

Sinai doctors – As close as the phone

Looking for a doctor? One phone call to 1-888-AT-SINAI (1-888-287-4624) will help you find the right one. Tell them what you need and where you live, and they'll suggest the Sinai physicians and clinics best for you. They can even make your first appointment. It's fast. Convenient. There's no charge. So call 1-888-AT-SINAI.

Sinai Medical Group Clinics

Chicago

Sinai Medical Group – Beth-Anne, 4950 W. Thomas St., (773) 378-8400
Sinai Medical Group – El Centro Médico, 3700 W. 26th St., (773) 542-5203
Sinai Medical Group – Centro Médico San Rafael, 3204 W. 26th St., (773) 927-3100
Sinai Medical Group – Doctors Medical Center, 6240 W. 55th St., (773) 284-2200
Sinai Medical Group – Jackson-Laramie, 5120 W. Jackson Blvd., (773) 287-5822
Sinai Medical Group – Kedzie Plaza, 3213-21 W. 47th Pl., (773) 254-6044
Sinai Medical Group – Kling Professional Building, 2720 W. 15th St. (773) 257-6542
Sinai Medical Group – Lawndale Plaza, 1108 S. Kedzie Ave., (773) 722-2712
Sinai Medical Group – May Medical Center, 3857 W. Washington Blvd. (773) 533-1417
Sinai Medical Group – Pilsen, 1817 S. Loomis St., (312) 666-6511
Sinai Medical Group – Plaza, 2507 W. Cermak Road, (773) 523-0900
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Cicero

Sinai Medical Group – Hawthorne Works, 2307-09 Cicero Ave., (708) 780-9777

Sinai HealthFirst Clinics

Sinai HealthFirst – Ashland, 8234 S. Ashland Ave., (773) 874-1400
Sinai HealthFirst – Austin, 5835 W. North Ave., (773) 745-1200
Sinai HealthFirst – Division, 4401 W. Division St., (773) 252-3122
Sinai HealthFirst – Peterson, 2655 W. Peterson Ave., (773) 271-8880
Sinai HealthFirst – Taylor, 1158 W. Taylor St., (312) 455-8640
Sinai HealthFirst – Wabash, 5 S. Wabash Ave., Ste. 2110, (312) 372-6688

Maywood

Sinai HealthFirst – Maywood, 1411 S. Fifth Ave., (708) 344-0070

Access Community Health Network Clinics

Access Family Health Society, 165 W. 10th St., Chicago Hts, (708) 754-9687
Alma Medical Center, 318 W. Madison, Maywood, (708) 344-5300
Ashland Health Center, 5256 S. Ashland Ave., (773) 434-9216
Booker Health Center, 747 E. 47th St., (773) 624-4800
Brandon Health Center, 8300 S. Brandon Ave., (773) 721-7600
Cicero Health Center, 5817 W. Cermak Road, Cicero, (708) 656-0460
Des Plaines Valley, 7450 W. 63rd St., Summit, (708) 458-0757
Division Health Center, 2731 W. Division St., (773) 342-0606
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Humboldt Park Health Center, 3202 W. North Ave., (773) 489-6333
Ideal Health Center, 2413 S. State St., (312) 225-6800
Jackson Health Center, 2450 W. Jackson Blvd., (312) 829-7650
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Near North Health Center, 361 W. Chestnut St., (312) 751-4080
Rogers Park, 1555 W. Howard St., (773) 764-7146
Schwab at Anixter Center, 2020 N. Clybourn Ave., (773) 404-5277
Servicios Médicos La Villita, 3303 W. 26th St., (773) 277-6589
South State Health Center, 5050 S. State St., 2nd Floor, (773) 624-2700
Southwest Health Center, 4839 W. 47th St., (773) 735-2345
Taylor Health Center, 4501 S. State St., (773) 548-0800
Warren Health Center, 2409 W. Warren Blvd., (312) 733-4475
Westside Health Center, 3606 W. 16th St., (773) 762-2435

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Get to know: Emmanuel Nwaokocha, MD

Looking for a doctor?
Call 1-888-AT-SINAI

“Mount Sinai Hospital is almost like a second home to me,” says Emmanuel Nwaokocha, MD. That’s because he has been here for 20 years. The Chicago Medical School graduate did his internship at Sinai, then stayed for his residency. He liked working at Sinai so much that, when he was offered a staff position in 1985, Dr. Nwaokocha said yes.

He has never regretted that decision. Dr. Nwaokocha especially likes working with the many seniors in his practice.

“When I look at them, I see myself in 20 or 30 years,” he says. “I treat them the way I want to be treated.”

Many of Dr. Nwaokocha’s patients have similar problems. Arthritis is very common in older people. So are hypertension and diabetes. Some seniors lose their sight because of glaucoma.

These illnesses can change the way people live.

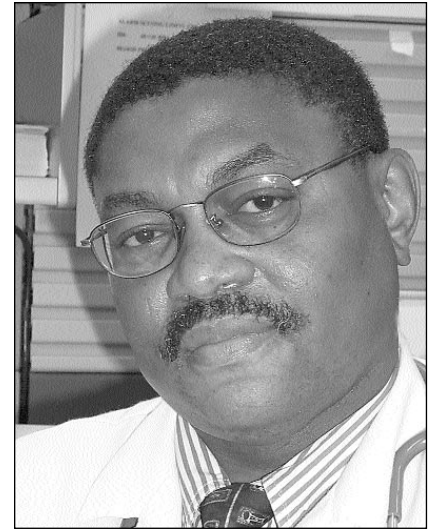
“They become more dependent on relatives,” Dr. Nwaokocha says.

The doctor’s advice for his senior patients is to keep active and think positive thoughts. He also advises them to have regular medical check-ups. That way, health problems can be detected and treated quickly.

Seniors should be examined at least two or three times a year, Dr. Nwaokocha says. They should be checked more often if their blood pressure is unstable. It is important for them to be tested regularly for cholesterol level and liver functions. Their eyes also should be checked.

When Dr. Nwaokocha examines seniors, he always looks for signs of dementia. One way he checks is by talking to them and finding out if they are still interested in things.

“Eat right, take the medications your doctor prescribes, and stay



Emmanuel Nwaokocha, MD

active,” is Dr. Nwaokocha’s advice to seniors.

There’s one more thing he wants all his patients to do – no matter what age they are.

“Have a positive outlook on life.”

A new nurse for seniors



Elizabeth Samson, RN

Elizabeth Samson, RN, always has had a soft spot in her heart for seniors.

“I was raised by my grandparents,” says the nurse, who was hired in November for Sinai’s “Seniors at Risk” program. She works with frail and elderly people in the community and visit senior fairs.

Elizabeth started working at Sinai part-time eight years ago. She was a telemetry technician while she attended

Lewis University in Romeoville.

After graduating five years ago, she became a staff nurse in the telemetry unit. She’s looking forward to working with seniors.

Elizabeth recalled how her grandparents brushed her hair when she was young, and she brushed their hair when they became old.

“It’s a cycle of life that I see,” Elizabeth says. “Seniors appreciate everything you do for them.”

Premier Years

Something to digest

Eating right can help keep you healthy. That's the message dietitian Tami Kucia delivers to members of Sinai Premier Years the second Friday of every month.

When she started speaking to the group, Tami talked about a lot of different health and weight-management topics. Then she realized her listeners didn't need such basic information.

"They're a smart group," Tami says. Now she gives updates on nutrition.

"I talk about specific foods that help fight specific diseases," Tami says. For example, she recently explained how oatmeal lowers cholesterol levels.

Tami's talks run 15 to 20 minutes, and she often draws a crowd of more than 60 people. Questions are encouraged.

Once a year, Tami talks about the importance of drinking enough fluids. "As we get older, our body's ability to recognize thirst diminishes," she explains. "Usually, in January, I talk about weight loss."

Everyone needs to learn as much as they can about eating right.

"It helps your quality of life," Tami says. "There's no reason we shouldn't be able to live longer and healthier. Your body is like a factory. Whatever raw material you put in affects the quality of what you get out."

Sinai Premier Years Activities

Membership Brunches



2nd and 4th Fridays
January 11 and 25
February 8 and 22
March 8 and 22

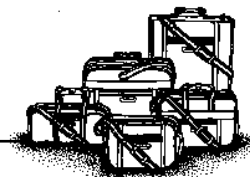
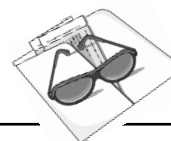
9:30 - 11:30 a.m.
Sinai Community Institute (SCI)
2653 W. Ogden Ave.

Lou Rawls - Live!



Friday, March 15
11 a.m.-5 p.m.
Drury Lane Theatre, Evergreen Park
\$46 includes lunch, concert and transportation from SCI
Call for reservations:
(773) 542-2000, Ext. 3198

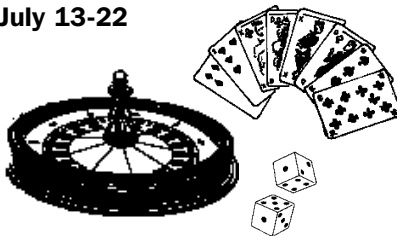
On the road: Upcoming Trips



Hot Springs, Arkansas Monday-Friday, May 20-24

\$299/person, double occupancy
Includes bus transportation, hotel and some meals

Las Vegas and more July 13-22



3 nights in Las Vegas plus stops in Albuquerque, NM, and Palo Puro Canyon, Texas, near Amarillo, to see the musical, "Texas"
\$577/person, double occupancy
Includes bus transportation, hotel and some meals

Call now for reservations - These trips fill up fast!
(773) 542-2000, Ext. 3198

For information on Premier Years or any of its events, call program coordinator Laferne Squire, (773) 542-2000, Ext. 3198.

and the therapist will figure out better ways to react to what's going on in your life.

Therapy can help you think clearly about your problems, while an antidepressant can make you feel well enough to solve them. Some people cure their depression with just a few hours of therapy and a few months of drug treatment.

Others need antidepressant drugs and therapy for years. Either way, you can work with your doctor to get back on track and be happy again.

If you think you may be depressed, call 1-888-AT-SINAI (1-888-287-4624) to see a Sinai doctor.

People who are depressed are less able to take care of themselves. Ask them to seek help. Remind them that depression is not their fault, and that they deserve help.



**Looking for a doctor?
Call 1-888-AT-SINAI**

Healthy living tip

Help yourself through a depression

Until your treatment helps, some simple things can make you feel better:

- ◆ Exercise every day, even if it's just a walk around the block. At first, you may feel tired, but soon you will have more energy.
- ◆ Try tai chi. Its graceful stretching and controlled breathing will calm you.
- ◆ Do only really important things. Doing too much can make you feel like giving up.
- ◆ Spend time with people, especially those who understand you're not your usual self.
- ◆ Realize that some people don't understand depression. Don't feel bad when they tell you to "snap out of it."



Ask a Sinai doctor

Q I've heard of people taking an herb called St. John's wort for depression. Is this a good idea?

A St. John's wort and other herbal treatments are for sale without a prescription. However, most doctors wouldn't recommend them, because little research has been done on them or

on what happens when someone takes more than one herb or drug.

"We don't know enough about their effects, especially when they are mixed with other drugs," says Alfreda Grosrenaud, MD, a Sinai psychiatrist. Some people get sick after taking herbs, she says

"I advise talking to a doctor first."

Depressed?

There's hope and help



Sadness isn't just a mood. Sometimes it's a sign of depression, a common illness. And, like any illness, sometimes it needs expert care.

Depression may include problems everyone has now and then. You're tired. You can't think clearly. You forget things. You sleep too much. You can't sleep. Things you usually enjoy – hobbies, friends and family, even sex – take too much effort. You feel hopeless.

If you've felt like that for a few weeks or more, or if sadness keeps you from working and caring for your family, you may be depressed. Fortunately, doctors can easily treat depression in most people.

Depression strikes both men and women, but it's more common in women, says Alfreda Grosrenaud, MD, a psychiatrist at Mount Sinai Hospital in Chicago. It can happen at any age. It occurs in both healthy and sick people. Often, it goes along with drug abuse, drinking, heart disease, stroke, cancer or Alzheimer's disease.

Depression can be triggered by major life changes – divorce, death of a loved one, job loss, or moving to a new place. The

main cause, though, is an incorrect mix of brain chemicals. These chemicals tell your brain what you see and feel, and how to react. When the balance isn't right, everything may seem wrong. You don't know what to do. You feel helpless.

Drugs called antidepressants correct the balance, usually with only minor side effects. Your doctor can tell if one is right for you.

But antidepressants may be only half the treatment. The other half is talk therapy – psychotherapy.

Dr. Grosrenaud says a therapist asks about your life and feelings. Your answers let the therapist see how you dealt with feelings before. Together, you

Some signs of depression

- You don't sleep well, or you sleep too much.
- You lose interest in things you used to enjoy.
- You feel worthless.
- You forget things.
- You eat too much, or too little.
- You get headaches or stomach pains.
- You feel nervous.
- You get angry over little things.
- You don't want to be with people.
- Your mood is hurting your work.
- You feel sad for weeks or more.

Rose Ann Cope, director of volunteer services.

Many work with patients, bringing them magazines or water, or offering a few minutes of conversation and friendship. Some feed and play with children in the pediatrics ward. Others volunteer in the surgical waiting room, relaying information from doctors and nurses to family members waiting there.

Senior volunteers also work in hospital offices, filing, answering phones and putting together information packets. Others work at Sinai's resale shop on Diversey Avenue.

Rose Ann says it is healthy for seniors to volunteer.

"It gives them a specific place to be at a specific time," she says. "It's something to look forward to, and it gives some structure and purpose to a day they might have spent alone. They make new friends. They learn new skills - like the 82-year-old who learned to use a computer."

Sometimes, older people feel they aren't important anymore. Volunteering can change that, Rose Ann says. When you volunteer, "people are depending on you. You are needed and wanted."

For information on becoming a Sinai volunteer, call Rose Ann Cope at (773) 257-6969.

ON THE MOVE

Dorothy Peters likes to keep active, so she decided to volunteer at Mount Sinai Hospital. But she didn't take the first job that came along.

"They mentioned sitting there answering the phone where all the nurses and doctors are going and coming," Dorothy reports. "But I'm not a sitting person."

So instead of finding Dorothy sitting at a desk, once a week you can see the retiree walking around the 5th floor patient area, doing whatever she can to help. She visits patients, brings them water, feeds those who can't feed themselves, and runs down to the gift shop to pick up newspapers for those who want them.

"You meet so many different people. And you make friends," Dorothy says. She says she quickly bonds with the patients. "I have a lot of enjoyment with them. Once they meet me, they don't ever forget me."

She laughingly recalls a man who was at the hospital a long time. Every time she came to his room, he asked, "What time is the food coming?"

Dorothy understands how important meals are to patients. After working in a factory in St. Charles for 17 years, she spent four years in the rehabilitation food service department at Northwestern. She retired in 1989, after having a heart attack. Since then Dorothy, who has one son, has spent a lot of time with her 11-year-old grandson.

Dorothy also attends events sponsored by Premier Years, Sinai's club for active seniors. She has been coming since the program began. At first she just went once in a while. "Then, I got kind of interested in a couple of things, so I began to go to most all of the meetings," she says.

Dorothy has taken many trips with Premier Years, most recently to Hot Springs, Ark. She also enjoys the group's annual trip to the Festival of Lights in Peoria in December. "You stay on the bus and they drive through the Festival of Lights. It is the most gorgeous thing you've ever seen," she reports. There's more to that trip than seeing bright lights, though. "They have the biggest continental breakfast the next morning," Dorothy says.

The friendly 74-year-old likes to go to Premier Years health lectures, too. She particularly enjoys hearing the dietitian talk about healthy eating. "You get new recipes and trade recipes. I have learned to cook better for myself," Dorothy says.

Despite those healthy eating habits, Dorothy doesn't get the results she expects when she visits her doctor at the Kling Professional Building.

"I've never lost a pound," she says with a hearty laugh. "I think they've got their scales 'fixed' over there."



Dorothy Peters

**Looking for a doctor?
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Staying active and being with other people are some of the healthiest things seniors can do

Dorothy says. “Then I call them to remind them about their visit, and to see if they need transportation.” If they do, she arranges a ride on the spot on Sinai’s free Senior Transit System.

Some people feel anxious or sad when they are due for a checkup. The extra attention Dorothy gives them lets seniors know they aren’t alone. Dorothy continues to help people after they get to the hospital. She answers their questions and takes them where they need to go.

Helping others helps Dorothy, too.

“My health isn’t the best, but I don’t get time to think about it,” she says.

Rose Mary Anderson also has been a Sinai senior aide since August. She shares many of Dorothy’s duties, and also helps at health fairs in the community.

“I enjoy working with people,” Rose Mary says. “I try to help in any way I can. I’ve learned that some seniors need help and they don’t really have anyone.”

Dorothy and Rose Mary were placed at Sinai by Jewish Vocational Service. They will work at the hospital for one year under a special government program that pays their salaries.

Ruth Carter of Jewish Vocational Service says she selected Dorothy for the job because she was a receptionist, had done filing, “and was very good with people.” Rose Mary was chosen because, in her previous job, she kept



Senior services representative LaSharon Williams works closely with Dorothy Pearson

*It’s a great program.
When a senior helps
another senior, there’s
a better connection.*

- Rory Lopez,
Senior-services manager

files, answered phones and worked with seniors.

Ruth regularly checks with Rory Lopez, Sinai’s senior-services manager, to make sure the two senior aides are working out. Rory says he is pleased with both women because they have learned their jobs quickly and do them well.

“It’s a great program,” Rory says. “When a senior



Rose Mary Anderson

helps another senior, there’s a better connection.”

Dorothy and Rose Mary aren’t the only seniors helping seniors at Sinai. At least 60 senior volunteers help with all kinds of duties around the hospital, says

Prime Time

Winter 2002

A Healthy Dose of News for Seniors



Healthy Relationship

**Aides,
volunteers
stay active
helping others**

If you treat people nicely, you get their respect,” says Dorothy Pearson. Since August, she has been putting that philosophy to work as a senior aide at Mount Sinai Hospital.

You can find the cheerful 62-year-old at work four days a week, from 9 a.m. to 2 p.m., at the front desk in the hospital’s main lobby.

“My job is to check the computer for the phone numbers of seniors who have appointments at Mount Sinai or Kling clinic,”

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 **SINAI**

Sinai Health System

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