

# NCH Helps Individuals and Families Plan for Important Healthcare Decisions

ARLINGTON HEIGHTS, Ill., March 30, 2012 (SEND2PRESS NEWSWIRE) – Northwest Community Healthcare (NCH) in Arlington Heights is holding a free seminar to provide individuals with guidance and resources for expressing their healthcare wishes before an unexpected medical circumstance occurs. Join the Reverend Gwynne Wright of NCH's Spiritual Care Services from 10 – 11 a.m. on Monday, April 16, in the hospital auditorium at 800 W. Central Road in Arlington Heights, as she leads "Making Healthcare Decisions Work for You and Your Family."

When life brings an unpredictable illness or a serious injury, the accompanying physical and emotional challenges can be overwhelming. There are treatment options to consider, doctor appointments to schedule, and financial questions to address. The burden to make these decisions can affect loved ones, too.

At the seminar NCH experts as well as specialists from Midwest Palliative & Hospice CareCenter will review care options for complex illnesses, explain how to prepare an advance directive and discuss patients' healthcare rights and legal options.

"Although this may be a difficult topic to discuss, it's important to share your healthcare wishes with family and loved ones before a medical crisis takes place," said Karen Colby, director of Palliative Care at NCH. "Having advance directives already in place will ensure your personal healthcare preferences are followed, even if you are too sick to make decisions. Establishing a plan and making your wishes known will lessen the burdens and stress placed on loved ones."

Following the program, NCH chaplains and social workers will be available to assist attendees with completing their healthcare decisions forms. To register for this free seminar and to schedule a private consultation, call HealthConnection today at 847.618.4YOU (4968), or visit <http://www.nch.org> .

## **About Northwest Community Healthcare:**

Northwest Community Healthcare ([www.nch.org](http://www.nch.org)) includes a 496-bed hospital in Arlington Heights that serves approximately 30,000 inpatients and 350,000 outpatients each year, as well as the Busse Center for Specialty Medicine, Day Surgery Center, Home Care, Mobile Dental Clinic, Wellness Center, Youth Center, NCH Medical Group and four immediate care centers in the northwest suburbs of Chicago.

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News issued by: Northwest Community Healthcare



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Original Story ID: 2012-03-0330-002 (7789) :: 2012-03-0330-002

Original Keywords: Northwest Community Healthcare, Karen Colby, NCH, hospital in Arlington Heights, Reverend Gwynne Wright, Spiritual Care Services, Midwest Palliative and Hospice CareCenter. Chicago Illinois news, free seminar Northwest Community Healthcare Arlington Heights Illinois ARLINGTON HEIGHTS, Ill.

Alternate Headline: Northwest Community Healthcare Helps Illinois Individuals and Families Plan for Important Healthcare Decisions

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