

COMMUNITY RELATIONS

In Sync

The Skokie Festival of Cultures celebrates healthy diversity—together.

By Barb Hailey

The Village of Skokie is rich with ethnic diversity—more than 100 different languages are spoken there. On May 22 and 23, more than 30,000 people gathered in Oakton Park to celebrate and share elements of their heritage at the Skokie Festival of Cultures.

The two-day celebration has become one of the premier ethnic festivals in Illinois. While the festival celebrated differences among various ethnic groups, the booth sponsored by NorthShore University HealthSystem's (NorthShore) Skokie Hospital highlighted one of the groups' common denominators—*salud buena, magandang kalusugan, dobro zdravlje*—good health!

Skokie Hospital nurses volunteered at the NorthShore booth with the "Wheel of Fitness" that invites people to take a spin and answer a health-related or nutrition topic, such as, "What percentage of Illinois residents are obese?" The answer, 25 percent, helps launch a discussion of the components of healthy eating and exercise.

Community Forum at Evanston Hospital

Advances in Cancer Treatment and Prevention will be highlighted at a NorthShore Community Forum at Evanston Hospital from 5:30 to 7:30 p.m. on Tuesday, July 13. Bruce Brockstein, M.D., will lead a physician panel and attendees will also have the opportunity to tour the new Kellogg Cancer Center at Evanston Hospital. Refreshments will be served. To register for this free event, please call (847) 492-5700 (Ext. 1216) or visit www.northshore.org/communityforum.

"When people hear the answers to health-related questions, they think how that impacts their own lives," said Rita Walter, Clinical Nurse Manager at Skokie Hospital who volunteers at the festival. "It raises awareness and helps us stay in sync with the community." Walter said the nurses enjoy interacting with people and it helps inform other areas of Skokie Hospital's health outreach efforts like glucose screenings and skin



Skokie Hospital nurses demonstrate the Wheel of Fitness used to help educate children and adults on a variety of health- and nutrition-related topics at the Skokie Festival of Cultures.

cancer prevention.

"The staff and patients of Skokie Hospital reflect the diversity of our broader community, which we embrace as a defining element of our culture," said Kristen Murto, President of Skokie Hospital. "Being a sponsor at the Festival of Cultures lets us engage with the broader community that we are privileged to serve." **C**

Skokie Hospital Partners with Community to Launch Trail to Fitness

Skokie Hospital, in joint partnership with the Northwest Suburban United Way, Skokie Park District, Skokie Library, Skokie Chamber of Commerce and the Village of Skokie, launched Skokie's Trail to Fitness for 2010 at the Festival of Cultures.

The Trail to Fitness is a 15-week program to promote health and wellness in Skokie that kicked off at the Skokie Festival of Cultures and culminates at the Backlot Dash 5K run/walk on August 29. All village residents and individuals who work in Skokie are eligible to participate. Entrants receive a roadmap with specific weekly locations

to visit and get a stamp along with fitness or nutrition information, giveaways or activities. People can try a tai chi class for free or attend a free wellness seminar, such as a smoking cessation class. Participants visiting a specified number of the weekly locations are entered into a grand prize drawing.

Skokie Hospital made a three-year commitment of \$10,000 to support the Trail to Fitness, which is helping organizers to better promote the program and add more fitness and health class options.

For more information visit trailtofitness.org.