



Wellness Center Programs

NOVEMBER 2022

Complimentary Vision Acuity Screenings

A visual acuity screening is an eye exam that checks how well you see the details of a letter or symbol from a specific distance. The potential benefit of screening for vision impairment is early detection of vision problems that can lead to earlier treatment, improve quality of life and functional independence while decreasing risk of falling among older adults. **To schedule your complimentary screening facilitate by an optometrist from Simpson Eye Associates, please call the Wellness Center at 847.515.2078. Appointments required.**

DATE: Friday, November 4
TIME: 1PM-4PM
LOCATION: Wellness Center

FREE Finger Stick Blood Sugar and Blood Pressure Screenings

Blood sugar monitoring is the primary tool used to determine if your levels are within normal range. Your blood sugar check can be either fasting (12 hours) or random. High blood pressure increases the risk of heart disease and stroke. **To register, please call the Wellness Center at 847-515-2078.**

DATE: Friday, November 4 @ Lower Level, Meadow View Lodge & Friday, November 18 @ Wellness Center
TIME: 8AM-11AM

Care of the Caregiver Support Group

If caring for a loved one leaves you frustrated and angry at times, that's normal-but you don't have to do it alone. The support group will be facilitated by a professional from Independence Health and Therapy. **To register for this complimentary program, please call the Wellness Center at 847.515.2078.**

DATE: Monday, November 14
TIME: 10AM-11AM
LOCATION: Hickory Room, Prairie Lodge

Challenges Faced by Northwestern Medicine Healthcare Professionals During the Covid-19 Pandemic

On March 11, 2020 the World Health Organization declared COVID-19 a global pandemic. During the last two years, Northwestern Medicine Huntley Hospital saw an unprecedented number of patients and demand for hospital services. As part of a leading academic medical system, the team was able to adopt best practices to assure clinical staffing and resources could be deployed across the health system as indicated by need. Huntley hospital was carefully designed and constructed to handle a pandemic, which made for a safe environment in which to receive and deliver care. Strict masking policies were implemented and clinic spaces were redesigned to allow for physical distancing. Visitor policies were evaluated and adjusted based on local to national public health indicators and safety for all. Through everything, the healthcare team at Northwestern Medicine including yet not limited to our physicians, nurses, administrators and more, answered the pandemics initial and ongoing alarm to assure we addressed individual and our community's health needs as well as our entire healthcare team's needs.

Please join Dr. Kim Armour, Vice President and Chief Nurse Executive at Northwestern Medicine Huntley Hospital and her directors of nursing, as they share successes and opportunities that the frontline workers faced during the COVID-19 pandemic, some of which was not visible to the general public beyond their walls of the hospital.

DATE: Monday, November 21
TIME: 10AM-11AM
LOCATION: Birch Room, Prairie Lodge
(This event will be hosted by the Symposium/Historians Club.)