



Mission Statement

The mission of Advocate Health Care is to serve the health needs of individuals, families and communities through a wholistic philosophy rooted in our fundamental understanding of human beings as created in the image of God.

Keeping Connected!

This is the Office for Mission and Spiritual Care, Advocate Good Shepherd Hospital's first *Connections* e-newsletter. Our aim is for this e-newsletter to become a vehicle for communications between Good Shepherd Hospital and our faith communities. It will inform readers about health and medical issues, as well as upcoming events and programs in our area. We'll also highlight community partners, take a personal look at the people behind the scenes, and let you know how to access health resources.

Send us your ideas, announcements and calendars of events to:

GSHP-Mission-Spirituality@advocatehealth.com by the 15th of each month and we'll include as many health and wellness – related events as space permits. We'd also love to know what you think of this new communication vehicle.

Suzanne Hoban,

Executive Director

The Family Health Partnership Clinic in Woodstock became a reality when I found that it's easier to get primary health care on an island in the middle of the South China Sea than if you are uninsured in the United States. When I worked in a refugee camp in Malaysia I saw basic health care needs being provided. Many of the refugees had better access to health care in the camps than here. With the strong belief that health care is a right and not a luxury, I was determined to do something. The Clinic opened in Harvard in 1996 and moved to Woodstock in 2000.



Today, twenty-four volunteer physicians and a dedicated staff make the Clinic a vibrant center of caring. When they feel that they have nowhere else to turn, this clinic becomes for many, an open door of hope and healing. (Editor's note: Look for **Part II** in the October e-feature about **The Family Health Partnership Clinic** and its resources.)

Your e-Connections

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"The newest computer can merely compound, at speed, the oldest problem in the relations between human beings, and in the end the communicator will be confronted with the old problem, of what to say and how to say it.

EDWARD R. MURROW

Did you know?

Advocate Health Care provided more than \$344 million in charitable care and services during 2007 throughout Chicagoland? This total represents a \$48 million increase from its 2006 contribution.

Advocate's community benefits investment allows it to meet the health and wellness needs of its communities, provide a medical safety net for many, and extend access to care, especially to the underserved and vulnerable.

In addition to the free and discounted charity care for the uninsured and underinsured, Advocate provided care without full reimbursement from Medicare, Medicaid or other government-sponsored programs, and absorbed uncollected debt on patient accounts. In 2007, these benefits alone totaled \$265.5 million in health care service costs, \$41.4 million more than in 2006.

Reflections from our Faith Community...

*From Pastor Budd Friend-Jones, First Congregational Church—Crystal Lake, IL
The following is a reflection on Health and Wellness from our area clergy.*

Cherishing

I once thought it was easy to distinguish between the "pastoral," "priestly" and "prophetic" functions of my calling. Over the years I discovered that they all flow from a single motivation: cherishing. Waldo Williams captured its essence in these lines about his mother:

*"To her door the troubled would come,
and the weary knew the entrance of her court..."*

*She was anxious for many
At evening. She would rejoice with the joyful,
Sense the pain, join the feast.
In the ocean of her heart there was a cherishing."*

To cherish is to see with the eyes of love. To cherish is to be an unabashed activist in matters of caring, compassion and community. Ministry to others begins when we see them, *cherish* them, and *serve* them with love.

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

Growing to Serve Our Community...

New sites opening in your town.

ALGONQUIN: Advocate Good Shepherd Medical Group.

Pediatric Cardiology, Maternal Fetal Medicine, cardiognostics and imaging services (X-ray, ultrasound, digital mammography and CT) currently available. Dr. Froderman will open his practice in November.

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, in Suite 250, opens in September.

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 scheduled to open in September.

Sharing Statistics

To empower you, to keep you informed.



Cancer, statistics In our area.

Associated Press
Photo/Nick Ut, file)

Actress Christina Applegate, 36, was recently diagnosed with breast cancer. A mammogram accompanied by an MRI scan of the breast helped doctors determine that she indeed did have cancer. According to the American Cancer Society, breast cancer is second only to skin cancer as the most common cancer among females in the United States.



It's also the second leading cause of cancer death in women, following lung cancer. Fortunately breast cancer death rates are declining, most likely due to earlier detection and better treatment options for patients. According to the Illinois Department of Health, there are approximately 480 new breast cancer cases in Lake County and 185 in McHenry County. Call Advocate Good Shepherd Hospital to schedule your mammogram. **1-800-3-ADVOCATE (1-800-323-8622)**



Medical Corner

Today's Top Five Worst for Feet

Dr. James Baird, Foot & Ankle Specialist

Face it; we take our feet for granted in our non-stop lifestyles. We wake up, we "work out," and then go to work. A generation ago, physicians didn't see the types of damage to feet and ankles that we do today. So, here are today's Top Five Worst things for your feet.

#5 – Athlete's Foot. Believe it or not, hazard number five begins as a plain, old fungus, usually starting as itchy dryness or cracking between the fourth and fifth digits or on the heels. It makes my list because it's so regularly ignored. It's actually created a new market for pharmaceutical makers. If left untreated, it gets into the nails and becomes systemic nail fungus. Those disgusting, gross-out TV commercials about nail fungus are often thanks to people simply ignoring a mild case of Athlete's Foot. It's more common than ever. Always dry your feet well, and use a topical anti-fungal spray as prevention.

#4 – Ultra-flexible shoes. It seems like super-cheap is some new fashion statement. Flimsy shoes cause serious and lasting heel pain and potentially permanent arch damage. When shopping, take a shoe and see that it bends only at the toes, and not at the arch, like a taco. You can pay now, or pay later; it's up to you.

#3 – Heelys. Those gym shoes with the onboard skate wheels that kids love are not good for the health of their feet. Children learn body mechanics that can permanently affect their gait patterns. The location of the Heely wheels – at the center of the arch – puts high pressure just where kids don't need it. Until age 13, kids have an open growth plate in the arch, and pressure causes inflammation – Sever's Disease – which can start a child on a course of lifetime foot pain.

#2 – Hardwood and ceramic floors. Padded, deep-pile carpeting may be passé as interior design goes these days, but the ultra-hard surfaces we live on at home are really punishing. Going shoeless on hardwood causes plenty of lasting, heel pain. I always suggest buying a pair of soft, rubber-soled "house shoes," as I call them.

#1 – Flip-flops. The inventors never meant you to wear these all day. Flip-flops offer no support, and I regularly see patients – many young ones, now – with real damage to the structure of their feet. Arch damage, plantar fasciitis, severe tendonitis, ankle sprains along with tissue and nail tears from feet being rolled under doors – all of it keeps me plenty busy, thanks to flip-flops.

Dr. James Baird is a Fellow of the American College of Foot and Ankle Surgeons, and is a member of the medical staff at Advocate Good Shepherd Hospital.

Our Community and Good Shepherd Hospital Events

Good Shepherd
Outpatient Center Grand Opening
 525 Congress Parkway
 Crystal Lake
 Saturday, September 13
 9:00 am - 1:00 pm

Good Shepherd
Lecture Series
"Act Fast at the First Sign of Stroke"
 Tuesday, September 16
 6:30- 8:00 pm, Prairie Room
 Registration required: 1-800-323-8622

Good Shepherd
Senior Breakfast Club
"Home Safety and Fall Prevention"
 Wednesday, September 16
 9:00-10:30 am, Prairie Room
 Registration required: 1-800-323-8622

Good Shepherd
Office for Mission and Spiritual Care
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
 Call for brochure/details:
 847-391-9600 26-5062

Good Shepherd
Spiritual Care Partnership
Certificate Program (10 wks)
 Starts, Monday, September 15
 7:00- 9:00 pm, Prairie Room
 Call for brochure/details:
 847-391-9600 26-5062

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 month's *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

New Ministries; Sharing and Caring from our area Churches



Yes, The Chapel is always open at Good Shepherd Hospital. At Good Shepherd, our mission and values are rooted in our ability to provide holistic care to the patients we serve. This means addressing our patients' spiritual and emotional needs, as well as treating and maintaining physical health.

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!

New...Prayer Shawl Ministry. Area churches donated shawls for the patients at Good Shepherd. When words cannot convey...these prayer shawls convey the prayerful message of healing.

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



**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



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**Spiritual Care Partnership
Certificate Program (10 wks)**
Starts, Monday, September 15
7:00- 9:00 pm, Prairie Room
Advocate Good Shepherd Hospital
Call to enroll today, space is limited!
847-391-9600 26-5062

Office for Mission and Spiritual Care

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Vice President
Reverend Digna Campanano,
Staff Chaplain/CPE Supervisory
Candidate
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Rabbi Jodie Futornick, BCC,
Staff Chaplain
Chaplain Suzanne "Sam" Martinez,
Staff Chaplain
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Reverend Lou Ness
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**Spiritual Welcome
Volunteers**

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