



Bishop Anderson House

Newsletter • May 2020

Resiliency

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

As I think about this current period in time we are all living through, the word that comes to mind is resilient. A 2009 research study of Nazi Holocaust survivors found that responding to an adverse event can involve:

1. Finding some sense of safety in recognized routines;
2. Obtaining information and resources that are useful in a particular situation;
3. Reestablishing a sense of control or self-mastery, or the sense that there are choices to be made, no matter how small;
4. Seeking and providing mutually supportive relationships;
5. Identifying meaning in the event that may be related to spirituality;
6. Maintaining positive emotions and creativity; and
7. Gaining an appreciation of newfound strengths or an affirmation of life.¹

Any of these resonate with you? For me, all of them resonate, especially: trying to keep to my "regular" routine as much as possible; looking for the positive and perhaps surprising pieces of life in the midst of my daily life. One example is some of the art I've seen around the City of Chicago lately.



As I think of Bishop Anderson House and its 72 year history in the Illinois Medical District, I look towards its resiliency as well. While we have shifted our work here in response to COVID-19, we are still here supporting healthcare workers on the front lines at Stroger Hospital of Cook County; we are still supporting our spiritual care visitors and we are a beacon of hope for those that need a safe space to process what they are experiencing right now.

I hope you will join me in making a gift to Bishop Anderson House to support the resiliency of this holy house and the work it does in the Illinois Medical District and far beyond. I would ask you to consider making a donation in the amount you usually would at our Spring Benefit. For example, I usually purchase a table so I did that with a gift of \$1,040 a few weeks ago. I will be re-assessing my budget to see if I can make another gift like I normally would during the paddle raise to help Bishop Anderson House continue to keep the care in healthcare.

Wishing you health and wellness during this time,

Tommy



1. "Role of Resilience Among Nazi Holocaust Survivors: A Strength-based Paradigm for Understanding Survivorship" by Roberta R. Greene & Sandra Graham in Family & Community Health: January-March 2009 - Volume 32 - Issue 1 - p S75-S82 doi: 10.1097/01.FCH.0000342842.51348.83

Notes from our Extended Bishop Anderson House Family



Linda McMillan

*President, Bishop
Anderson House Board
of Trustees*

It's Easter Sunday and we are nearly 3 weeks into a 4 week country lockdown in New Zealand. There are certainly challenges to being in lockdown away from the comforts of home and all that is familiar. Our biggest challenge has been learning to manage a dorm sized refrigerator to minimize trips to the grocery store. Otherwise, we are doing quite well and finding resourceful ways to make do and be thankful for what we have! We are fortunate to be in a place where the key message from country leadership during this crisis is:

"Be Kind"



Nancy Flowers

*Community Education
Program Manager,
Rainbow Hospice and
Palliative Care*

Regarding practicing self-care: A section of my fence at home was blown over so self-care now includes repairs and building some new parts of our not that old of a fence (the former one stood for at least 30 years). I trained four new staff virtually today and ended with a presentation onCompassion Fatigue and Self Care. We had an animated discussion throughout the day and we laughed many times. A good day followed by leftover lasagna, a lovely salad and wine.

Take care out there.



Sara Lytle

*CPE Resident at
Northwestern Memorial and
former Bishop Anderson
House Julian Intern*

Regarding work as a chaplain during this time... I am constantly inspired by my chaplain colleagues and hospital staff--nurses, patient care technicians, environmental service workers, physicians, respiratory therapists, etc.--and also by patients and families, who have all shown extraordinary courage in the face of grief, suffering, and the unknown. Before all of this started, I had been reflecting on the privilege of being a chaplain: I feel extremely lucky to be able to take time to connect, to listen, and to approach others with humility, curiosity, and love. I lost my father at the end of January, so I was also becoming very aware of how the caregiving relationship involves mutual learning and healing. All of these things feel even more acute now. In this time of collective chaos, suffering, and fear, it is even more evident how much we rely on each other. As we navigate this, we do so as connected beings rather than as separate silos.

Take Good Care— Not just a signature line

Spirituality and wellness have been like the "middle child" of Bishop Anderson House—overshadowed by the louder siblings chaplaincy and education. But, as with all children, our ministry of spirituality and wellness—self-care and spiritual wellbeing—is now shining in the spotlight.

At Stroger Hospital we are providing online and telephone "Chat with a Chaplain" time for beleaguered personnel to refill their depleted spiritual tanks. Other virtual offerings include progressive muscle relaxation by Deacon Laurie Michaels and yoga that staff members can tune into to reduce stress.

Our website www.bishopandersonhouse Healing One-Healing the World Resource Page lists a large variety of articles and videos for you to use to replenish your own spiritual and psychological needs. Please do Take Good Care!

Healing One, Healing the World

When we adopted the theme, Healing One, Healing the World for our annual benefit, little did we know how incredibly appropriate that message would be. Adapted from Tikkun Olam (the repair of the world), the timely message is that when we provide healing, comfort, and support to ONE person, we are ostensibly 'healing the world.' For three decades, the Bishop Anderson House family has gathered for fun and celebration; we will dearly miss being together this year. The Spring Benefit is also our largest fundraiser, and the sponsorships, paddle raises and ticket purchases are crucial donations that we depend on.



Healing **ONE** Healing the **WORLD**



Raise your Paddles High!

Even though we can't all be together to celebrate the healing art of spiritual care, you can raise your virtual paddle to sustain these ministries:



A long time friend of Bishop Anderson House, Kay Lewis was going to serve as our paddle raise auctioneer this year.

She shares: "I know it's cliché, but if the shoe fits, wear it--Bishop Anderson House changed my life. Taking their Spiritual Care Visitor class gave me skills, no, tools, that have continued to serve me continuously. Even as I write this, I'm dealing with yet another crisis with my frail mother. I have my tools that are ever present in my mind as I navigate complex and difficult situations. Bishop Anderson House is a critical service that serves the needs of everyone it touches...especially Doctors, who, now more than ever, need spiritual support.

Thank you, Bishop Anderson House!

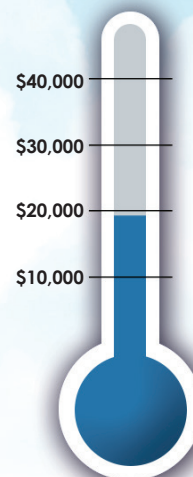
Kay Lewis

- ☐ \$5,000 Chaplain support of staff at Stroger Hospital of Cook County for 1 week
- ☐ \$2,500 "Chat with a Chaplain" drop in groups for medical staff to talk about tough visits/moral distress
- ☐ \$1,500 Were you planning to purchase a table for the event? Make an unrestricted gift instead!
- ☐ \$1,000 Continuing Education and support event for our Spiritual Care Visitors
- ☐ \$500 Healthy snacks for medical workers on the front lines for 1 week
- ☐ \$250 Lunch for medical staff on one unit
- ☐ \$150 Yoga presentations for nurses for 4 online sessions
- ☐ \$_____ Custom Gift
- ☐ \$_____ Please add \$5.00 to my gift to cover credit card processing fees.

A recurring gift of any amount is the best way to sustain our ministries

- ☐ \$_____ per month

OUR GOAL:
\$47,450



DONATED SO FAR:
\$19,780

Thank you generous sponsors

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The CARES Act can impact your bottom line, with a **new deduction of up to \$300** per taxpayer (\$600 for a married couple) in annual charitable contributions for those who take the standard deduction on their income taxes. It is an "above the line" adjustment to income that will reduce a donor's adjusted gross income, and thereby reduce taxable income. And for those who itemize, donors can elect to deduct donations up to 100% of their 2020 AGI (up from 60% previously).

Finding a Different Way to Be Present

By Micheal Smith

The spiritual care and support provided by a hospital chaplain can provide emotional support during times of great distress. For many patients and their family members, an encounter with a hospital chaplain can assist in making difficult decisions, maintaining a hopeful attitude, and providing a safe space to express anger, despair, or sorrow without the fear of judgement or condemnation. Within the constantly changing realities of the Covid-19 pandemic, the presence of a chaplain in the hospital has rarely been more demanded



for patients, their families and now especially for hospital personnel (not just doctors and nurses, but also food and environmental services, physical therapists, pharmacy and supply chain personnel, public safety and numerous others essential staff members often not considered when the general public thinks of a hospital).

However, considering that I cannot realistically be present within all units and department in hospital on a daily basis, I needed to find a different way to be present for individuals I may never engage though a personal encounter and for nonmedical departments. A simple solution presented itself while talking with a few colleagues: a care basket. Because of the generous support of so many to Bishop Anderson House, the trauma, burn, pediatric intensive care unit, medical ICU, surgical ICU and the environmental services department have received baskets filled with sweet and savory snacks, a Covid-19 focused prayer, cards of encouragement and Bishop Anderson House teddy bears. Each basket was delivered with heartfelt thanks and an expression of support and encouragement for all who would share in the care basket.