

## New Video Highlights Volunteer Roles

Northwestern Medicine recently released a new video highlighting the important roles volunteers play in supporting our *Patients First* mission. In the video volunteers share why they volunteer and what they gain from the experience. Watch the video: [Volunteer | Northwestern Medicine](#). Share the link with family and friends and encourage them to join the volunteer team.

## Making a Difference Through Living Organ Donation

Living organ donors make roughly [6,000](#) transplants possible every year. [John Friedewald, MD](#), medical director of Kidney and Pancreas Transplantation at Northwestern Memorial Hospital, busts some of the myths about becoming a living organ donor. He also reveals how much of an impact these individuals have made.

### **Myth: I can't donate while I'm living.**

"A lot of people are familiar with donating organs through the National Donate Life Registry when you die, but in fact living donors exist too. You can donate one of your kidneys or part of your [liver](#) while you are alive," says Dr. Friedewald.

The most commonly donated organ from a living donor is the kidney, and a transplant is a preferred treatment option over dialysis for kidney failure. Currently, more than 100,000 people are on the waiting list for a kidney transplant.

Read more: [Making a Difference Through Living Organ Donation | Northwestern Medicine](#)

## What Is Your Actual Age?

"Thanks to science, the mysteries of aging are now being revealed," says Douglas E. Vaughan, MD, chair of Medicine and the Irving S. Cutter Professor of Medicine at Northwestern University Feinberg School of Medicine, and co-director of Potocsnak Longevity Institute at Northwestern Medicine. "The biology that drives the aging process is being demystified right in front of our eyes to the point that it's conceivable to think about slowing the pace of aging, turning the clock back and altering the course of someone's lifespan."

Read more: [What Is Your Actual Age? | Northwestern Medicine](#)



## Volunteer Spotlight:

### **Andrew Wu**

*Desk Team Volunteer,  
Kishwaukee Hospital*

#### **Q. What has your volunteer experience taught you?**

A. Volunteering at Kishwaukee Hospital has taught me to be particularly meticulous to what I say and what I do because you never know what someone is going through.

#### **Q. How has volunteering impacted you personally?**

A. Volunteering helped me truly realize the emotions of patients and their loved ones. You never really experience such feelings until you're close to it. Volunteering in such a special environment changed the way I interact with others.

## Northwestern Medicine Gives More Than \$1.7 Million to Local Community Partners

Northwestern Medicine serves patients across more than 10,000 square miles of Northern Illinois. To better address the diverse needs of individual communities, Northwestern Memorial HealthCare launched a grant initiative to address disparities highlighted in local [Community Health Needs Assessments](#).

This funding initiative, which is just one facet of Northwestern Medicine's [community giving campaign](#), offered grants to local agencies supporting specific health and wellness projects. Northwestern Medicine awarded more than \$1.7 million to 49 organizations that offer a wide range of services including housing, nutritional needs, transportation, childcare, mental health and primary care.

"Northwestern Medicine is committed to making our community as healthy as it can be," says Posh Charles, senior vice president, Northwestern Memorial HealthCare. "This initiative, which is just one way Northwestern Medicine contributes to the community, enhances our ability to provide highly targeted support to partners addressing priority health concerns in their individual locales."

The beneficiaries of the community grants range in size and scope from the [YMCA of Metro Chicago](#) to the [Oak Forest Chapter of Sleep in Heavenly Peace](#), an organization that provides fully furnished twin beds for children who sleep on floors, couches and other situations without beds.

[Northern Illinois Food Bank](#) will use the funds to focus on two initiatives. "Take 50 Foods to Encourage" incentivizes food pantries to select more highly nutritious food. The "Build Healthy Communities Screen & Intervene" connects local food banks with patients who screen as food insecure during healthcare visits.

"Our goal is to collaborate and support local agencies to address healthcare disparities across all socioeconomic backgrounds," Charles says. "We sought out organizations that are making a difference by removing barriers to better health."



**Gene Breslow**  
Pharmacy Courier  
Lake Forest Hospital



**Alison Gerstad**  
Mask Ambassador  
McHenry Hospital

## Northwestern Medicine Hospitals Ranked Among America's Best

Northwestern Medicine is proud to have **six** hospitals ranked among "America's Best" by *U.S. News & World Report*, 2022 – 2023.

Northwestern Memorial Hospital is ranked the **No. 1** hospital in Illinois and **No. 9** in the nation. It is also nationally ranked in 10 clinical specialties, including:

- Gastroenterology and GI Surgery (No. 7)
- Cardiology and Heart Surgery (No. 8)
- Geriatrics (No.8)
- Cancer (No. 9)

Central DuPage Hospital and Lake Forest Hospital tied at **No. 12** in the Chicago Metro area and in Illinois.

Read more: [Northwestern Medicine U.S. News & World Report, 2022 – 2023 Rankings](#)

Share this newsletter with friends and family and encourage them to join our volunteer team. Learn more:

[Volunteer | Northwestern Medicine](#)

## Take-Care Tips

### What Are Added Sugars?

In general, people in the United States consume far too many added sugars. This can contribute to a variety of health problems. Limiting how much added sugar you consume can help you maintain better and more consistent health.

Read more: [What Are Added Sugars? | Northwestern Medicine](#)