

Volunteer Program News

April 20 – 26 is Volunteer Week, a time we pay special tribute to our more than 1,300 volunteers. Thank you for your generosity, dedication and service. Watch for details from Volunteer Services staff about Volunteer Week activities.

A Message From Howard B. Chrisman, MD

President and CEO Northwestern Memorial HealthCare

I am deeply grateful for your willingness to so generously donate your time and talents in support of our patients and staff. Your role here is vital for everyone at Northwestern Medicine who gives and receives care.

In the midst of the rapidly changing field of medicine, your steady presence, kindness and compassion help us focus on the important work before us. In whatever way you've chosen to serve here, your work makes it possible for us to achieve our mission to make people better by making medicine better.

Happy Volunteer Week!

Take Care Tips

How Old Is Your Heart?

Your heart's age is not necessarily the same as your chronological age — the number of years you've been alive. In fact, your heart may be older or younger than you are depending on your lifestyle and health habits.

Is this a big deal? Well, your heart's age is reflective of your overall cardiovascular health. A heart age that matches or is lower than your chronological age translates to a lower risk of heart disease.

Learn about your heart's age and how to manage your risk factors for heart problems on [HealthBeat](#).



Volunteer Spotlight: David Kratz

Pediatric Therapy Support Volunteer, Marianjoy Rehabilitation Hospital

What has your volunteer experience taught you?

Even simple tasks can be important and rewarding. When I'm cleaning toys after they are used in a Pediatric Therapy session, it helps reduce the transmission of communicable diseases.

How has your volunteer experience impacted you personally?

Volunteering provided me a sense of giving back to Marianjoy after the excellent inpatient and outpatient care I personally received there. I'm also grateful that I can give my time to Marianjoy while in retirement.

Encourage your friends and family to join our volunteer team. They can learn more at nm.org/volunteer.

By the Numbers

Northwestern Medicine Bluhm Cardiovascular Institute has:

- Grown from **300** employees and **1,000** new patients annually in **2005** to **2,400** employees and **48,000** new patients annually today
- Been ranked among the **top 10** cardiology, heart and vascular programs in the nation by *U.S. News & World Report* for the last nine years
- Been ranked among the **top 20** hospitals in the world for cardiac surgery with over **900%** growth in procedures since its founding
- Treated patients from at least **27** countries and all **50** states

Read more about the team's accomplishments on [nm.org](https://www.nm.org).

*Leila Moore
and Diane
Fox
Kishwaukee
Hospital*



*Patricia Parisi
Central
DuPage
Hospital*



Bluhm Cardiovascular Institute Celebrates 20 Years of Saving Lives

Over the past two decades, [Northwestern Medicine Bluhm Cardiovascular Institute](https://www.nm.org) has become a global destination for life-saving therapies, breakthrough procedures and research that has transformed cardiovascular care. Founded on Valentine's Day in 2005, the institute was created with a generous gift from local philanthropist Neil G. Bluhm to help Northwestern Medicine meet the growing need for world-class cardiovascular care in Chicago and beyond.

"I felt it would be important to the city that we have a great heart hospital instead of a situation where the wealthy were traveling elsewhere and everybody else was not getting great treatment," says Bluhm.

Anchored in downtown Chicago, Bluhm Cardiovascular Institute has expanded across Northwestern Medicine and is now integrated into nine Northwestern Medicine hospitals. This makes it possible for patients to receive most cardiovascular care in locations close to home, only traveling downtown for highly complex procedures.

Cardiovascular diseases remain the leading cause of death, but breakthrough discoveries and new technologies are dramatically lowering that burden.

Learn how the institute is transforming cardiac care on [nm.org](https://www.nm.org).

Northwestern Medicine Launches an International Collaboration With The London Clinic

In 2024, Northwestern Medicine announced a groundbreaking international collaboration with [The London Clinic](https://www.thelondonclinic.com), the United Kingdom's largest independent charitable hospital. As part of this wide-ranging agreement, the two organizations will work together to help make patients better by making medicine better.

Northwestern Medicine and The London Clinic are nonprofit organizations that share a combined 250 years of delivering health care to the communities they serve.

The London Clinic will draw on Northwestern Medicine's experience in healthcare innovation, technology, research and operational efficiency to accelerate infrastructure improvements and growth. Northwestern Medicine aims to expand its international reach, build collaborations with other healthcare systems, and develop patient-centered pathways with world-renowned physicians.

More information about this collaboration is available on [nm.org](https://www.nm.org).