

Volunteer Program News

This quarterly newsletter highlights volunteer programs and Northwestern Medicine news. This year, 255 volunteers have joined us for summer service. Many are students interested in pursuing healthcare professions. We're grateful to them for spending the summer in support of our *Patients First* mission. To all of our volunteers, thank you for your dedication and service!

6 NM Hospitals Receive an 'A' Rating in Spring Leapfrog Hospital Safety Grade

The following hospitals have earned an "A" rating for the spring 2023 Leapfrog Hospital Safety Grade:

- Central DuPage Hospital
- Delnor Hospital
- Huntley Hospital
- Kishwaukee Hospital
- Lake Forest Hospital
- McHenry Hospital

The score is published by a group of employers and rates hospitals on a combination of measures, including self-reported safety practices, patient satisfaction, infection data, and other quality and safety data points. [Learn more about the Leapfrog Hospital Safety Grade.](#)

First-of-Its-Kind Device Aims to Prevent Sudden Cardiac Death

After his second cardiac event in five years, Joseph Mulligan was not surprised when his Northwestern Medicine cardiologist, [James D. Flaherty, MD](#), recommended implanting a device to help keep him alive if he were to have sudden cardiac arrest. At 84 years old, the resident of South Bend, Indiana, knew many people with pacemakers and expected that he, like his friends, would need one, too. Instead, Dr. Flaherty recommended an implantable cardioverter defibrillator (ICD). With his new ICD, Joseph reports, "I feel terrific, and I'm grateful to have the advantage of having this device."

[Read more about this technology on HealthBeat.](#)



Volunteer Spotlight: Morgan Walker

Runner volunteer
Palos Hospital

What has your volunteer experience taught you?

My volunteer experience has taught me that people really appreciate the little things you do for them. It can really impact someone's day. My experience has also taught me how to interact better with others.

How has volunteering impacted you personally?

Volunteering has impacted me because I want to do something towards my goal of becoming a pediatric nurse practitioner. In my senior year, I will be starting a CNA program.

NM Scholars Program Expands to 2 Bronzeville Schools

Now in its 13th year, the Northwestern Medicine GCM Grosvenor Scholars Program has expanded to two high schools in Chicago's Bronzeville neighborhood. The program serves students from George Westinghouse College Prep High School in East Garfield Park and has just inducted a new class that also includes students from both Daniel Hale Williams Prep and Bronzeville Scholastic Institute on the DuSable campus in Bronzeville.

"Northwestern Medicine is proud to now extend this innovative program to students in Bronzeville," says Mandee Polonsky, director, Administration, NM Academy, Youth Programming. "This is a long-term investment in addressing educational inequity and building a diverse talent pipeline for future physicians, biomedical scientists and healthcare workers."

During the four-week summer intensive, students participate in hands-on demonstrations, lectures and more to learn about a specific clinical area. All three schools participating in the program primarily serve Chicago students from families with low income. Westinghouse's student body is mostly Black and Hispanic, and more than 90% of students on the DuSable campus are Black.

Clyde W. Yancy, MD, MSc, vice dean of Diversity and Inclusion, and professor and chief of Cardiology at Feinberg School of Medicine, leads the NM Scholars program.

"This program is our contribution toward a more equitable world — one with more hope and more opportunity," says Dr. Yancy, who is also associate director of Bluhm Cardiovascular Institute. "Our scholars are the change agents we need in our communities; they are the future role models, scientists, healthcare providers and leaders poised to serve our communities for years to come. We only need one to serve as the voice and the vision to make health and health care better for entire communities."

"Northwestern Medicine is about better, and making others better," Dr. Yancy continues. "This program makes our students better. It makes their school better. It makes their community better. It makes the lives touched by our students better. We and our teams are also better for being engaged with them."



Mary Foley
Patient Registration
Volunteer
Valley West Hospital



Jayvee Salunga
Lake Forest Hospital
Cancer Center Volunteer

NM Scholars Program by the Numbers

Since the program's start:

- **88** students have participated in the program
- **100%** of participants have graduated high school
- **98%** of participants have gone to college with scholarships
- **67%** of participants have gone on to study in STEM fields
 - **67%** of those participants have achieved post-graduate degrees or are currently pursuing post-graduate education towards medical or other terminal degrees

Share this newsletter with others and encourage them to join our volunteer team.

Learn more:

[Volunteer | Northwestern Medicine](#)

Walking to Better Heart Health: It Takes Fewer Steps Than You Think

Walking is a simple action with many benefits — including improving heart health. For many years, 10,000 steps per day was a common goal. Now, a Northwestern Medicine study has found that people age 60 and older who walk 6,000 to 9,000 steps per day had a 40% to 50% lower risk of cardiovascular disease, such as heart attack or stroke, compared to those who took 2,000 steps per day.

[Read more in HealthBeat.](#)