
The AUXILIAN

Published twice a year by The Auxiliary of NorthShore University HealthSystem at Highland Park Hospital

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Dear Auxiliary Members,

The accomplishments of our 90th year leave us and our predecessors with a great deal to be proud of. It was an incredible year, finishing with a very strong second half. We saw our membership drive, fundraising initiatives and service programs all excel. Our annual appeal

once again benefitted Be Well-Lake County. Key to the Cure, which continues to be a huge community engager and funder for NorthShore Kellogg Cancer Center, was very well attended, as was our annual luncheon at Northmoor Country Club, where we celebrated our successes. Awareness of our newest service program — NorthShore Kids' Corner—now in its 3rd year, continued to spread around the community, attracting an ever-increasing amount of interest from area grade schools. And, we continued to provide service to the community with programs such as Mobile Meals and the LifeSource blood drive, to name a few.

We begin 2012 with a great deal of momentum and exciting happenings for The Auxiliary. We welcome four new Board Members: Lynn Giangreco, Susan Ginsberg, Leslie Kessler and Debbie Kramer. Growing our membership and gaining new friends is a primary goal of The Auxiliary. I ask each of you to introduce a friend to The Auxiliary in the hopes that they will join us this year. Consider taking them shopping at our Alcove Gifts and please have them join you at an Auxiliary event during the year.

The Auxiliary is already hard at work planning new activities to support our membership and our fundraising efforts for NorthShore Highland Park Hospital programs. Stay tuned in the coming months for news of these happenings.

I look forward to continuing our important work and to seeing each and every one of you this year at an Auxiliary event.

Abbe Silverberg Sparks

Abbe Silverberg Sparks
President
The Auxiliary at Highland Park Hospital

MEMBERSHIP RENEWAL IS IN FULL SWING

"Members are part of a great support system to our community's local hospital."

– Karen Braun, Vice President of Membership
The Auxiliary at Highland Park Hospital

Your membership is vital to The Auxiliary's operations and fundraising. As a member, we consider you a friend of The Auxiliary and of NorthShore Highland Park Hospital. If you haven't already done so, please remember to renew your membership this year. Membership reminders were mailed in October. Dues are \$30 for the year or \$75 for a contributing member. It's now easier than ever to renew, as we have added the option of paying by credit card or online at northshore.org/hpaux. As a member and friend you will continue to receive invitations to the Key to the Cure Event at Saks Fifth Avenue and our Annual Fall Luncheon. In addition, members are encouraged to attend smaller events held locally throughout the year. *Stay tuned for additional events around town!* There are many opportunities for you to become involved on a committee. Inquire any time to learn more and don't forget to renew your membership today!

Name: _____

Spouse: _____

Address: _____

Phone: _____

Email: _____

Please send your dues to:
The Auxiliary at
Highland Park Hospital
777 Park Avenue West, #1264
Highland Park, IL 60035

Blood Drives at NorthShore Highland Park Hospital

Donate Blood - Save Three Lives. The Auxiliary at Highland Park Hospital partners with LifeSource - Chicagoland's Blood Center to sponsor blood drives at NorthShore Highland Park Hospital throughout the year. Blood donors begin a cycle of care for neighbors, family and friends who rely on blood transfusions to overcome disease, illness or accidents.



Since blood cannot be manufactured, it truly is a gift one person gives another. People will tell you they donate because it makes them feel good. Each donation can save up to three lives and the need for blood is great. Please consider joining us to donate blood at an upcoming drive.

Donors must be at least 17 years old and weigh more than 110 pounds. Remember to eat a good meal and drink plenty of liquid before donating blood. You will be required to show identification that displays either a social security number, driver's license or state identification number.

Approximately 250 blood donations are accepted annually through The Auxiliary's LifeSource Blood Drive.

Blood drives take place every other month on the following dates from 12:00 to 7:00 p.m. in the lower level meeting room at NorthShore Highland Park Hospital.

March 8
May 10
July 12
September 13
November 8

NorthShore University HealthSystem First Baby 2012

The nursery at home wasn't even ready, but that didn't stop Matthew Patrick Harmon from coming into the world six days early. Matthew, 7 pounds and 15 ounces, was born January 1, 2012, at 6:19 p.m. at NorthShore Highland Park Hospital, making him the first baby delivered in 2012.

With mom Alison and dad Chris by his side, news photographers and Hospital staff packed his room Monday to take pictures. "It was a full day for him, but he handled it well," Matthew's mom said.

She added that, "We can have a family gathering and celebrate his birthday when the clock strikes midnight on New Year's Eve every year."

In keeping with NorthShore tradition, the family left NorthShore Highland Park Hospital with a special gift basket of baby necessities from The Auxiliary's Alcove Gifts.

Auxiliary to Launch Lecture Series

The Auxiliary at Highland Park Hospital plans to launch a lecture series later this year to increase its visibility in the Highland Park community and encourage new friends to join.

The lectures will take place at the Equinox Health Club in Highland Park. The Club is excited to partner with The Auxiliary to provide information that touches on many of today's health concerns.

"We have a wealth of resources to draw from at the Hospital, and we want to share that expertise with the public," said Auxiliary Vice President Kim Maites.

The first lecture is scheduled for Wednesday, April 18, from 6:30 to 8:30 p.m. Equinox has graciously offered to provide refreshments of wine and cheese to those who attend.

Watch for more details and an invitation coming your way soon.

New Members Welcome!

Do you know someone you would like to join The Auxiliary – perhaps a friend, neighbor or business associate? We welcome new members. Please call The Auxiliary office at (847) 926-5003 to provide us with the suggested member's name and address. We will be happy to send membership information.

Be Well–Lake County

Since 2009, The Auxiliary at NorthShore Highland Park Hospital has been raising funds for Be Well–Lake County. We are so proud to participate in a project that reaches out to our neighbors and our community to make it a healthier place.


Be Well–Lake County is a diabetes program offering awareness, education, prevention and treatment to give patients and their families the tools, support and inspiration to lead healthier lives.

In this short time, \$700,000 has been raised through the effort of The Auxiliary and the generosity of neighbors and friends. Please help us complete our commitment of \$1 million dollars by donating to this project. You can donate anytime, but please watch for our solicitation in late spring of 2012.

Be Well–Lake County

A Message of Gratitude

On behalf of the participants and their families, Be Well–Lake County thanks you, our donors, for providing much-needed philanthropic dollars toward addressing one of the nation's fastest growing health threats: diabetes among the medically underserved. Your gifts assisted Be Well–Lake County to become a model community engagement program that provides medical care through a community health center, nutrition and exercise education, and healthy produce from a community garden to disadvantaged diabetic patients in Lake County. We are grateful for your partnership and generosity.

BE Well  A partnership of NorthShore University HealthSystem and the Lake County Health Department and Community Health Center

Remembrance Fund

Let The Auxiliary send a card in honor of..., in memory of... or in celebration of...

The Auxiliary at Highland Park Hospital's Remembrance Fund will promptly send notification of a donation to the recipient as well as the donor. Call The Auxiliary Office for more information (847) 926-5003.

In addition, packets of five beautiful donation cards and envelopes are sold in the Alcove Gift Shop. You sign, stamp and mail these cards as needed.

The proceeds of the Remembrance Fund and the sale of donation cards benefit the fundraising efforts of The Auxiliary at Highland Park Hospital.

Mobile Meals Keeps on Rolling

The Auxiliary at Highland Park Hospital sponsors the Mobile Meals Program at NorthShore Highland Park Hospital which is operated entirely by volunteers who deliver meals to community members who are homebound, at nutritional risk or cannot prepare their own meals. Each year over 8,000 meals are delivered by our volunteers. Delivery areas include Highland Park, Deerfield, Highwood and Glencoe. Recipients can receive both lunch and dinner delivered to their homes. Meals are picked up at the Hospital and delivered between 11:15 a.m. and 12:30 p.m. For many recipients, this is the only social contact they have in a day. Do you know someone in need of Mobile Meals? Do you know someone who might want to deliver Mobile Meals?

To volunteer or obtain more information, please call Volunteer Resources at (847) 480-2648.

Alcove Gifts

Alcove Gifts is a wonderful place to shop.
All proceeds benefit
NorthShore Highland Park Hospital.

Visit the store or send a gift to your loved ones at Highland Park Hospital by shopping Alcove Gifts online at northshore.org/alcovegifts



Monday to Friday
9:30 a.m. - 4:30 p.m.

Saturday
9:30 a.m. - 3:30 p.m.

(847) 480-4170



Annual Luncheon and Meeting Delights All

Each fall, members, friends and family get together to celebrate The Auxiliary's accomplishments and install a new Board of Directors. On October 27, The Auxiliary hosted guest speaker Chef Gale Gand at the luncheon held at Northmoor Country Club in Highland Park. She spoke of her career as partner of renowned Chicago restaurant Tru and as a pastry chef. While poking fun at herself and sharing family tidbits, Gale drew her audience in with behind the scenes stories from her experiences growing up in Deerfield as well as her experiences on the Food Network and at Tru. Guests were treated to Gale's desserts and to her recipes for these scrumptious delights.

Also at the meeting, Board Member Sarah Adess took the podium to read the slate of Board leadership for the 2012 year.

The luncheon guests were treated to shopping at a beautiful boutique, where Alcove Gifts wares were displayed. Several other vendors took spots at the boutique this year: Just Class Jewelry, TSG Designs and Joanna Alot. All vendors donated a portion of their proceeds to The Auxiliary and its fundraising efforts.



Donation to the Annual Campaign

At the annual luncheon, Auxiliary Board President, Abbe Silverberg Sparks and Vice President of Fundraising Kim Maites presented Jesse Peterson Hall, President of NorthShore Highland Park Hospital and Lindsey Bailey, Vice President of NorthShore Highland Park Hospital, with a symbolic check of \$55,000 which represents the Board's fundraising work for the year. These funds go directly toward The Auxiliary's campaign pledge of \$1million to Be Well-Lake County, a community health program for awareness, education, treatment and prevention of diabetes.





Key to the Cure

The 2011 Key to the Cure event was a huge success, thanks to over 600 guests in attendance. The fundraiser, held at Saks Fifth Avenue every October, raises funds for women's services at Kellogg Cancer Center at NorthShore Highland Park Hospital. A silent auction, raffle and generous donations are the main fundraising elements at Key to the Cure. This year, the evening event raised \$26,000. In addition, a percentage of Saks Fifth Avenue sales at the Highland Park store throughout the shopping weekend were also donated to Kellogg Cancer Center. This year featured an ice sculpture depicting the cancer awareness ribbon in the center of the first floor of the store. Also, a spectacular buffet including seafood, assorted cheeses, a carving station, dessert and drinks was very impressive and donated by ARAMARK. A huge thank you to all of the sponsors of the event including, ARAMARK, Autohaus on Edens, Classic Party Rentals and media sponsor Sheridan Road.



News from our NorthShore Family:

New Home for the Breast Center at NorthShore Highland Park Hospital

The Arthur G. Michel Center for Breast Health at NorthShore Highland Park Hospital recently moved into a new space just down the hall from its previous location. The move, prompted by other construction projects at the Hospital, has meant a more efficient use of space and slightly larger procedure rooms, without compromising the same high-quality, collaborative care for patients, according to Bufi Selimos, Senior Director, Hospitals and Clinics. The Center's Medical Director, Lawrence Krause, MD, is joined by David P. Winchester, MD, an expert breast cancer surgeon and past Chair of the Department of Surgery, and Katherine Yao, MD, Director of the Breast Surgical Program at NorthShore, in offering the latest in advanced surgical oncology care. The Center for Breast Health offers radiology services, surgical consultation and same-day procedures.

The American Cancer Society recommends yearly mammograms starting at age 40 because breast cancer remains the second leading cause of cancer death in women.

More News from our NorthShore Family:

Two local medical practices have joined NorthShore University HealthSystem Medical Group:

North Shore Cardiologists, SC, which includes the following physicians:

Jay H. Alexander, MD, Ronald G. Berger, MD, David R. Campbell, MD, Caesar A. DeLeo, MD, Jonathan M. Gilbert, MD, Eli Lavie, MD, Thomas A Mayer, MD, Gary R. Pineless, MD, Brian P. Shortal, MD, Mark A. Stern, MD, Carl L. Tommaso, MD, and James M. Wicks, MD.

Ravinia Associates in Internal Medicine will join NorthShore in April. This practice includes the following physicians:

Robert S. Block, MD, Kenneth M. Breger, MD, Gene Z. Chiao, MD, Gary A. Kaufman, MD, Arielle M. Levitan, MD, Victor D. Levitan, MD, Neal A. Moller, MD, Jeffrey W. Nathanson, MD, Joel E. Retsky, MD, Jefferson A. Schott, MD and John M. Sultan, MD.

The Auxiliary at Highland Park Hospital Scholarship

The Auxiliary's annual educational scholarships were awarded in August. Marcy Goodrum received \$1,500 and Svetlana Krupnik received \$1,000. They were chosen from a group of 16 excellent candidates. This year a new category was awarded and Cecelia Deslauriers was chosen from six applicants to receive \$400 for advance certification in a nursing area.

Marcy is completing a Bachelor of Science degree from North Park University while working full-time as a collaborative practice nurse at Kellogg Cancer Center at NorthShore Highland Park Hospital and keeping up with the activities of a 10-year-old son. Her goal right now is to transition into the nurse practitioner program at North Park University in hopes of increasing her responsibility at Highland Park Hospital.

Svetlana has been in this country since 1995. Busy and energetic since her arrival from the Ukraine, she has learned English, completed a nursing degree at Harper College, worked 10 years at NorthShore Highland Park Hospital, and had two children. During her time at Highland Park Hospital she has received two advanced nursing certificates, one in plastic surgery and another in newborn nursing. She is now working to complete a Bachelor of Science degree from the University of St. Francis.

Cecelia received funds to recertify her lactation certificate which must be done every 10 years. She is a lactation consultant and in her 26 years at NorthShore Highland Park Hospital, she has created numerous programs and classes for breastfeeding families and the community, has opened a breastfeeding boutique, and received the March of Dimes Outstanding Nurse of the Year award among others.

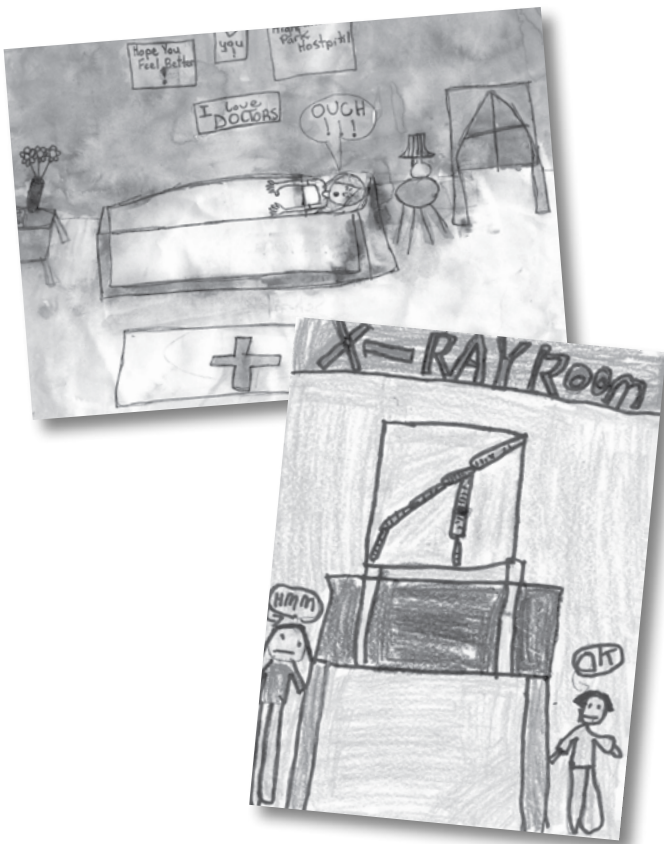


Please visit us at:
northshore.org/hpaux

NorthShore Kids' Corner Program Casts Off for 2011-2012

The 2011-2012 NorthShore Kids' Corner program began the season with an exciting new twist—that of in-hospital tours. This year, second grade classes at area schools were offered the choice of an in-classroom presentation or in-hospital tour. Both options present an overview of the hospital designed to educate as well as alleviate and prevent anxiety associated with coming to the hospital as a patient or visitor. So far this school year, NorthShore Kids' Corner has presented to over 80 second graders at Lincoln and Braeside Schools. One of Lincoln School's second grade classes opted for an in-hospital tour, which was led by Auxiliary Board members and hospital volunteers. The children had tons of fun as they visited the food service, radiology, women's services and hematology areas. The other Lincoln School second grade class, as well as the Braeside School students, had equally as much fun at their in-class presentations as they all had one of their fingers temporarily casted.

Now in its third year, word about the wonderful NorthShore Kids' Corner program is spreading throughout the community. Two additional area grade schools have already requested the NorthShore Kids' Corner program for this year and the committee is hard at work securing additional school participation.



The Auxilian Plans to Go Green

In keeping with the times, *The Auxilian* is planning to go green with our next issue later this year. **This means that we will be replacing our paper version with an e-mail copy.** Of course we want this news to reach all of our current readers and members so please make sure to provide us with your most current e-mail address.

You can send your e-mail address to The Auxiliary manager, by e-mail at hpaux@northshore.org, or by telephone at (847) 926-5003. Please do so—we want to keep in touch with all of our members! Thank you.

Breakfast – The Most Important Meal of the Day



Between the morning rush of getting out the door on time and organizing schedules, breakfast isn't always top of mind. However, it should be.

Michael Rakotz, MD, Primary Care Physician with NorthShore Medical Group, notes that it is the most important meal of the day, especially for kids. He offers his insight on some healthy breakfast options to help fuel you and your kids throughout the day:

- **Unsweetened Oatmeal**

Sweeten it with raisins, apples, blueberries, or a bit of honey.

- **Eggs – Free Range Recommended**

Free-range hens that roam around eat grass. Their eggs will have more Omega-3s and nutrients. If you don't have time to make eggs in the morning, make hard-boiled eggs the night before.

- **Yogurt and Fruit**

Greek yogurt has more protein, making it a good choice for a growing child. Be sure to read yogurt labels to watch out for added sugar.

- **Whole Grain Toast**

- **Cereal**

Be sure to read the label, as health claims like “contains whole grains” don't always mean it's the best option. It's best to eat cereals that have five or less grams of sugar per serving.

What is your daily breakfast go-to food? Do you change it up throughout the week?

For interesting stories like this one, please visit northshore.org/community.

**The Auxiliary
at Highland Park Hospital**

777 Park Avenue West, Room 1264
Highland Park, IL 60035

RETURN SERVICE REQUESTED

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twice a year by The Auxiliary at Highland Park Hospital.
President, Abbe Silverberg Sparks
Editor, Kim Maites*

Tributes and Memorials

The Auxiliary of NorthShore University HealthSystem at Highland Park Hospital Remembrance Fund Report From March 14, 2011 through September 19, 2011

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Sally Piolet's 75th birthday
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Simply mail your request to 1033 University Place, Suite 450, Evanston, IL 60201.
Alternatively, please feel free to contact (224) 364-7200 or philanthropy@northshore.org.