CommunityHealth is Going Green

The Community Health Board of Directors has a goal to cut one-quarter of the cost of paper usage by the end of 2013. This initiative is expected to save the organization money without sacrificing quality or patient care. The goal is to reduce the amount of paper used in the clinic by 25%.

The impact of this reduction will be significant. By reducing the amount of paper used in the clinic, CommunityHealth will save money on purchasing and printing paper, as well as reducing the amount of waste sent to landfills. This initiative will also help to reduce the organization’s carbon footprint and improve its sustainability practices.

The CommunityHealth Board of Directors is committed to making the organization more environmentally friendly and reducing its impact on the environment. This initiative is just one of many steps CommunityHealth is taking to become a greener organization.

In addition to reducing paper usage, CommunityHealth is also working to reduce its energy consumption and improve its sustainability practices. The organization is exploring renewable energy sources and implementing energy-efficient practices to reduce its carbon footprint.

CommunityHealth is proud to be a leader in sustainability and environmental practices. The organization is committed to making a positive impact on the environment and improving the quality of life for those it serves.
New Board Members
Cheryl Falatko in Practice and Executive Director of the Medical Home Network which serves as a counsel to the medical home movement. The Medical Home Network is a leading national advocate for medical home implementation. Cheryl has extensive experience in managing programs for family support services, quality of care and patient-centered medical home initiatives at NFP, National Federation of Families and The National Alliance on Mental Illness. She is the current chair of Emerging Minds, an organization that addresses issues facing parents of children with autism and other developmental disabilities. Cheryl received her B.S. from the University of Illinois at Chicago and an M.P.H. from Harvard University. She joined the Feinberg Board of Directors in January 2011.

Joe Kymes is a partner at Gunderson Jones, a law firm in Chicago which is a member of McKee Butlett & White. Joe has practiced law in Chicago for over 25 years. He is a graduate of the University of Chicago. Joe was a member of the Feinberg Board of Directors from 2001 until 2010. He joined the Northwestern Memorial Foundation Board in January 2011.

Dr. Susan Williams is a practicing international medicine specialist at the Feinberg School of Medicine and serves as physician advisor, medicine director and provider of primary care and behavioral health at Advocate Hospital in Park Ridge. Dr. Williams received her medical degree from Northwestern University and completed her residency training at Advocate Lutheran General Hospital. She joined the Feinberg Board of Directors in January 2011.

Dr. Daniel Vicencio was the inaugural recipient of the “Innovation in Primary Care Practice and Research Award” from the National Association of Community Health Centers in 2008. He has over 15 years of experience in primary care and is board certified in family medicine. Dr. Vicencio received his medical degree from the Medical University of South Carolina and did his residency at Northwestern University. He joined the Feinberg Board of Directors in January 2011.

Summer Health Tips
Dress first foods. Regardless of your age, there is a simple tip for keeping cool in the summer: dress first foods. The foods that promote hydration and cooling include watermelon, cantaloupe, and honeydew melon which contain silica richly, or high levels of water and other elements that help cool the body. Carrots, celery, cucumbers, and parsley also contain silica richly. These are also great vegetables to add to salads and soups to help keep your body cool and hydrated. Summer salads tend to be more refreshing when you add a bit of water to the ingredients. Try making fresh vegetable salads with a light vinaigrette to keep the ingredients fresh and cool.

Sunstroke in an shaded locations. With the extreme heat in the summer months, keep an eye on your little ones and those who spend time outside. Look for signs of sunstroke and seek medical attention immediately. Sunstroke is a medical emergency and can lead to death if not treated immediately. Signs of sunstroke include:

- Hot, dry, and flushed skin
- Nausea and vomiting
- Confusion, delirium, or agitation
- Seizures, fainting, or loss of consciousness
- Dizziness, weakness, or lightheadedness
- Low blood pressure
- Rapid breathing

Sunstroke emergency: Call 911 if you think someone is having a sunstroke. If you are not near a medical facility and unable to call 911, you should quickly move the person to a cooler area and begin cooling them using the following steps:

1. Move the person to the shade or an air-conditioned room.
2. Remove any clothing to help the person cool down.
3. Apply cool, wet towels to the person’s skin.
4. Fan the person to help cool them down.
5. Give the person cool fluids to drink, but do not give them anything with alcohol.
6. Seek medical attention immediately.

Seeking shade and staying out of the sun during the hottest parts of the day (10 a.m. - 4 p.m.) is the best way to prevent sunstroke. If you are outside, take breaks every 15-30 minutes to drink water and stay cool.

Spring Salad with New Potatoes
2 pounds small red or yellow skin-on potatoes
1 pound radishes
2 tablespoons olive oil
1/4 cup white wine vinegar
2 tablespoons water
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon sugar
1 bunch of green onions
6 medium tomatoes
1 small red onion
1/2 cucumber
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh mint
Salt and freshly ground black pepper to taste

1. Preheat the oven to 425°F. Place the potatoes in a large baking dish and add 2 tablespoons of olive oil. Season with salt, pepper, and sugar. Stir to coat the potatoes well. Bake for 40 minutes, or until tender when pierced with a fork.

2. While the potatoes are baking, prepare the radishes. Wash the radishes and trim the stems. Cut the radishes into thin slices. Place the radishes in a large bowl and add 2 tablespoons of olive oil, 1/4 cup white wine vinegar, 1/2 teaspoon salt, 1/2 teaspoon black pepper, and 2 tablespoons of water. Toss to coat well. Place in the refrigerator until ready to use.

3. In a large salad bowl, combine the potatoes, radishes, green onions, parsley, dill, mint, and tomatoes. Add the dressing and toss to coat well. Season with salt and pepper to taste. Serve immediately.

Summer Gala 2011
A Sensational Indian Summer Gala – Chicago’s Premier Fundraising Event for Northwestern Medicine

Sponsors
The following Community Health Volunteers have contributed to many years of service:

- Dr. Arne Widen
- Dr. Carol Bogen
- Dr. David Frazell
- Dr. Erma Bommarito
- Dr. James Webster
- Dr. Julie Koval

Each of these individuals has given over 20 years of service to Northwestern Medicine in various capacities.

Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain love for one another.

- Erma Bommarito

Erma Bommarito was writing about the myriad Community Health Volunteers who are notoriuos for their love for others. Through the first seven months of the year they have donated over 3,600 hours of service. Every month, one individual will be awarded the “Volunteer of the Month” recognition (to follow). We appreciate the time and commitment of all volunteers who dedicate their efforts to our community.

To learn more about opportunities for volunteering at Northwestern Medicine, please call 312-695-7173 or email VolunteerServices@nm.org.