

Cook Children's Family News

parents  partners



Gastroenterology Family Advisory Council

Volume 2, Issue 2
Winter 2014-15

Getting to Know the GI Team



Group Photo Back Row: Allison Holt, MSN, RN, CPNP, Nicholas Ogunmola, M.D., Bankole Osuntokun, M.D., Samson Cantu, M.D., Front Row: Jane Keng, M.D., Lyn Hunt, M.D., and Robin Henson, DNP, RN, CPNP-PC Left Photo: Danny Rafati, M.D., Ph.D Right Photo: Lori Thompson, DNP, RN, CPNP-PC

We provide care for children and teenagers with diseases and disorders of the digestive system. Offering educational resources and support to our patients and families.

Special Events & Dates

February 7, 2015 @ 10:00 AM – Gluten Free 101 Class, The Hills Church, 6300 NE Loop 820, N. Richland Hills, TX 76180, GF 101 Class meets in either room 217 or 218. For more information contact registration@northtexasgig.com

February 8 - 14, 2015 - Feeding Tube Awareness Week, Visit the Feeding Tube Awareness Foundation website today, offering many educational resources. Please visit: www.feedingtubeawareness.com

February 13, 2014, 9:00 am – 12:00 pm, Family & Friends CPR, Cook Medical Center Simulation Lab, 801 7th Avenue Fort Worth, TX 76104, For more information contact 682-885-1137 or email education@cookchildrens.org, Cost \$25 per person. This is a non-certification course. Participants do not receive a certification card.

Clinic Holiday Hours

December 24th - Closed at Noon

December 25th – CLOSED

December 31st – Closed at Noon

January 1st - CLOSED



What's New at Cook Children's Gastroenterology & Nutrition Clinic

Counseling with Kate

A 2008 poll by the American Psychological Association says that 8 out of 10 Americans report feeling stressed over the holidays. Causes of stress may include family relationships, money, busy schedules, and decorations. Here are a few tips to help make sure you don't get your tinsel in a tangle:

- **Take care of yourself:** Plan activities that are fun and relaxing. Take a family walk to look at Christmas lights, or schedule nap time into the day. Don't prioritize your schedule, schedule your priorities.
- **Set limits and expectations:** Have a very real conversation with your children about expectations for gifts. Set aside time for crafts for children to make and give to one another. The best presents come from the heart, not from the mall.
- **Surround yourself with people who support you:** If you know that Aunt Edna is going to criticize that layer of dust on your TV, kindly suggest you all go to her house instead of her coming to your's. Also, volunteering at a local charity with your kids is a great way to give back to your community. Spend quality time with good family & friends.
- **Let children help where they can:** Sure, maybe your four year old doesn't need to climb that ladder to put the angel on the 12 foot tall tree, but if she wants to set the silverware out for dinner, let her. Start giving small tasks like making the beds or taking out the trash to help children learn responsibility and to give yourself a shorter to-do list.
- **Take a break:** Watch Ralphie shoot his eye out for the 21st time on Christmas Day. Let Buddy the Elf remind you that "the best way to spread Christmas cheer is singing loud for all to hear." Grab some hot chocolate, push play, and take a break. You deserve it! Sitting on the couch watching a good, wholesome holiday movie with your family is a great way to spend quality time together.

No matter which holiday you're celebrating, have a great one!

Kate Jennings, M.Ed.

Please talk with your Gastroenterologist if you believe your child may benefit visiting our Clinical Therapist., L.P.C.



Cook Children's Urgent Care Center has moved – Fort Worth

This brand new facility is only a couple blocks south of the main medical center campus at the corner of 6th Avenue and Rosedale Street. With parking conveniently accessible from West Pulaski and 6th Avenue, our families, who are already in a stressful situation that requires urgent care, will now be able to easily get to and inside the clinic. This new clinic offers 18 examination rooms, compared to the ten rooms in the previous location, and has a more open and comfortable space to accommodate more patients for those busier times.

Urgent care walk-ins accepted Open 7 a.m. – midnight Call us at 682-885-8012.



New Urgent Care Center address:
1401 Pulaski, Fort Worth, TX 76104
Telephone: 682-885-8012

G - Button Classes for Patients & Families

Dates: First & Third Tuesdays of every month

Location: NICU Classroom (2nd Floor)

Time: 2:00 p.m. – 3:00 p.m.

Topics include: Types, care and troubleshooting

RSVP to Carol Wise by phone at 682-885-7199 or carol.wise@cookchildrens.org

Staff are also welcomed to attend!



Online Resources

ShopWell App

Healthy Grocery Lists and Food Scanner

- Create healthy grocery lists
- Find foods that match your needs
- Get nutrition facts and ingredients

Get Your Full Course for IBD Wellness

Visit: www.getyourfullcourse.com

- Educational website by Celebrity cook and ulcerative colitis patient Sunny Anderson
- Helpful IBD diet insights
- Sweepstakes, help finding a doctor and so much more!!!

Resources

Matustik Family Health Library

The Matustik Family Health Library has professional librarians available during the following hours to help families find information:

Monday - Friday 9 a.m. - 5 p.m.

Saturday Closed

Sunday Closed

Stop by the Library today and ask for a Patient Resource Folder for Chronic Diagnosis given to families free of charge.

The Library staff is happy to look up information on diagnosis and either print it and send it to your home address or scan docs and send them via email. Please send requests to family.library@cookchildrens.org

The Matustik Family Health Library can be found in the Family Plaza on the first floor of the Cook Children's Medical Center near the exit to the Dodson Specialty Clinics building.

Contact the library by calling 682-885-3060



G-Button Reference Book is available!

If you are interested in a copy of our G-Button Reference Book, please contact Tanya Kimmey at 682-885-1978 or discuss with your Gastroenterologist.

GI Support Groups

GUTS Group

For parents who have a child with **Short Gut Syndrome or Motility Disorders.**

Volunteers available to sit with young children during group

Cook Children's
Family Support Meeting Room
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Jill Finto: Heather.finto@cookchildrens.org

Crohn's and Colitis Pediatric Support Group

For patients age 5 and up
Cook Children's
Pavilion Classrooms-rooms will vary
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Brenda Sonnier, CCLS
Child Life Specialist
Office: 682-885-4822
brenda.sonnier@cookchildrens.org
Sommer Mims, RN
Sommer.mims@cookchildrens.org

Crohn's and Colitis Parent Support Group meet at the same time and location (separate room)

Keeping up with Cook Children's



Cook Children's Gastroenterology Group page



Cook Children's



[cookchildrens](https://www.instagram.com/cookchildrens)



[Cook Children's@CookChildrens](https://twitter.com/CookChildrens)

Finding Help in Texas

www.hhsc.state.tx.us/

Texas may be able to help in your time of need:

- Electric Service Payment Assistance
- Child Care Provider Referrals
- Free School Supplies
- Medicaid
- Food Stamps (SNAP)
- Rent Payment Assistance
- Utility Assistance
- Medical and Dental Applications and much more...



If dialing 2-1-1 directly doesn't work on your phone, you can reach us at our toll-free number (877-541-7905). To better serve you, you will be asked for a ZIP code for the area you are seeking services.

Allergy Free Ice Cream

Dairy, soy, egg, wheat/gluten, peanut, tree nut free

Ingredients:

4 cups vanilla rice milk	3 tablespoons arrowroot starch
15 large "safe" marshmallows	1/3 cup sugar
Dash of salt	1/2 cup canola oil
1/2 teaspoon xanthan gum	1-1/2 teaspoons vanilla extract

Directions:

- 1) In a large mixing bowl, combine the arrowroot starch with 1/4 cup of the rice milk, set aside. In a large saucepan, combine the remaining rice milk, marshmallows, sugar and salt. Bring mixture to a boil and immediately remove from the heat. Pour the hot mixture over the arrowroot flour and milk mixture and stir well. Add the oil, xanthan gum and vanilla extract and whisk mixture together until blended. Place in the refrigerator until completely cooled.
- 2) Pour cooled mixture into an ice cream maker and freeze according to the manufacturer's instructions. Makes about 1 quart.

Recipe extracted from <http://www.eatingwithfoodallergies.com>