![Northwestern Medicine logo]

Volunteer Newsletter

Winter 2023

Volunteer Program News

This quarterly newsletter highlights volunteer programs and Northwestern Medicine news. To all of our NM volunteers, thank you for your commitment and service! In 2023 we will be working to expand the volunteer program with more compassionate, committed volunteers like you. Please share your volunteer experiences with family members and friends and encourage them to join us. Together we can touch more lives and make our communities *better*.

Howard Chrisman, MD, Named CEO

Northwestern Memorial HealthCare named Howard Chrisman, MD, as the health system's new chief executive officer, succeeding Dean Harrison as of January 1, 2023.

Since joining the organization in 1997, Dr. Chrisman has served the health system in numerous leadership roles, including executive vice president of clinical operations and president of the Northwestern Medical Group. Most recently, Dr. Chrisman was the health system's chief operating officer and president, a role he will continue to hold as CEO.

"As I step into my new role, I have reflected on my 26 years at Northwestern Medicine," Chrisman says. "The best part of my journey has been working alongside incredibly talented and supportive colleagues who have helped shape the leader I am today." He added, "I have also spent time thinking about the future of Northwestern Medicine, a future that will continue to be driven by our *Patients First* mission as a result of our greatest strength: each of you."

Preventing Colorectal Cancer With AI Technology

Gastroenterologists from the Northwestern Medicine Digestive Health Center are using the latest artificial intelligence technology during colonoscopies to help them prevent colorectal cancer. The team is measuring how new software can help physicians find precancerous colorectal polyps and improve colonoscopy screenings.

Read more: [Preventing Colorectal Cancer With AI Technology | Northwestern Medicine](#)

Volunteer Spotlight: Susan Dubs

Lab support and endoscopy ambassador, McHenry Hospital

What has your volunteer experience taught you?

That the hospital and the staff truly care about each and every patient and each other. Volunteering has shown me that people truly appreciate a friendly smile, greeting or kind word.

How has volunteering impacted you personally?

I truly enjoy helping both staff and patients. By volunteering, I have met many people that I now consider friends. It is a pleasure to come in for each of my shifts knowing I will have a remarkable day.

A Better Career Starts Here: Cultivating Our Communities

Northwestern Medicine is working to improve communities in inspiring and innovative ways. Angelica Cervantes, a patient escort at Northwestern Memorial Hospital, found her job through the Work-Based Learning Program, a pilot program at Northwestern Medicine. The program, offered in collaboration with the Chicago Cook Workforce Partnership, helps candidates who might not possess all of the minimum requirements for a certain job at Northwestern Medicine receive on-the-job training.

"I had been looking for a job, and someone sent me information about Northwestern Medicine," says Cervantes. "I inquired about the opportunity, received a response, and the next thing I knew I was meeting with a representative to discuss the requirements of the job and what additional skills I needed and could obtain through the program. It all happened so fast."

The Chicago Cook Workforce Partnership, also known as The Partnership, operates the largest publicly funded workforce development system in the nation. Serving Chicago and Cook County, The Partnership provides services through a network of more than 90 agencies to help people find training and career opportunities. Cervantes was referred to the Northwestern Medicine Work-Based Learning Program through The Partnership. Throughout the program, The Partnership provided her with career counseling, resume writing help, mock interviews and additional support while she was training.

"This opportunity came at the perfect time," says Cervantes. "As I was going through the screening process for the job, I was a full-time student and unemployed. As soon as I graduated, I accepted the offer to work full time at Northwestern Medicine."

Northwestern Medicine Recruitment and Community Services Manager Brian Stewart organized the pilot program. "The Work Based Learning Program is an essential component to Northwestern Medicine's community engagement efforts," Stewart says. "It allows us to meet community members where they are to offer them opportunities that may improve their quality of living."

NM Is Where the Heart Is

The Northwestern Medicine Bluhm Cardiovascular Institute is a leader in cardiovascular care and research in Chicagoland and beyond.

U.S. News & World Report, 2022 – 2023, named the Cardiovascular and Heart Surgery Program at Northwestern Memorial Hospital **No. 8** in the nation and the highest ranked program in Illinois for 15 consecutive years.

More than **2,000** highly specialized experts provide *better* cardiovascular care at NM.

75% of Bluhm Cardiovascular Institute faculty are involved in research including **10,000** patients in **100** clinical trials.

Patients come for care from **50** states and **27** countries.

More than **1 million** patient visits to the Bluhm Cardiovascular Institute are expected over the next five years.

Learn more: Cardiovascular Care | Northwestern Medicine
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Share this newsletter with others and encourage them to join our volunteer team. Learn more:

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John Pattarozzi
Mask Ambassador
Delnor Hospital

Isabella Reyes
Mask Ambassador
Northwestern Memorial Hospital

Take-Care Tips

Alcohol and Your Heart

There is a lot of literature and current studies in progress that look at how alcohol use impacts the heart, explains Cardiologist Julie Lynn Tsay, MD. "Overall, it depends on both the amount of alcholhol you consume, as well as your exisiting risk factors."

Read more: Alcohol and Your Heart: Health Implications | Northwestern Medicine