

## Hospital Volunteer's "Aha!" Moment Helps Patients Relax

Five years ago, yoga instructor Susan Ginsberg had what some people would call an "Aha!" moment. She realized that many of her clients were individuals undergoing treatment for serious illnesses, including cancer, and turning to her for help to relieve the anxiety that often accompanies such a diagnosis. She started the Stop and Breathe® relaxation and stress reduction program and approached the Volunteer Services Department at NorthShore Highland Park Hospital about providing these relaxation techniques to patients.

Today, Ginsberg visits patients in the Kellogg Cancer Center and the hospital's Ambulatory Surgery area every Wednesday. She offers them a variety of relaxation options that include deep-breathing exercises, guided relaxation, aromatherapy and ambient music. "My approach is never the same for each patient," she said, noting she offers the beneficial elements of yoga breathing and meditation that are familiar to most people because "they are tangible."



Highland Park Hospital volunteer Susan Ginsberg (right) helps Kellogg Cancer Center patients with relaxation techniques. Here, Ginsberg practices her touch on Nicole Demir, Manager of Volunteer Services at the hospital.

Ginsberg notices a difference in patients as they move from shallow, upper-chest breathing to deep-belly breathing after she helps them. Twenty minutes of deep breathing provides a similar benefit as three to four hours of sleep, Ginsberg said, which can be calming to patients who are not sleeping well due to stress from their illness. She also works with patients' families and has provided in-service training to the nursing and clinical staff.

"I work in a presurgical holding room where anxiety usually peaks for many patients," said Staff Nurse Nancy Abrassart, RN. "I have witnessed Susan's ability to take people from a panic level to a peaceful state."

In her private practice where she teaches the Stop and Breathe® techniques, Ginsberg also conducts training workshops to certify others, many of them cancer survivors themselves, to become Stop and Breathe® relaxation coaches. As a result, Nicole Demir, Manager of Volunteer Services, has volunteers four days a week who help patients through surgery and chemotherapy by providing breathing guidance, relaxation support and visualization skills. She hopes to continue growing the program.

"It's tremendously gratifying," said Ginsberg, who also serves on the board of the Auxiliary at Highland Park Hospital. "This is my local hospital, and I respect that it's open to providing these valuable services to its patients."

For more information on the Stop and Breathe® program, please visit [stopandbreathe.org](http://stopandbreathe.org). ■

## Multispecialty Marvel

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A longtime proponent of the comprehensive, multidisciplinary program, Dr. Alleva said NorthShore's sophisticated Electronic Medical Record (EMR) system will complete the seamless communication essential to the Center. "I'm hoping this will be a hallmark program in the Chicago area for both cutting-edge treatment for patients and for research," he added.

NorthShore's Spine Center services are available at multiple locations and offer extended hours for urgent care appointments.

"The unique convergence of physician talent to take care of the entire continuum of patients with back and neck conditions, using the best conservative treatments coupled with state-of-the-art surgical techniques and technology, offers our patients a unique, seamless experience," said Dave Rahija, Vice President, Glenbrook Hospital. ■

## Forum Spotlights Student Sports Safety



Dr. Julian Bailes (left), Chairman of the Department of Neurosurgery and Co-Director of NorthShore Neurological Institute, and Dr. Mark Bowen, NOI NorthShore Orthopaedics and team physician for the Chicago Bears, answer questions at an April 17 Family Awareness Network (FAN) forum in Glencoe on protecting student athletes from concussions, ACL tears and overuse injuries.

This year, NorthShore launched a new Sports Concussion program to better diagnose and treat concussions. The multidisciplinary program includes specialists from neurology, neurosurgery, physiatry, family medicine, neuropsychology and neuroradiology.

## Skokie Hospital Construction Remains On Track

The buzz of construction is all around the NorthShore Skokie Hospital campus. The new Ambulatory Care Center (ACC) continues to move toward completion, with an underground tunnel connecting the ACC and the hospital now complete. Payne Street is repaved and open, exterior window installation has begun, and the ACC's front entrance is taking shape.

Other improvements also are progressing as scheduled. The existing Medical Office Building at 9669 Kenton Avenue has a newly paved parking lot. Lobby renovation and infusion center work continues and will reopen in June. Improvements to the cardiology and nuclear medicine areas are under way. Construction of a new public corridor will be completed in June, and construction began in June to improve the radiology department.

The entire surgical unit on the fifth floor remains closed for construction to expedite the overall time frame to move to all private rooms within 12 to 18 months. This plan's schedule aligns closely with the opening of the ACC in early 2013.

"We're pleased that the multiple improvement projects in progress around our campus are moving forward smoothly," said Rich Casey, Hospital Vice President. "Our employees continue to provide exceptional care to our patients and visitors during the construction, and we could not be more proud of their outstanding execution." ■



The entranceway takes shape at the new Ambulatory Care Center under construction at Skokie Hospital.

## Fifth Floor Addition Takes Shape at Glenbrook Hospital



The fifth floor addition at Glenbrook Hospital is scheduled to open before the end of the year.

Construction of a new fifth floor addition continues on track at NorthShore Glenbrook Hospital's inpatient tower, scheduled to be completed and operational by mid-November. The mechanical, electrical and plumbing systems are all progressing, and the studs for the drywall are currently being built. In addition, elevator bank "A" will be extended to the fifth floor by June 1, when work on bank "B" will begin.

"While the additional 48 rooms on the fifth floor will not increase our bed capacity, it will allow patients to recover in private rooms," said David Rahija, Hospital Vice President. "We're very pleased with the progress of the fifth floor construction and look forward to offering each of our patients the comfort of a private hospital room."

In addition to the fifth floor project, four additional Intensive Care Unit (ICU) rooms are being built with the potential for adding a fifth room at a future date. The current capacity of the ICU is 17 beds, and its expansion also is planned for completion this fall. ■

## London Olympic Games

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Along with NorthShore's prominent visibility during television coverage of the London Games, a select group of NorthShore employees will have the opportunity to watch the London Games' opening ceremonies at a special dinner party Friday, July 27, at Patterino's Restaurant in the heart of Chicago's exciting theatre district. Selected employees also will have the opportunity to bring a guest. Winners will be chosen from all NorthShore campuses based on the number of Service Values Awards they have received Oct. 1, 2011, through June 15, 2012.

"This local TV sponsorship is the perfect fit for us and our dedicated colleagues," added

Carol Franczek, Senior Vice President, Marketing and Corporate Communications. "Just as members of Team USA seek to achieve the highest levels of excellence in the sporting world, we at NorthShore deliver excellence in medical care every day to the patients and families we serve."

Additionally, spirited, London Games-styled competitions will take place at many of the NorthShore employee summer picnics held in June and July. Stay tuned to *Pulse* and *LINK* for more information in the coming weeks. ■