SAFETY, CARING, INTEGRITY, COLLABORATION, INNOVATION, GIVING



CookChildren's

THE FALL ISSUE 2016

promise

THE FALL ISSUE 2016

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Cook Children's Health Care System is a not-for-profit, nationally recognized pediatric health care organization, comprised of eight entities — Medical Center, Physician Network, Home Health company, Northeast Hospital, Pediatric Surgery Center, Health Plan, Health Services Inc., and Health Foundation.

Cook Children's Medical Center is fully accredited by The Joint Commission and is a member of the Children's Hospital Association, Children's Hospital Association of Texas and Children's Miracle Network Hospitals.

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Warm regards FROM RICK W. MERRILL

aring for children is not just our job, it's our calling. That's why we continue to expand our services and modernize our campus so that we can respond to the needs of the growing number of children in our community. As Fort Worth and the surrounding areas grow and flourish, with your help, we'll be ready to meet the needs of those families.

Our path to achieve this will be to enhance care and expand programs and services for our patient families while also identifying ways to improve access to care. In this issue, you'll read about the new South Tower on our medical center campus, which will open in early 2017. It will house an efficiently designed and modernized Emergency Department and Lab, a new Heart Center, Behavioral Health Center as well as operating rooms equipped with the latest technology.

Our innovative approach to care doesn't stop there. In keeping with our Promise to improve the health of all children, this fall we will be offering two new specialties: Urology and Dermatology so that we can provide the breadth of care our patients need. At the same time, we will be opening a new urgent care and specialties center in Alliance to serve that growing community. Now, when more families need care, we'll be nearby to assist them. After conducting telemedicine for ten years, it's important that we use technology and fresh approaches to expand our reach and bring care to the broader pediatric community. That's why we are piloting a new school-based telemedicine program and exploring ways to revolutionize pediatric primary care.

All of this is possible because of your generous support. We're so grateful to the many partners, volunteers and donors who tirelessly support us and share our commitment to making our community stronger. Your support inspires us to continue our purposeful work, and re-invest in our community, until we fulfill our Promise to make our home the best place to raise a healthy child.

With gratitude,

Rick W. Merrill
President and CEO
Cook Children's Health Care System





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Caregiving in action

A VITAL PIECE OF COOK CHILDREN'S TEAM SINCE HIS ARRIVAL, Vernon Lee HAS SERVED OUR PATIENTS, FAMILIES AND CO-WORKERS FOR NEARLY 30 YEARS. HE LIVES TO SERVE OTHERS IN ANY WAY POSSIBLE AND THIS IS CLEAR IN HIS SELFLESS APPROACH TO PUTTING OTHERS FIRST, WHETHER IT'S OUR PATIENT FAMILIES OR HIS OWN FAMILY. VERNON IS SAID TO GIVE EVERYTHING OF HIMSELF WITHOUT COMPLAINT AND SEEKS TO ENSURE THAT ANYONE HE ENCOUNTERS IS POSITIVELY IMPACTED.



Vernon began working at Fort Worth Children's Hospital when he was just 17 years old. His home economics teacher at R.L. Paschal High School in Fort Worth invited him to participate in a work study program and he jumped at the opportunity. Vernon had a strong desire to help his mother, a single mom, and he saw this as a way for him to contribute to the household.

He started working part-time at the medical center as a dietary aide, delivering trays of food to patient rooms, all while still in school earning his high school diploma. He enjoyed the interaction he had with the families and formed special bonds with many of them. He also had a deep connection with his new work family and, almost instantly, Vernon saw this not as a job, but as his home away from

Two years later, in 1983, Vernon became a full-time employee of Fort Worth Children's Hospital, now Cook Children's, and worked several different jobs in the Dietary department, including working the tray line, the grill and salad bar.

One day, his supervisor approached him with an opportunity for a big promotion: she wanted him to be the lead caterer for the newly created Catering department. But Vernon questioned whether he would be as happy in this position and if he would excel in it. He chose to turn it down.

He declined the offer several more times, despite the persistence and encouragement of his manager. She continued to express great confidence in his work, telling him she believed in him and that she knew that he would love



Caregiving in action

the work. Vernon began to believe her and eventually accepted the position.

More than two decades later, Vernon Lee is still in the role that his supervisor knew was made just for him.

"A big part of who I am goes into the job that I do," Vernon explained. "I love being of service. I love treating people the way that I want to be treated. It's not for gain. It's just simply who I am as a person. I just love to give."

If you find yourself at the medical center in the morning, after normal working hours or even on the weekends, chances are good that you will catch Vernon hard at work. He oversees all on-site catering. It's not uncommon to see him setting up a breakfast in the board room, breaking down a lunch in another room and ensuring that a plated dinner for 100 guests is perfectly executed, all in the same day.

The early mornings, late nights and extra hours, Vernon says, are no big deal. "I do go home," he laughed. "But I am committed to this place. It's energizing for me to be here and to be able to do things that I love to do. It's not hard at all."

Vernon's hard work and dedication does not go unnoticed. In 2011, he was recognized as a Peak Performer, a peer-nominated award given to Cook Children's employees for going above and beyond. Last year, Vernon won Employee of the Year from the Dallas Fort Worth Hospital Council in the category of hospitals with 205-499 beds.

In the past 35 years, a lot has changed at Cook Children's. But one thing that our families and our staff have been able to count on for more than three decades has been Vernon Lee. His heart for helping others, his listening ear and his excellence in service have touched countless lives. We are so grateful that he calls us family, and that Cook Children's is his home.

Featured left: Vernon setting up for an early morning breakfast meeting in the

By the numbers

SURE WE'RE PROVIDING THE BEST POSSIBLE CARE FOR OUR PATIENTS AND PATIENT FAMILIES. IN RESPONSE TO EMERGING NEEDS, A SOUTH TOWER IS CURRENTLY UNDER CONSTRUCTION AT COOK CHILDREN'S MEDICAL CENTER AND SHOULD BE FINISHED IN EARLY 2017, IT WILL HOUSE A NEW, MORE EFFICIENTLY DESIGNED EMERGENCY DEPARTMENT, HEART CENTER AND BEHAVIORAL HEALTH CENTER, AS WELL AS LARGER OPERATING ROOMS WITH LEADING-EDGE, ADVANCED TECHNOLOGY.

3,654 NUMBER OF THE CONSTRUCTION WORKERS THE



314,000



Cubic yards

TYPES OF different trade contractors

INVOLVED IN CONSTRUCTION



Program spotlight:

Young Philanthropy program

THROUGH OUR YOUNG PHILANTHROPY PROGRAM, COOK CHILDREN'S IS SHOWING KIDS THAT

"You don't have to be a grôwnup to give."

And the kids in our community agree! The generosity of our young philanthropists shows up in many ways, including in-kind donations, fundraisers, loose change drives, our summer volunteer program, birthday clubs and more. The program lets kids choose ways to give back that are meaningful to them.

Each gift that we receive from a young philanthropist is as unique as the giver. Some are grateful patients who

found themselves on the receiving end of generosity and want to pay it forward. Others are kids or teenagers who just have big hearts and ideas of how to make the world a better place.

Though the sky is the limit when it comes to ways to give back, the opportunities below are in place to help guide their activities.







Plan a special event fundraiser

Some of the ideas we've seen include bake sales, car washes, lemonade stands, school spirit weeks and clay shoots.

Party with a Purpose

For members of the Peter Pan (ages 1-12) and Forever Young (ages 13 and up) Birthday Clubs, the celebration is in giving back. Party guests are asked to make donations to Cook Children's in lieu of birthday gifts.

Loose change drive

A little change can make a big difference! This is a great opportunity for a youth group, scout troop or your entire school district.

In-kind donations

There are so many things that can brighten a child's day when they are staying at our medical center, including toys, nail polish, a teddy bear or the bare necessities.

Volunteer

Our junior volunteers join us each summer and help families in a variety of ways. These include directing patient families, serving as support staff to help with clerical tasks, keeping patients and siblings entertained through play and reading activities, providing much needed breaks for parents, assisting with community events and much more.

To learn more about how your young philanthropist can change lives at Cook Children's, visit cookchildrenspromise.org or call 682-885-4105.





Making a house a Miracle Home

RE/MAX IS IN THE BUSINESS OF finding families A PLACE TO CALL HOME. BUT THEY ARE ALSO IN THE BUSINESS OF TAKING CARE OF FAMILIES WHEN THEY FIND THEMSELVES away from home. A CHILDREN'S MIRACLE NETWORK PARTNER SINCE 1992, RE/MAX IS **dedicated** TO SUPPORTING THE MORE THAN 170 LOCAL MEMBER HOSPITALS across the nation, INCLUDING Cook Children's.

In order to give back to the local communities where RE/MAX real estate agents live and work, the company created a Miracle System, a custom-designed website that allows agents to make donations to their local children's hospital. Agents can choose to make a donation for every home sold or as a lump sum.

Additionally, many agents in this area get the whole office involved, hosting fundraising events to benefit Cook Children's.

Annually, the company recognizes Miracle Agents and Miracle Offices for their generosity and desire to support their local communities. However, the recognition is not why they give. It's their own life experiences that inspire them to give back.

"I started fundraising for Cook Children's Neonatal Intensive Care Unit (NICU) over 13 years ago after my first grandson went from his mother's arms to NICU at birth. Two days later, he had open heart surgery to remove multiple heart tubers. In our family, we're pretty sure Dr. Vincent Tam, cardiothoracic surgeon, walks on water.

When RE/MAX and Children's Miracle Network Hospitals partnered a few years later, and knowing that all money stays in our area, it was natural for me to incorporate this partnership into my business and share it with each and every client. Since making a donation in every client's name for many years, I have had the privilege of hearing so many heartwarming, heartbreaking and mostly inspirational stories of how Cook Children's has touched so many lives in our community.

It was my 13-year-old, red-headed, smart, funny, guitarplaying grandson who inspired me to start giving to Cook Children's. But now giving to Children's Miracle Network Hospitals and Cook Children's has simply become a way of life for our family."

Tracey Amaya, RE/MAX Trinity office

For each of the RE/MAX offices that locally supports Cook Children's, there is a story much like Tracey's. On behalf of all our families, we would like to thank the 843 Miracle Agents and 34 Miracle Offices for helping us make

To share your miracle story, send us an email at promise@cookchildrens.org.



Children's Miracle Network Hospitals Helping Local Kids

Look for the miracle balloon in your neighborhood

and know all of the funds raised help children in our community.

UPCOMING MIRACLE BALLOON CAMPAIGNS AND EVENTS:

LOVE'S TRAVEL STOPS AUG. 25-SEPT. 30 AUG. 29-OCT. 9 WALMART AND SAM'S CLUB LONG JOHN SILVER'S OCT. 1-31 **GREAT CLIPS** OCT. 1-31 OCT. 1-31 **DAIRY QUEEN** CREDIT UNIONS FOR KIDS NOV. 1-DEC. 31

For a complete listing of our partners, visit cookchildrenspromise.org.

The nicest place in the world

IT ONLY TOOK ONE PHONE CALL AND Brian Ryals, M.D., was hooked. He decided right THEN AND THERE TO COME TO COOK CHILDREN'S, AND OUR FOCUS ON family-centered care HAS KEPT HIM HERE FOR MORE THAN 20 YEARS.

After graduating from medical school at The University of Oklahoma in Norman, Oklahoma, Dr. Brian Ryals spent nine years in the Army in residency training and service, followed by three years of service in the Army. He was content practicing as a pediatric neurologist in Colorado, with no intention of moving back to the Southwest. But in 1995, he saw a job posting for a neurologist at Cook Children's and everything changed. He decided to pursue the opportunity and interviewed with a Cook Children's neurologist over the phone. And, that's all it took. More than 20 years later, Dr. Ryals is now the medical director of Cook Children's Headache program within Cook Children's Jane and John Justin Neurosciences Center.

"I knew from the first moment I talked to someone at Cook Children's that I would be coming here," said Dr. Ryals. "I told my wife, 'This sounds like the nicest place in the world. This is the job I want to take."

During his time at Cook Children's, Dr. Ryals has served on the Board of Trustees for five years. This involvement further confirmed for him that the patient truly is at the heart of everything we do at Cook Children's.

For that reason, Dr. Ryals has chosen to include Cook Children's in his estate planning and is a member of our Legacy Society. His giving will continue to benefit patients for generations to come.

In addition to devoting his career to his patients and leading through the board, Dr. Ryals is also a member of Cook Children's Doctors Society, a giving society for physicians and dentists affiliated with Cook Children's. Through his support of the Children's Fund, a fund aimed at assisting with the health care system's greatest needs, Dr. Ryals is able to give back to the entire system, and to areas outside of his department that also care for his patients.

Dr. Ryals has seen how the generosity of this community has had an impact on his work, and on his patients. It has brought technology, equipment and

"There is a spirit of giving that you see everywhere here," he said. "You can't quite put your finger on it, but it's here and not a lot of places have that."

Dr. Ryals says that his favorite part of his job is teaching families about their child's condition and watching them get better. Once they learn about the condition and how to deal with it, their anxiety and fear of the unknown fade.

"No matter what you do – even if you do open heart surgery - after you do it a thousand times, the technical thing that you're doing becomes fairly routine," said Dr. Ryals. "But the pleasure comes with, if you do it right, seeing someone get better. And it's a real privilege to see that."

"I give to show myself my own commitment; that I am not just working here, but that I am committed to the organization and our patients."

> Brian Ryals, M.D., medical director, Cook Children's Headache program



Partners in our Promise

IF ANYONE KNOWS ABOUT THE IMPORTANCE OF INVESTING, IT'S OUR FRIENDS AT **Northern Trust**.

THROUGH THEIR PARTNERSHIP WITH COOK CHILDREN'S, THEY HAVE CHOSEN TO INVEST IN THE HEALTH

OF OUR COMMUNITY'S CHILDREN.

Dedicated to making an impact in the communities they serve, Northern Trust has contributed more than \$120 million in support of non-profit and non-governmental organizations worldwide in the last decade. Cook Children's has been the grateful recipient of their generosity on a local level. Their gifts will impact families within their own organization, as well as client families, neighbors and friends.

event, we're able to show Cook Children's donors the impact that your generosity has on our patient families and honor their commitment to our families.

We are humbled both that Northern Trust has chosen to invest in Cook Children's and that they help us thank those who make miracles happen for our families every day.

For the past four years, Northern Trust has generously underwritten our annual Donor Dinner event, which honors all of those who help make the great work at Cook Children's possible. Through this

"The Cook Children's Promise, to improve the health of every child in our region, is not only worthy of our support, it's been tested on the ground in our Fort Worth office, where every one of our 10 children has been treated there, some for injury, some in surgery, and others who were just pretty darn sick little kiddos. Northern Trust is proud of our partnership with Cook Children's, the premier health and wellness provider for children, adolescents and young adults in this part of the country. Recognizing and thanking those who support Cook Children's is a powerful and necessary part of ensuring the ongoing suppose of the Promise, and that's why we are honored to support the appeal Depar Dipper."





Careity Foundation's Careity Rocks event celebrates the lives and hearts of young critically and terminally ill patients, as well as the professionals who provide the best of care for them. Their support has benefited patients in our Palliative Care program for the past ten years.

When a child is diagnosed with a serious illness, it is life-changing for the child and their family. The patient and family often feel overwhelmed and confused by all the decisions they are facing. At Cook Children's, we believe those families should not have to navigate through this difficult time alone. And that's why our Palliative Care program is here to help.

Pediatric palliative care is specialized medical care that focuses on providing relief from the symptoms, pain and stress of a serious illness — whatever the diagnosis. The goal is to improve the quality of life for both the patient and the family. The Palliative Care team works in partnership with the patient's other care providers to deliver an extra layer of support. Most of our families are coping with uncertainty and our Palliative Care program is an added support, as they hope for the best, attend to the present, celebrate successes and prepare for the rest. Each family benefits from palliative care in different ways that are unique to their needs. Most are followed over a long period of time, developing deep relationships along the way.

"Because our practice is family-centered, relationship-based, and essentially narrative medicine, we often tell families that their child is 'writing their own story'," said Todd Pearson, M.D., medical director, Cook Children's Palliative Care. "Our goal is to help their child live as well as possible, for however long their story dictates."

Some of the ways our Palliative Care team provides an added support include:

- Assisting with coordination of care and communication.
- Providing information and support regarding treatment options and difficult medical decisions.
- Assisting the primary care team with symptom management recommendations.
- Providing emotional, psychosocial and spiritual support for the child and their family, including siblings.
- Helping with access to community and home-based services and resources.
- Creating a care plan that is in line with the patient/family's values, cultural and spiritual traditions, illness treatment preferences and goals of care.

At Cook Children's, it's been our experience that patients supported by palliative care have fewer trips to the emergency room, fewer hospitalizations, fewer re-admissions, shorter lengths of stay, less resource utilization (such as pharmacy, labs, radiology/imaging, etc.), better symptom management and actually live longer. And all of that can translate to significant cost savings for the family, as well.

We are extremely grateful to the Careity Foundation for their support of the Cook Children's Palliative Care program for the past ten years. They have remained dedicated to the advancement of the program and awareness of the needs of chronically ill kids, helping to improve palliative care.

We are especially grateful for their considerable time and effort planning and preparing their annual fundraiser, Careity Rocks, which benefits Cook Children's Palliative Care program and for the direct support that the Careity Foundation has provided our families.

Every child's life is sacred and every patient's story is special. We are honored to be able to help our patients continue to write their own amazing stories.

This year's Careity Rocks event is Sept. 20. For event information, visit careity.org.





COOK CHILDREN'S IS blessed WITH MANY ACTIVE COMMUNITY GROUPS WHO generously support US BY HOSTING A VARIETY OF FUNDRAISING EVENTS. We apprêciate ALL OF THESE ENTHUSIASTIC DONORS AND THEIR VOLUNTEERS WHO COORDINATE AND STAFF THESE EVENTS.

CLAY SHOOT FOR CAYSON

Clay Shoot for Cayson is an annual event in memory of Cayson Reece Mosley. Money raised at this tournament benefits Cook Children's Child Advocacy Resources and Evaluation (CARE) Team. The CARE Team, led by pediatricians who are board certified in child abuse, provides medical evaluations and psychosocial assessments in situations where abuse is suspected and preventive education to the community at large. The newest member of the CARE Team is Kitty, a therapy dog, whose gentle spirit brings a sense of calm to oftentimes tense situations. Kitty's presence would not be possible without the generosity of donors who participate in events like the Clay Shoot for Cayson.



Volunteers and supporters of Clay Shoot for Cayson, including Cayson's mother, Jennifer Elrod, present a check to the CARE Team

RATLIFF FOUNDATION CLAY SHOOT

The Ratliff Foundation Clay Shoot started in August of 2003 and is sponsored by friends of Bobby Ratliff, all land men and attorneys from Fort Worth, Dallas, San Antonio and Houston. This sporting clay shoot event, held west of Fort Worth, has grown from just a handful of participants to one of the largest such shoots in Fort Worth. To date, more than \$100,000 has been donated for educational grants and funding the fight against cancer.



Phil Mani, Jim Holcomb and Cook Children's Special Events Coordinator Bailey Voss.

COOKIES AND CASTLES

Cookies and Castles - a Gingerbread Extravaganza, organized by the Fort Worth Alumnae Chapter of Tri Delta, has become a favorite way for many families to kick off the holiday season. Each December, Tri Deltas from TCU join children and their families in decorating gingerbread houses and gingerbread men. Tables are filled with bowls of candies and cereal in every color, shape and size imaginable, all to decorate the cookie houses. The event raises money through ticket sales and the proceeds are donated to Cook Children's Hematology and Oncology Center.



Cook Children's Gift Officer Erica Fisher, 2015 event co-chairs Hilary Colia and Jennifer Kostohryz, Cook Children's Hematology and Oncology Center Medical Director Gretchen Eames, M.D., and Cook Children's Special Events Coordinator Bailey Voss.

PICKIN' FOR PREEMIES

Pickin' for Preemies is a Texas Red Dirt Music event benefiting Cook Children's Neonatal Intensive Care Unit (NICU). In 2015, we celebrated the event's 10th year of supporting our tiniest patients and taking care of their families during their stay in our NICU. Event founders, Casey and Justin Frazell from 95.9 The Ranch and TXRDR, experienced firsthand what it was like to have premature babies with both of their children, Jaycie and Caston. They now want to support other families who travel the road they've been down. Don't miss the 11th annual Pickin' for Preemies on THURSDAY, Sept. 8, 2016! #notlaborday



Pickin' for Preemies founder Justin Frazell, Cook Children's Medical Center President Nancy Cychol, Pickin' for Preemies founder Casey Frazell, 2015 Pickin' for Preemies Chairs Melissa Cone and Allison McKnight.

WE WOULD LIKE TO RECOGNIZE AND THANK THE FOLLOWING **COMMUNITY PARTNERS FOR THEIR RECENT GIFTS:**

Anna Banana Trâil Run and Walk • Anna Brâshear Memorial Invitational Airiana by Read Benefit Car Show · Celebrity Chef Chili Cook Off Connor's Car Show for Charity · Cowboyin' for the Kids Crawl for Cancer · Diamonds in the Ruff · Dreaming the Cure Hearts for Art · iKids Pediatric Dentistry Family Fun 5k. Springfest · Two Wheels for Tots · William and Macey's Valentine Trêat Sale Wine for a Cause · Zander's Garage Sale



Investing in the future of our children

AT Cook Children's, WE'RE CONSTANTLY LOOKING AT THE MOST EFFICIENT AND EFFECTIVE WAYS TO CARE FOR OUR PATIENTS AND ALLOCATE OUR RESOURCES. OUR APPROACH TO BUILDING THE NEW SOUTH TOWER AT COOK CHILDREN'S MEDICAL CENTER IS NO DIFFERENT.

The South Tower, scheduled to be complete in early 2017, will house a modernized Emergency Department and Lab. It will feature larger operating rooms containing the latest technology, a new Heart Center and Behavioral Health Center so we can expand our current programs to better accommodate and treat our patients.

Integrated Project Delivery (IPD)

IPD is a contractual process that allows and aligns all construction firms to be organized in a collaborative fashion from the beginning to the end of a project. This contract places 100% of each contracted party's profit at risk toward the accomplishment of the goals, scope schedule and budget.

One of the tools used throughout the IPD process was 3-D Building Information Modeling. This allowed for more accurate designs and coordination for all parties. As construction progresses, a scanning device takes scans of the actual construction and compares them to the model. If there are any variances, changes are made real-time, at the expense of the IPD team's profit, which motivates accuracy on the front end.

Collaboration with staff and patient families

To ensure we satisfy the needs of our staff and patient families, we include them in the design process as well.

Surgeons, cardiologists, emergency department staff and other user groups all reviewed 3-D layouts of the South Tower design. They were able to "walk through" the virtual space and get a feel for it before the build. Families and members of our Family and Youth Advisory Council also were involved in the design for the family amenity, Child Life and common areas, as well as basic layout and flow.

Actual mock-ups of certain spaces also were created so that clinical staff could explore layout and work flows through the space as if they were actually treating patients. From these experiences, many improvements in the design have been made.

For example, in the current Emergency Department (ED), if a patient needs an ultrasound, they normally would be transported to radiology. But, in an ED visit, when every second counts, it would be much more efficient to bring the ultrasound technician and equipment to the patient. The original design did not easily allow for that and has since been adjusted so that ultrasound techs can get to patient families quickly and the families don't have to leave the exam room.

Additionally, after seeing the patient rooms, families suggested we add USB ports in each room so that they can charge their electronic devices. The original design did not include that, but it's now been updated and USB ports in the electrical outlets now will be a standard going forward.

Improving the patient experience

The goal of the new ED layout is to provide better access, handle increased patient volumes and enhance the overall patient experience.

By adding imaging capabilities and providing lab services in the rooms, we will minimize the need to move patients around and be able to provide them with results faster.

Leading-edge operating suites

The new operating rooms now will be integrated suites, meaning we can bring technology to the surgeon. They will have plenty of space and ceiling height to allow for more technology that previously was not possible due to the size constraints. All of the patient's electronic records and imaging will be accessible to surgeons in the operating room. The system also is tied into the laboratory, which will allow surgeons to speak to pathologists in real-time.

Heart Center

The new Heart Center will allow for all cardiology services to be located together, including all diagnostic testing areas, operating rooms, the Cardiac Intensive Care Unit and cardiac step-down area.

Currently, these areas are located in multiple areas across the medical center. Bringing these functions all together will allow for improved patient outcomes and efficiencies in their treatments.

An evolving plan

Cook Children's highly respected Inpatient Psychiatry program is the only North Texas inpatient, not-for-profit program exclusively for children ages 2 through 12. It is also one of the few units that offer treatment for children who have profound autism or intellectual or developmental disabilities. Over the past several years, Cook Children's has experienced exponential growth in the demand for behavioral health services.

Thanks to a generous lead gift from The Rees-Jones Foundation and additional support from the community, the 6th floor of the South Tower will house a new behavioral health center. This will allow Cook Children's to better serve its patients by uniting and expanding our inpatient psychiatric unit and partial hospitalization program.

Donors understood the importance of providing behavioral health services to the children in our community and generously provided the financial support needed to expand and enhance the unique services we offer to our patients.

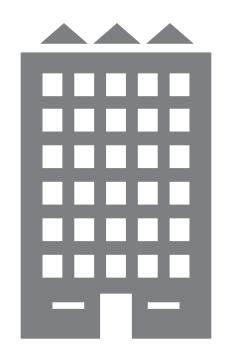
Looking toward the future

At Cook Children's, we believe that all children deserve extraordinary, life-impacting care. The spaces, equipment and technology in the new South Tower will allow us to do just that. However, none of this would be possible without the generosity from our community. And for that, we are eternally grateful.



South Tower

In response to emerging needs, a new South Tower will be complete by 2017 to house a new, more efficiently designed **Emergency Department, Heart Center and Behavioral Health** Center, as well as larger operating rooms with leading-edge, advanced technology.



6TH LEVEL

Level six will be home to our Behavioral Health Center featuring: Inpatient unit with 15 beds, unit for Partial Hospitalization Program.

5TH LEVEL

Shelled for future use/growth.

4TH LEVEL

Level four will have an echocardiogram suite, but mainly will be dedicated to mechanical space.

Level three will contain the new Heart Center. Its features include:

Two operating rooms

- Two catheterization laboratories
- 14-BED CRITICAL CARE UNIT SPECIFICALLY FOR CARDIAC PATIENTS
- 15 STEP-DOWN BEDS

Level two of the South Tower will house:

- 32 PREP/RECOVERY STATIONS
- 24 POST-ANESTHESIA CARE UNITS
- Space for a new intraoperative MRI (IMRI) - AN OPERATING ROOM DEVELOPED FOR BRAIN SURGERY
- Seven general operating rooms
- Four shelled operating rooms for future use.
- Two neurology operating rooms
- Two orthopedic operating rooms
- TRAUMA OPERATING ROOM

Level one of the South Tower will contain the new Emergency Department, featuring:

10 INTAKE ROOMS

- A NEW CT ROOM
- 76 GENERAL EXAM ROOMS (FIVE THAT CAN BE USED FOR RESUSCITATION)
- TWO X-RAY ROOMS

LOWER LEVEL

The lower level provides space for the Clinical Laboratory and Sterile Processing department and a tunnel connecting to the North Tower.

314,000 SQ. FT.

THE LOWER LEVEL PROVIDES SPACE FOR THE **CLINICAL LABORATORY AND STERILE PROCESSING** DEPARTMENT. IT WILL ALSO HAVE A TUNNEL **CONNECTING TO THE NORTH TOWER.**

Generosity heals

YOUR generosity HELPS DOCTORS GET CLEAR MRI IMAGES WHILE KEEPING YOUNG PATIENTS ENTERTAINED AND DISTRACTED DURING THE PROCESS.

Going to the hospital for a treatment or a procedure can be an overwhelming experience for an adult, not to mention for a child. At Cook Children's, we pay special attention to the comfort of the patients, doing what we can to ease any anxieties they may be experiencing.

Having an MRI, for example, can be particularly challenging for some of our patients. The procedure itself is painless, but it is administered in a small space that can evoke feelings of claustrophobia and confinement. Patients are asked to lie still for long periods of time, listening to the loud banging noises of the machine all around them, apart from their family who waits outside the room. While sedation is an option for some patients, it is not ideal for everyone.

So, what can be used to distract those patients who need to remain awake and still for the scans?

New technology has come to the rescue in the form of an MRI-compatible audio/video integration system. These MRI Goggles allow patients to listen to their favorite music or watch a video during scans. The system also enables two-way communication between technicians and patients. This equipment can reduce anxiety and the need for sedation, which is better for the patient and reduces costs for families.

Thanks to the generosity of the Pritchard Foundation, there are many patients at Cook Children's who will benefit from this technology, which includes headphones, video goggles, transducer box, control unit and remote control. These goggles can help turn a scary experience into a fun one for many of our patients, and help to ease the minds of anxious parents.

If you are interested in helping to provide additional equipment for our patients, please contact the Cook Children's Health Foundation at 682-885-4105.





Young philanthropist

Halle Anne Stallings is no stranger to cook children's. She is a patient, an advocate AND A DONOR. AND SHE'S ONLY 9 YEARS OLD.

Several years ago, over a period of 11 months, Halle Anne was hospitalized at Cook Children's Medical Center three separate times for ketotic hypoglycemia, a rare but serious form of low blood sugar.

Contrary to what one might think, Halle Anne didn't struggle with being in a hospital, away from home. In fact, she loved it. She described it as going to a hotel and even received thoughtful gifts while she was there, including teddy bears and Christmas cards, provided by donors.

And when she went home, she knew she wanted to help provide that same positive experience for patients just like her. As members of Seventh Avenue, a group at Cook Children's for young professionals and their families, her family has collected bears, made and distributed blankets, assembled coloring kits for the Emergency Department, decorated holiday bags and helped with other service projects, as well.

But still Halle Anne wanted to do more. So for her sixth birthday, she asked her friends to bring bottles of nail polish that she could donate to Cook Children's patients. She collected more than 80 bottles!

Last fall, at the 2nd annual KSCS Cook Children's Radiothon, Halle Anne went live on air with radio personality Hawkeye, to share her story and help inspire others to give back. This was no small feat for a 9-year-old. She did an incredible job speaking on how the generosity of others made her patient experience a positive one and how it motivated her to do the same for others.

Halle Anne Stallings, before even hitting the double digits in age, has made a difference for patients at Cook Children's in countless ways. We are so grateful to Halle Anne and her parents, Amanda and Tom Stallings, for their generous hearts and can't wait to see all the great things that the future holds for such a special girl.





Noteworthy

HOW COOK CHILDREN'S IS HELPING Keller Independent School District FIGHT CHILD ABUSE.

Did you ever visit the school nurse when you were young? They're great multitaskers, treating everything from scraped knees at recess all the way up to performing CPR and helping manage blood sugar levels. But the school nurse has another responsibility that's a pretty big challenge: recognizing and reporting suspected abuse and neglect.

"We want our nurses to have the updated knowledge, skills and resources they need to keep our kids safe and to do their jobs effectively," said Cindy Parsons, director of Health Services at Keller Independent School District (ISD). "The school nurse has an important role in education about child abuse. Teachers and other school staff members may not be as familiar with subtle signs of neglect, and the school nurse is often the person who helps to educate them."

To give school nurses the knowledge they needed, Keller ISD called on Cook Children's to help train their nurses on this sensitive subject. Sophia Grant, M.D., FAAP, a pediatrician on Cook Children's Child Advocacy Resources and Evaluation (CARE) Team, helped the nurses understand what they should look for, like bruises in places that don't normally bruise, and what to do if a student reports sexual abuse.

It's not a comfortable subject for the average person. The pictures of abused children in her PowerPoint presentation alone are enough to leave anyone speechless. Dr. Grant is used to seeing these images because it's her work. But it's not just work to her. It's a mission to protect those who can't protect themselves.

"It's our responsibility to help these children," said Dr. Grant. "School nurses, teachers, even pediatricians have to be ever-vigilant when it comes to detecting potential abuse."

She said taking this message to school nurses just makes sense. They have access to children and may hear about or see signs of abuse firsthand. The nurse's office also symbolizes a safe place where children can talk about what's going on at home, without fear. There are many things Dr. Grant tells the groups she speaks to, but the most important point may be that child abuse occurs frequently, despite what you may believe.

"It happens in every community and in every socioeconomic status. We all need to know the signs of abuse and how to report it," said Dr. Grant. "I also try to stress to everyone that if you don't think about the possibility of child abuse, you'll miss it every time."

She also has a message for parents.

"Teach your children that their body belongs to them, and no one else, that their body is private and no one should touch them in a way that makes them feel uncomfortable," said Dr. Grant. "Also tell your kids that no matter what you tell me, what you do, what happens to you, I will always love you. This message will help to take away the fear and shame that children feel in disclosing abuse."

At Keller ISD, they are already doing great work to curb child abuse and neglect. While teachers and nurses look for the signs, the district's trained intervention counselors work individually with the students who have been abused.

Dr. Sophia R. Grant is a board certified child abuse pediatrician at Cook Children's Medical Center. For more information on scheduling community education and training, call at 682-885-3953.

For the latest news in pediatric health care, visit Cook Children's Checkup Newsroom at checkupnewsroom.com.

What's new at Cook Children's?

THE LATEST NEWS AND UPDATES FROM AROUND COOK CHILDREN'S HEALTH CARE SYSTEM.



A NEW "STYLE" OF PRIMARY CARE

TIMES ARE CHANGING AND COOK CHILDREN'S PEDIATRICIAN JUSTIN SMITH, M.D., AKA "DOC SMITTY," BELIEVES THAT VISITS TO YOUR CHILD'S PEDIATRICIAN SHOULD CHANGE WITH THE TIMES. HE KNOWS THAT MILLENNIALS ARE NOW PARENTS AND THEY'RE SEEKING PERSONALIZED CARE THAT'S CONVENIENT AND IS ACCESSIBLE THROUGH TECHNOLOGY LIKE IN OTHER INDUSTRIES. HIS NEW PRIMARY CARE OFFICE IN TROPHY CLUB, TEXAS, SEEKS TO OFFER JUST THAT. THE GOAL IS TO SERVE PATIENTS WITH THE ULTIMATE ACCESS TO CARE, WITH AN OPEN FLOORPLAN AND TECHNOLOGY ADVANCES, INCLUDING VIRTUAL VISITS FOR PATIENT FAMILIES. THIS NEW CONCEPT FOR PRIMARY CARE IS SCHEDULED TO OPEN IN LATE 2016.



EXPANDING OUR REACH

BEGINNING IN EARLY FALL, FAMILIES LIVING IN THE ALLIANCE AREA OF FORT WORTH WILL BE THAT MUCH CLOSER TO COOK CHILDREN'S, A 34,000-SOUARE FOOT NEW URGENT CARE AND SPECIALTIES CENTER IS SCHEDULED TO OPEN AT 10601 NORTH RIVERSIDE DRIVE IN FORT WORTH. WHETHER YOUR NEED IS URGENT OR SPECIALTY FOCUSED, IT CAN ALL BE FOUND IN THE SAME LOCATION!

BECOMING EVEN MORE SPECIAL

AT COOK CHILDREN'S, WE'RE ALWAYS LOOKING FOR BETTER WAYS TO SERVE OUR PATIENTS. WE CURRENTLY PROVIDE MORE THAN 60 PEDIATRIC MEDICAL AND SPECIALTY CLINIC OFFICES THROUGHOUT TEXAS. THIS FALL, WE ARE EXCITED TO ANNOUNCE THE ADDITION OF TWO MORE SPECIALTIES FOR OUR PATIENT FAMILIES: UROLOGY AND DERMATOLOGY, PREVIOUSLY, THESE WERE SPECIALTIES THAT IF OUR PATIENTS NEEDED THEM, WE WOULD HAVE TO SEND THEM TO ANOTHER HEALTH CARE SYSTEM.



CONVENIENCE IS THE NEW WORD IN HEALTH CARE

THESE DAYS YOU CAN'T READ ANYTHING ABOUT TRENDS IN HEALTH CARE WITHOUT READING ABOUT TELEMEDICINE. BUT VIRTUAL DOCTOR'S VISITS ARE NOTHING NEW AT COOK CHILDREN'S. OUR SPECIALISTS HAVE BEEN CONDUCTING TELEMEDICINE VISITS IN OUR REGIONAL OUTPATIENT CLINICS FOR MORE THAN 10 YEARS. WE ARE EXCITED TO ANNOUNCE THAT WE HAVE RECENTLY EXPANDED OUR TELEMEDICINE CAPABILITIES TO IN-PATIENT FAMILIES AT SHANNON MEDICAL CENTER IN SAN ANGELO, TEXAS, HENDRICK MEDICAL CENTER IN ABILENE, TEXAS, AND HOSPITAL INFANTIL DE SAN VICENTE FUNDACION IN COLUMBIA, SOUTH AMERICA.

BEGINNING THIS FALL, WE ARE ALSO STARTING A SCHOOL-BASED TELEMEDICINE PILOT PROGRAM THAT ALLOWS STUDENTS TO HAVE VIRTUAL VISITS WITH COOK CHILDREN'S PEDIATRICIANS IN SCHOOL NURSES' OFFICES.



Patient artist spotlight



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THE GENEROSITY AND COMPASSION OF THESE DONATIONS HAVE HELPED ENHANCE THE LIVES OF CHILDREN WHO RELY UPON COOK CHILDREN'S FOR CARE.

Oct. 1, 2015 - May 31, 2016



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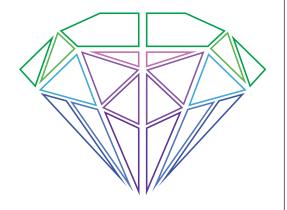
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