



# Bishop Anderson House Annual Newsletter December 1, 2016

## grat·i·tude

Благодарность

感謝

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gratitude

pasasalamat

reconnaissance

**noun**

**the quality of being thankful; readiness to show appreciation for and to return kindness.**

When I think of our work here at Bishop Anderson House, my thoughts always start with gratitude. Nothing we do would be possible without the generosity of our donors, including individuals (our largest source of income), foundations, churches, and Episcopal Charities & Community Services. Each and every gift has an impact on our mission to be a center of excellence at the intersection of spirituality and medicine in the Illinois Medical District and throughout Chicagoland. Whether through professional chaplaincy, caring for caregivers, education through our volunteer spiritual care visitor training program, or spirituality and prevention whereby we advocate for violence prevention, we aim to make a lasting difference on the lives we hope to impact.



*BAH Staff (l-r): Becky Duggan, Paul Goodenough, Ann Ryba, Jim Croegaert, Marlo Carthen, & Tommy Rogers*

I am proud of the fact that we are now fully staffed for our current needs. We have three full-time staff (Becky Duggan, Director of Development; Paul Goodenough, Chaplain at Stroger Cook County Hospital; and myself); and three part-time staff (Marlo Carthen, Bookkeeper; Ann Ryba, Associate for Networking; and Jim Croegaert, Chaplain at Project Connect and The CORE Center). We have devoted considerable resources to the area of greatest need in the Illinois Medical District— Stroger Cook County Hospital where we now support 1.25 FTE positions, which provide over 50 hours per week of spiritual care to patients, families, and staff in an institution which otherwise would not have chaplains.

Our chaplains are now fully recognized by Stroger: They are badged and function as members of a patient's interdisciplinary treatment team— a first for Bishop Anderson House and our relationship with Stroger. This effort took many people working behind the scenes for months to make this happen, all because these individuals fully grasped the importance of addressing patient spiritual needs during their hospitalization.

I am also grateful for our board of trustees which has been engaged in strategic planning this year. It has been fun to dream big about future possibilities for Bishop Anderson House which are rooted in our history and open to the radical, abundant future to which God is calling us. The board discerned that we want to grow, develop, and transform around three core areas:

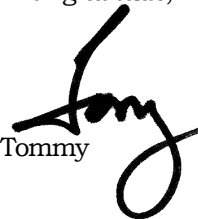
Chaplaincy: For both our professional and our volunteer spiritual care visitors, creating support structures for alumni of our volunteer spiritual care visitor training program

Education: Revising our curriculum for the volunteer spiritual care visitor training program to ensure it stays relevant; look to take our program online or a hybrid that is partially done in real time and partially online; and creating feeder events for our volunteer spiritual care visitor training program

Spirituality, Wellness, & Prevention: Caring for the staff in the Illinois Medical District and reaching out to West-side Churches to help with violence prevention

I am proud of the good work that has taken place at Bishop Anderson House over my 18 months as executive director, and I can hardly wait to see what new and exciting possibilities are around the corner for us. I hope you will join me in giving generously to the mission and ministry of this holy house to continue the work of healing the whole person, body and spirit.

With gratitude,

  
Tommy



*Spring 2016 Spiritual Care Trainees.*



# Chaplaincy Corner

## Paul Goodenough

I am so very grateful for the survivor's spirit that resides in each one of us.

Mario is a two-time survivor of gun violence. Paralyzed when he was a teenager, he recently was shot again. Mario shared with me his life's purpose, which is to be a family man. This is the purpose that keeps him motivated during a challenging recovery.

Wendy has survived a number of adversities in her life, including substance abuse, cancer, and a house fire. She shared with me about how she handles the stresses of living in recovery, which includes praying, finding companionship, and "keeping a little candy close by."

Virgil recently lost a son to gun violence. The son had a long course in the hospital and was actually very close to making a full recovery. However, complications first stalled, then ultimately collapsed his recovery. Virgil was there when his child finally lost his pulse and died. In the course of caring for Virgil, I supported him as he went through the initial shock, figured out what his next steps were, and searched for things he could take comfort in following this tragic loss.

You may or may not be able to resonate with the details of some of these stories. However, I am willing to bet that if you are reading this, you too are a survivor. You may have had something threaten the loss of your life's purpose. You may have had a variety of sufferings, to the point where you wonder if you are the victim of a cruel, divine joke. You may have lost something precious to you beyond words. And through it all, there is something that has made it possible to survive with a hope for your own life, and hopes for our loved ones, no matter where they are.

I count myself lucky to work in a place where I meet the survivor's spirit on a daily basis. I am grateful to every single one of you who helps make that work possible. And I hope that stories of that spirit embolden you for all of life's challenges, near and far, great and small.



Jim Croegaert

In addition to my work at Bishop Anderson House with the CORE Center, I serve on the American Red Cross Disaster Spiritual Care team, volunteering when I can to help provide spiritual care to people whose lives have been impacted by a disaster.

When the call went out after Hurricane Matthew for DSC managers to serve, especially for the terrible flooding in North Carolina, I felt I should go, and Executive Director Tommy Rogers supported me in this, as it was a natural extension of my chaplaincy. I was called the evening of Oct. 12, and was in the air, en route to Greenville, North Carolina by Oct. 13.

On Sunday morning, at the morning meeting of department heads, I shared a song. Afterward a Health Services nurse came to me and told me of an Hispanic pastor he had met who had spontaneously set up a shelter for 80 persons who had lost their homes. I called the pastor, went to visit, we hit it off and he invited me to share something at the service, which I did with his translating, telling his congregants that I was there from Chicago because their lives mattered— to God, to me. I concluded with the first lines of Psalm 121, "I lift my eyes to the hills/Where does my help come from?/My help comes from the Lord/Who made heaven and earth." This was a Pentecostal congregation which came alive as I read the Scripture, and I twice repeated the last line, Pastor Perez translating for me, the congregation coming to their feet. We were connected across language and culture, through our shared faith in God.

My visit was the beginning of a mending in the relationship between this pastor and the Red Cross, who thereafter were able to engage and offer help for "phase 2" of the relief effort, i.e., relocating people, repairing homes where feasible, returning children to schools, etc. Bishop Anderson House then shipped of 5 boxes teddy bears and shawls for those affected. The chaplain who succeeded me at the Red Cross said, "I saw the faces of the children who were delighted with a new teddy bear to hold on to during their extended stay in places other than home. You made it possible for them to fall asleep holding their new toy." Amen!



## Grateful for Our New Workspace

We learned a new word this year: “Rehoosh.” That’s when a generous donor uses their time and resources to redecorate and rejuvenate a space. Michael Leppen, our benevolent “rehoosh,” spent countless hours ordering just the right fabrics, furniture and fun accents to make our offices on the Rush campus resplendent.

We began with a vision to brighten the office using our BAH branding colors, developed by architect, designer and Friend of the House Kerri Callahan. New carpet, new paint, new desks, all donated by Penny McMillan, make each office a fresh spot for staff collegiality. Using our favorite painting, “The Garden of Gethsemane” as a focal point, Michael “rehooshed” the “living room” to make it even more welcoming *and* functional. Knowing that over 1000 guests use our meeting space each year, our goal was to have a well-designed, warm and comfortable workspace. Thanks to Kerri, Penny, Michael, and many other generous donors, Mission Accomplished!



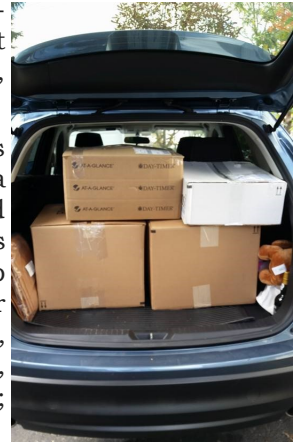
Our work at BAH takes many forms and our individual passions and strengths make for incredible staff collaboration, which makes working with this team something for which I am truly grateful.

## Operation Bear Hug Expands

Operation Bear Hug, comforting folks with Teddy Bears for over 30 years, has expanded from serving Illinois Medical District hospitals to being a part of spiritual care for areas affected by natural disasters.

In addition to the Operation Bear Hug bears that travelled to North Carolina, we also sent 10 boxes of bears and prayer shawls to Baton Rouge after the August flooding. We learned of pre-kindergarten students whose homes had been destroyed and whose lives were in chaos. The tangible sign of care from others brought smiles of gratitude to not only the kids, but to their parents and teachers.

Nancy Carney, of St. Michael’s Barrington, made sure we now have a replacement for our missing mascot Ted E. Bear. We are grateful for her gift, as well as the 200+ bears Nike Whitcomb donated. We also send thanks to our bear and shawl donor parishes, especially Prince of Peace Lutheran, Addison; St. James the Less, Northfield; St. Michael’s, Barrington; and Trinity, Wheaton.



*BAH Bears on their way to North Carolina!*

## Self-Care for Caregivers a Priority

As Bishop Anderson House moves into the board’s vision for the 21<sup>st</sup> century, self-care, wellness and prevention will be a core tenet of our programming. This year we are grateful to have made wonderful connections with Tayonon Gbala and Jason Simmons of A Balanced You and Lisa Senuta, rector of St. James the Less.

Tayonon and Jason led 8 sessions of their Pause (breathe), Relax (stretch) and Repair (meditate) workshop for the Project Connect staff at the CORE Center. Over 40 staff members relished the opportunity for 30 minutes of centering and quietness in the midst of the chaotic medical world. At the initial CORE self-care event, Tayonon soothed 16 lucky Project Connect staff members with shoulder and back massages. Learn more about A Balanced You at [www.abalancedyoumassage.com](http://www.abalancedyoumassage.com).

Thanks so much to The Rev. Lisa Senuta for presenting on spiritual resiliency for caregivers in honor of Spiritual Care Week. It was a great time to step away from caregiving for self-care and silence.





# Alumni Spotlights

## Kate Harmon Siberine

Kate Harmon Siberine came to Bishop Anderson House as a Julian Year Intern in 2012. Kate was a CPE chaplaincy intern, working with patients at Rush as well as Stroger, and also completed the BAH Volunteer Spiritual Care Training Program (formerly the Lay Chaplain Training Program). After graduating from Virginia Theological Seminary and being ordained to the priesthood, Kate now serves as a Chaplain/CPE Resident in Portland, Oregon where she lives with her husband, Zachary.

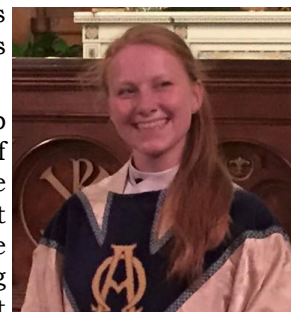
Over the coming year, Kate will complete the four units of CPE needed on her path towards becoming a Board Certified Chaplain at Providence Portland Medical Center, one of the city's largest hospitals. Kate is one of five residents at PPMC, all of whom come from a variety of faith backgrounds— Pentecostal, Buddhist, Disciple of Christ. PPMC has a total of 20 chaplains on staff, and as Kate describes it, administration does very well to integrate chaplaincy and spiritual care into the overall mission and vision of the hospital. Kate spends her days in the Surgical Oncology Department, providing pastoral care to patients, families and staff, and on every other Sunday, Kate is on call for 24 hours to the entire hospital. On Sundays she is not on call, Kate is a Priest Associate at St. Michael & All Angels Episcopal Church.

We recently spoke to Kate, and in catching up with her, she revealed the greatest lesson Bishop Anderson House impressed upon her: “it all started, for me at Bishop Anderson House.”

Kate recalls that during her first or second class of spiritual care training, a quote from Henri Nouwen caught her attention, and has since become her guiding notion in her work as a chaplain. “The true challenge of ministry is to help people see and experience their story as a part of God’s ongoing redemptive work in the world.”

“That’s church and that’s chaplaincy... That has been the mission of what healing and chaplaincy is for me. We’re people of the living word— if Jesus is the living word, then our stories must inherently matter.”

As chaplains, we are called to help people reconnect with their sense of story, with their sense of self. We are called to remind them that there is holiness in their story; there is holiness where God is doing work, even in the midst of the most painful and difficult times.



*Kate at her ordination to the priesthood in 2016*

## Kathleen Wetstein

A 2016 graduate of our Volunteer Spiritual Care Visitor Training, Kathleen Wetstein currently serves as a Volunteer Minister of Care, representing Saint John Berchmans Roman Catholic Church in Logan Square. Kathleen serves at Rush Medical Center each Friday, and often comes to spend some time after her work to renew, pray, or rejuvenate the BAH offices. During one of her most recent visits, Kathleen sat down with us to talk about what gave her work meaning, and what she is most thankful for in her work.

It is a challenging calling, visiting the sick. There are times of great sorrow: observations of tough stuff including visible effects of cancer treatment, sutures on the body that educe deep wounds, missing limbs, pain, indifference, tears, anger, and despair. There is also great joy: witnessing incredible graciousness including the patient who quietly “shushes” away pain; a red beaded gown used to inspire healing before a beloved granddaughter’s wedding; and the buoyant patient who announced “Just got back from the spa,” as she returned from Physical Therapy, fully accessorized with her I.V., turban, and yes, lipstick.

There is great testimony of faith: the man named Jesús who acknowledged “I have a strong name.” The patients who pray over me, the mingling of languages— sometimes Spanish, sometimes Polish, all in the Lord’s name: “Our Father....” the gratitude and resiliency in so many eyes.

“Sometimes all you need is someone to talk to...” I hear this over and over. I am so blessed by this work in so many ways. I’m grateful for the support and knowledge received through the Volunteer Spiritual Care Visitor Training at Bishop Anderson House. I appreciated the great review of “active listening.”

I am particularly appreciative of a specific presentation on the healing power of faith. “Our souls ceaselessly yearn for faith and a connection to a higher power.” (J. Astrachan) For me, the Ministry of Care is a spiritual practice that helps me move closer to God. I need God to do this work. I need God for everything. I constantly pray for assistance and I pray in gratitude. I am awed by the powerful witness of those I encounter by simply being present in this rewarding ministry.



*Kathleen preparing to go out as a Minister of Care.*

# Board of Trustees



The Rev. Anthony Vaccaro, MD

The Rev. Ronald A. Valentine

Kimberly McCord

We want to extend our deepest thanks and warmest well-wishes to all of our outgoing trustees who will be departing the Bishop Anderson House Board in January, 2017. We are so thankful for your leadership and commitment to building the legacy of Bishop Anderson House. Through your collective tenures on the board, your stewardship has helped to grow the visibility and viability of this organization. We are so grateful for your many years of working with Bishop Anderson House.

*Thank you for all you have done for us!*



Gary L. Dillehay, MD

The Rev. George D. Smith, III

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*If you would like to learn more about the Bishop Anderson House Board of Trustees, please contact Ann Ryba, Nominating Committee Chair at [aryba@bishopandersonhouse.org](mailto:aryba@bishopandersonhouse.org)*

We are so glad to have two new Trustees at BAH in Miki Mancine, and the The Rev. Bob Wyatt!

After joining Church of the Holy Spirit this winter, Miki Mancine was introduced to several new ministries and opportunities to serve but felt most drawn to the work the Bishop Anderson House is doing blending physical, spiritual, emotional, and mental health.

As a lay person and a rector, Bob Wyatt was always aware that some parishioners felt called to pastoral care and would make wonderful chaplains for the homebound and those in hospitals and nursing homes. The lay chaplain training at Bishop Anderson House provided wonderful opportunities to open up new ministries for those parishioners and brought Bob to Bishop Anderson House.



Congratulations to Bishop Anderson House Trustee Jennifer Baskerville-Burrows, who was just elected to serve as the 11th Bishop of Indianapolis! On Friday, October 28th, Jennifer became the first African American



woman to be elected as a Diocesan Bishop in the Episcopal Church. We are so happy for you, Jennifer, you are doing great things in the Church, and we know you are just getting started.



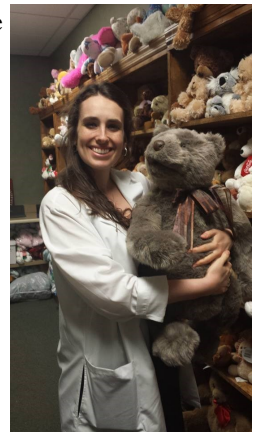
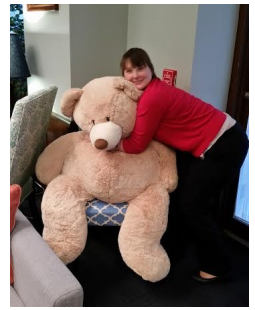
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# Development Report



If I had to pick one thing I am grateful for this year, it would be this new opportunity I have with Bishop Anderson House. I am excited to begin my new tenure as Director of Development, and the biggest reason for my excitement is you. I cannot wait to get to know all of our friends and donors, because it is thanks to you that BAH staff and chaplains are able to fulfill our mission and do the work that they do.

If you would like to learn more about me, or discuss ways to give to Bishop Anderson House, give me a call, send me an email. Or, stop by the Bishop Anderson House offices at 707 S. Wood Street, and stop in the very first office on the left— that's me!

*Becky*

## Do You Know All of the Ways to Give to Bishop Anderson House?

### Legacy Gifts

Leave Bishop Anderson House in your will; it only takes a phone call to your lawyer and then to our office.

### Recurring Gifts

Have a portion of your yearly pledge to BAH automatically deducted monthly- give us a call and we'll take care of it for you.

### Gifts of Stock

If you would like to leave a gift of stock, contact your financial adviser, but please be sure to call the BAH office to let us know that it's on the way!

### Employer Match Programs

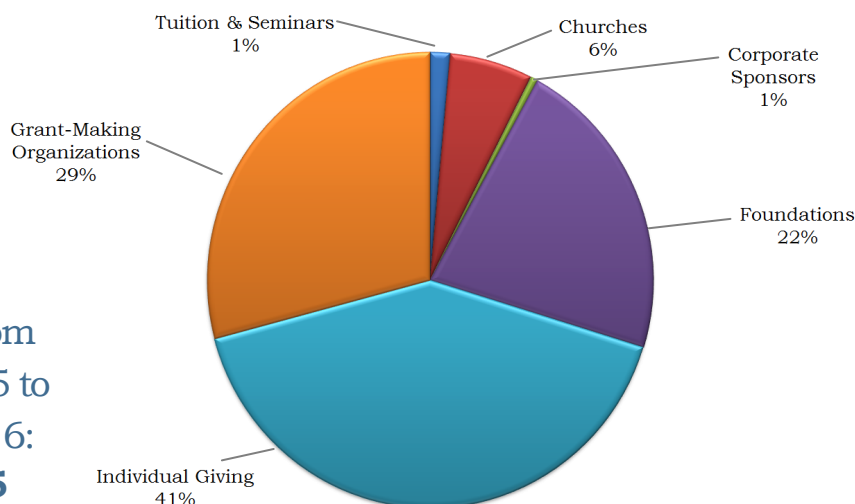
Most organizations will match a charitable donation made by employees and/or retirees.- most match dollar for dollar, but some will even double or triple your gift! Contact your employer and BAH for more information.

### Host an Event

Looking to introduce your friends to the work of BAH? Host a dinner party or cocktail party and BAH will provide a speaker to attend and discuss a topic of your choosing relating to chaplaincy, spirituality and health.

### Gifts in Kind

Donate items like supplies or your professional time/talent, and we will value that gift for you into a tax deductible donation.



Total Giving from  
November, 2015 to  
November, 2016:  
**\$302,594.15**



Bishop Anderson House  
1653 W. Congress Parkway  
Chicago, IL 60612

<<Address Block>>



Last Year's BAH Spring Benefit, *The Art of Healing* was a great success! Save the Date for our next event and join us on May 7, 2017 at the Chicago Cultural Center!



*The Art of Healing 2016, held at Society for Arts, was marked by phenomenal food, familiar faces and a truly wonderful time spent raising money and raising awareness for BAH ministries. We hope you will join us on May 7, 2017!*



Want to Learn More About BAH Ministries? Open Here for Your 2016 Bishop Anderson House Newsletter!



*The beautiful Preston Bradley Hall in the Chicago Cultural Center, next year's event space!*

