a separate suite.

WAUCONDA: Advocate Good Shepherd Medical Group, Dr. Warren Kruckmeyer, Family Medicine, site is now open!

Your e-Connections

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"Process transforms any journey into a series of small steps, taken one by one, to reach any goal. Process transcends time, teaches patience, rest on a solid foundation of careful preparation, and embodies trust in our unfolding potential".

-Dan Millman,
The Laws of Spirit, 1995

The Family Health Partnership Clinic,

Suzanne Hoban, Executive Director

Part II Segment: Linking Our Community to you.

(See October e-issue! For part 1)



The Family Health Partnership Clinic provides health care those in our community who do not have health insurance. Staffed by 24 volunteer physicians, a mix of volunteer and staff nurses along with other support staff, the Clinic serves over 7500 patient visits annually, with about 3000 unduplicated clients. This is only about 10% of the estimated 30,000 uninsured in the county.

The Clinic provides primary medical care including internal medicine, women's health, pediatrics and family practice. In addition, there are several specialty clinics offered including orthopedics, cardiology, optometry, and podiatry.

Charges are based on a sliding fee scale and the average charge is between \$10 and \$15, although no patient is ever turned away due to lack of payment. The Clinic does not take insurance of any kind, including Medicaid – its slots are reserved for those who have absolutely no other access to health care.

Because of the unique nature of McHenry County demographics, the clinic does not receive state or federal funding for its primary care services and relies on the generosity of the community to continue to care for those who have nowhere else to go. Volunteers are welcome in any capacity.

For more information on the Clinic, visit the website at www.hpclinic.org or call 815 334-8987 ext. 15.



Photos courtesy of Lynn Ramirez, photographer

Reflections from our Faith Community...

From Pastor Ryan Sutton, Federated Church—Wauconda, Illinois

The following is a reflection on Health and Wellness from our area clergy.

Wave-Running

This summer, I went wave-running for the first time. I admit – I was scared as I've had troubles with water before – being submerged beneath a canoe, and discovering a barracuda while snorkeling. But I wanted to try it, and after taking a deep breath, I jumped in...and had a great time!

Isn't this like almost every challenging life event?

Change is never easy – we're forced to get up the nerve to make even *positive* changes. But what is wonderful is that we never do this alone. We are promised that God is by our side in everything we do.

My favorite Scripture is, Hebrews 13:5 – 'For God has said, 'Never will I leave you, never will I forsake you.'

Through many difficulties in my life, I've come back to this passage and realized I couldn't have gotten through them had not God been right next to me. Thanks be to God for being with us in all things – even wave-running!

Editors Note: This section is devoted to area clergy and/or chaplains. We welcome submissions to Connections. (Approximately 150 words) Please e-mail your reflections to GSHP-Mission-Spirituality@advocatehealth.com

Sharing Statistics

To empower you, to keep you informed.



When a person has a negative reaction associated with the use of medications its call an adverse drug reaction. As we live longer most of us are taking more medications to help control high blood pressure, high cholesterol, pain, etc.

You need to make sure that your physician and pharmacist are aware of all medications and supplements you are take.

The rate of having an adverse drug reaction increases significantly after a patient is on four or more medications.

A 2000 study in the American Journal of Medicine estimated that 350,000 adverse drug reactions occur in nursing homes every year.

Those with loved ones in nursing homes should inform caregivers of all medications and supplements that they are taking.

Talk to your doctor and pharmacist and carefully read the labels of the medications you and loved ones are taking.





Medical Corner

Wake up to dangers of sleep disorders

By Dennis Kellar, M.D.

Sleep. It sounds simple enough. But, as a veteran sleep specialist, I've seen that when it comes to sleep, counting sheep doesn't quite work for everyone. According to the National Institutes of Health, at least 60 million Americans annually are diagnosed with sleep disorders, and over \$16 billion are spent on medical-related costs alone. According to The National Institutes of Health nearly 100,000 automobile crashes in 2007 resulted from "falling asleep at the wheel."

Once symptoms are identified, physicians typically have patients participate in a sleep study at a specially designated sleep disorder clinic. The sleep study is non-invasive, comprised of simply monitoring your body's vital signs and responses as you sleep.

Researchers have identified over 70 different types of sleep disorders. The five most common are insomnia, obstructive sleep apnea, restless leg syndrome, sleep-wake cycle disorders and narcolepsy.

If patients are found to have severe sleep apnea during the sleep study doctors will attempt a treatment with a Continuous Positive Airway Pressure (CPAP) device. This machine delivers pressurized air through a tube, connected to a nasal pillow or facial mask. Other remedies for sleep apnea can be as simple as losing weight, quitting smoking, avoiding alcohol consumption or changing sleep positions. For other sleep disorders herbal remedies, medications and possibly surgical treatments can be used to remedy the condition. However, only some of these treatments are permanent.

Dennis Kellar, M.D., is a board-certified pulmonologist who was fellowship-trained at Rush Presbyterian-St. Luke's Medical Center. He is a sleep medicine specialist on staff at Advocate Good Shepherd Hospital's Sleep Disorders Center.

Our Community and Good Shepherd Hospital Events

Good Shepherd "Doctor's in Pink"

Moderator: Robert Witkowski, M.D.
General & Oncologic Surgeon
Join our panel of health care providers for a discussion on managing and living with a breast cancer diagnosis.
Thursday, October 16, 2008
7:30 - 9 pm
Lakeview Room

Messiah Lutheran Church, Wauconda
Spirituality Center
New resources for Spiritual Growth and Renewal
Call Pastor Dawn Hass
815-404-3431

Good Shepherd Joyful Again Retreat: Handling the Holiday's

November 16, Sunday
1:30- 4:00 pm, Prairie Room
Registration required: 708-354-7211

Messiah Lutheran Church, Wauconda
H.O.P.E
Grief Support Group
Tuesday's 7-9 P.M.
For Information call: 847-526-7161

Keep us informed and updated! Each month you can provide your calendar of events. Submissions must be e-mailed by the 15th of the month to:
GSHP-Mission-Spirituality@advocatehealth.com

Please note: Included in the e-mail along with this months *Connections* e-newsletter is a Community Health Calendar Submission Form.
Important: Events are only accepted when using this form. This ensures content accuracy of your health initiatives.

The form is a PDF easily opened by most computers. Should you not have the program to open the attached file, please note, Adobe Acrobat is a free downloadable program.
www.AdobeAcrobat.com

Good Shepherd Hospital

The Chapel is always open...



Prayer by Staff Chaplain Rabbi Jodie Futornick BCC

Dear God, Holy and Precious Creator of all, We come before You in a spirit of partnership, that we may work together with You in the task of healing. We especially celebrate the power of community, as we can accomplish together in Your service what we can only dream of alone.

New...Live music broadcast, from *The Chapel on Good Shepherd's, Channel 6.*
Area church choirs, musicians and various talents perform live for the patients, knowing the healing power through music. Join in this ministry today!

We ask for wisdom, guidance and inspiration to carry out our missions as humble servants. We are aware that we accomplish nothing without the support of a power greater than our mortal selves. Yet, we also know that a Higher Power can only be of help when sincere and dedicated human beings do their best to achieve excellence for the sake of others.

Help us to find the right words to say, but also be with us when we offer the gift of silence. May the words of our mouths and the meditations of our hearts be acceptable to You.

Amen

To be a part of these ministries, contact the Office for Mission and Spiritual Care, 847-381-9600 ext. 26 5062.



After completing his bachelor's degree, he attended Trinity International University in Deerfield, IL for his Master of Divinity and Master of Theology degrees.

While in seminary, Colin completed a unit of Clinical Pastoral Education at Lutheran General. He learned a lot from this experience and hopes to continue his growth as a pastor through the residency program at Good Shepherd.

He, his wife, and two children live in Arlington Heights.

Advocate Good Shepherd Hospital welcomes Chaplain Colin.

New Chaplain Resident
Rev. Colin Eversmann is ordained in the Presbyterian Church (U.S.A.) and most recently served as an Associate Pastor at an international church in Tokyo, Japan. Prior to this, he served two different Presbyterian churches in the Chicago area.

Office for Mission and Spiritual Care

Staff:

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Vice President
Reverend Digna Campanano,
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Linda DeGrazia, Secretary
Rabbi Jodie Futornick, BCC,
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CPE Supervisory Candidate
Reverend Colin Eversmann,
CPE Resident

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Chaplain Michael Monteleone
Reverend Lou Ness
Chaplain Catherine Pecoraro
Reverend Tom Tews

Spiritual Welcome Volunteers

May Lou Anderson
Jane Busse
Char Campbell
Josette Carpenter
Mary Hoffing
Barbara Kaufman
Lou Petersen
Donnaruth Schaul
Carol Svoboda
Eileen Zeplin

VOLUNTEER!

Would you like to feel better physically and mentally? Studies show that people who volunteer have lower mortality rates, greater functional ability and lower rates of depression in later life.

If you would like to volunteer at Good Shepherd Hospital, we have a place for you!

Contact the Volunteer Services Department at 847-381-0123, extension 265093 or drop in for an application.

Our next new volunteer orientation is scheduled for Sunday, October 27, and you could be on your way to feeling really good!

do good

Did you know?

One in four American women die of heart disease, and most fail to make the connection between risk factors and their own likelihood of developing heart disease. Understand the risk factors for heart disease: high blood pressure, high cholesterol, diabetes, smoking being overweight, being inactive, age over 55, and family history. Talk to your doctor. Take action to lower your risks. (NHLBI, 2008).

Register Today



**Advocate Good Shepherd Hospital
Congregational Health
Seminar / Luncheon
"From Darkness into Light"**

**Reaching Out to Sufferers of
Emotional and Psychological Illness**

**Thursday, October 16
8:30 am - 1:00 pm
St. Michael's Episcopal
Church, Barrington**

**Space is limited, call and
RSVP— 847-391-9600 26-5062**