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SAFETY, CARING, INTEGRITY, COLLABORATION, INNOVATION, GIVING

A gingerbread EXTRAVAGANZA

Holiday cheer for
OUR *tiniest*
patients

Leaving
footprints
ON OUR HEARTS

A SON'S LEGACY
lives on

CookChildren's

THE HOLIDAY ISSUE 2015

The magazine of Cook Children's Health Foundation

promise

THE HOLIDAY ISSUE 2015

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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

It's never easy for our patients and their families to spend time in the hospital, particularly during the holiday season. Thanks to the generous and giving nature of our volunteers, donors and staff, we're able to brighten their time with us and bring the spirit of the season to them.

We're grateful that initiatives like our Holiday Benevolence program enable us to provide additional support to families in need and humbled by the dedicated volunteers who stuff hundreds of Santa bags to provide gifts to patients on Christmas morning. And yet, within our walls the spirit of giving and caring is not a seasonal phenomenon, rather it's an expression of the caring that occurs all year round.

As you read this issue, you will be inspired by McKayla, a very special young lady, who after undergoing five heart surgeries, was so touched by our caring staff, she was moved to volunteer; offering the same encouragement, caring and support for other patients. And you'll meet the Vanderham family. They turned their family's loss into a loving legacy which will influence care of critically ill babies for years to come. You'll also read about Cookies & Castles, a longstanding holiday tradition in Fort Worth that has raised nearly \$500,000 to support our cancer center.

As the holidays approach, we are reminded that generosity heals in so many ways. Thank you for giving the gift of your talent, time, support and caring. On behalf of everyone at Cook Children's, we wish you and your family a wonderful holiday season.

With gratitude,

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





Physical therapists, Lindsay Luker and Mary Pfeffer, work with Kyleigh, a cerebral palsy patient, in Cook Children's new motion analysis lab. Data collected from the state-of-the-art technology in the lab assists physicians and therapists in determining the best course of treatment for patients with complex movement disorders.

For more information on our Movement Disorder program and new motion analysis lab, visit cookchildrens.org/neuro. To support this program, contact Cook Children's Health Foundation at 682-885-4105.

promise

THE HOLIDAY ISSUE 2015

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A GINGERBREAD *extravaganza*

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Caregiving in action

WHAT STARTED OFF AS A HOBBY FOR *Phyllis Bedgood* HAS BLOSSOMED INTO THE CREATION OF TREASURED KEEPSAKES FOR FAMILIES IN THE NEONATAL INTENSIVE CARE UNIT (NICU) AT COOK CHILDREN'S.



Phyllis purchased her first home embroidery machine in 2004 and began making gifts for family members and friends. As her interest deepened, she began traveling the area in search of new and unique fabrics. She stumbled upon a quilting show in Arlington where some Cook Children's Stitch-a-Wish volunteers had a booth.

The Stitch-a-Wish program, established in 2005, is made up of volunteers who donate their time and talent to making hand-crafted items for patients. These include crocheted baby hats, colorful pillowcases and blankets to brighten patient rooms and medical play therapy dolls that help patients learn about and understand the medical procedures they undergo.

Phyllis made an immediate connection with the volunteers and they encouraged her to start working on pillowcases for patients. She loved the work and became so involved in the

program that in 2008, volunteer coordinators at the medical center asked her if she would be interested in making holiday stockings for our littlest patients and their families. Now, thanks to Phyllis, the holidays are a little brighter for our NICU families who have stockings to hang in their infants' rooms.

Working hard each evening after work and every weekend, Phyllis spent two months putting together the first set of about 80 stockings, made of beautiful red-glittered felt, ribbon and stunning embroidered treble clefs. Every year since then, Phyllis carefully hand-crafts 80 to 100 stockings for NICU patients.

Her crafting process has improved over the years, especially after she obtained a commercial embroidery machine, which she purchased after saving her money for eight years.



Carêgiving in action

She spends one whole day just to cut the felt, and then each stocking takes about two to three hours to complete. She dedicates 45 minutes to complete the embroidery on each stocking, adds ribbon and a photo pouch on the back and, of course, fills each one with love. The stockings are different each year. She changes the colors and comes up with unique designs – from penguins to teddy bears to candy canes.

“The stockings are like my little children,” said Phyllis. “I think of each child that will be receiving the stocking as I’m making them; I imagine their parents’ faces when they see the Christmas stockings. I want this to be something they see and love.”

In 2010, Phyllis was in the middle of a cross-country move and didn’t have the time to devote to the stockings. Disappointed that she was forced to miss a year, she asked to be the official point person for the stocking project from that point forward. The NICU stockings have become her passion project.

“Now, I don’t care what’s on my plate, I will do them, because I take them personally. They’re my creation,” she said.

In addition to the stockings and pillowcases, Phyllis has made backpacks for kids going to camp and superhero capes over the years. She currently has more than 2,300 volunteer hours and now that the stockings are completed for this year, she will be crowned a Golden Heart Volunteer. Golden Hearts are volunteers with more than 2,500 hours of service.

Though she now lives an hour and a half east of Fort Worth, Phyllis hasn’t considered volunteering for a hospital closer to home.

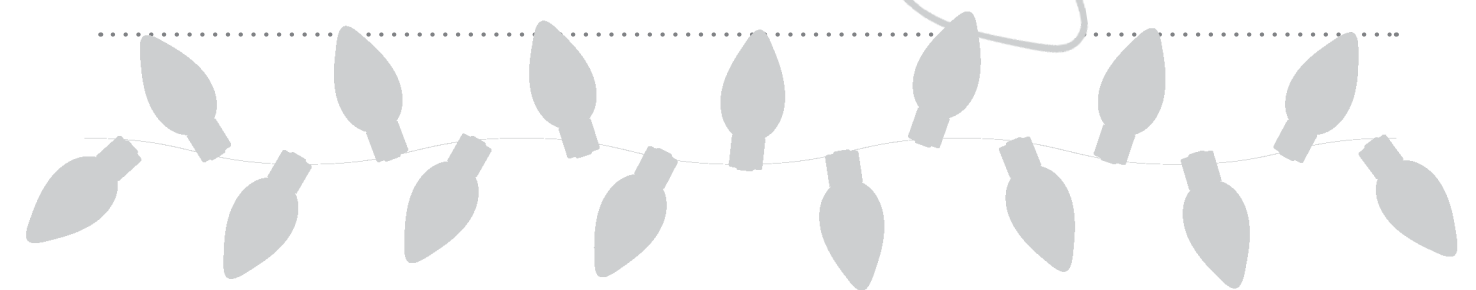
“Cook Children’s has always made their volunteers feel so special. I am blessed to be a part of the Stitch-a-Wish program. My talent is stitching and it’s a way for me to give back. I consider myself blessed beyond measure and I truly hope these are a blessing to the families that receive them.”

Featured left: Phyllis with a collection of stockings she’s made over the years.

By the numbers

NO FAMILY WANTS TO SPEND THEIR HOLIDAYS IN A MEDICAL SETTING, BUT THE REALITY IS THAT MANY DO. FOR THOSE FAMILIES WHO SPEND THE HOLIDAYS WITH US AT COOK CHILDREN’S MEDICAL CENTER, WE STRIVE TO MAKE IT FEEL LIKE A WINTER WONDERLAND!

In 2014, OUR HOLIDAY DECORATIONS CONSISTED OF: **225,000** LIGHT BULBS



65,000 feet OR **12 miles of lights**

MORE THAN **20** Christmas trêes



MORE THAN **250** PIECES OF **garland**



VOLUNTEERS PACKED MORE THAN **300 SANTA BAGS** LAST YEAR FOR PATIENTS AND SIBLINGS TO OPEN ON CHRISTMAS MORNING.

Program spotlight:

Doctors Society

PARENTS ENTRUST THE PHYSICIANS AND DENTISTS AT COOK CHILDREN'S WITH
THE CARE OF THE MOST PRECIOUS PART OF THEIR LIFE: *their child.*

They look to them for the answers to their parenting questions, for treatment when their child is sick or injured and for comfort and reassurance during times of uncertainty. The relationship with these families is unique and special. Because of this, our physicians and dentists have a deep understanding of the needs of our patients and our community.

Cook Children's Health Foundation established the Doctors Society as a way to honor and recognize physicians and dentists who generously support our system and our Promise.

Because of the generous support of Doctors Society members, more families receive the life-saving care they once thought was impossible. Membership dues bring resources and technology that improve patient care. But this program also brings together a group of like-minded professionals who all share the same career objective – to improve the health of every child in our community.

Cook Children's is proud to have such a dedicated group of individuals working beneath our blue peaks, generously giving of their time, talents and resources to our patient families.

"I find it an incredible privilege to work for Cook Children's, where our institution's Promise aligns so well with the promise I make to my patient families each day. The Doctors Society is my way to support our patients, our Promise and my career mission simultaneously. It is also an opportunity to build a community among colleagues who, through their support of their workplace, establish a cohesiveness amongst one another that benefits those we serve in unique and meaningful ways."

Nancy Dambro, M.D., Medical Director, Pulmonary Services

COOK CHILDREN'S
Doctors
Society



For information on membership to Cook Children's Doctors Society, contact the Cook Children's Health Foundation at 682-885-4105.



A patient enjoys playing a video game in the Flip Side room of the Child Life Zone at Cook Children's Medical Center.

Gaming for good

ONLINE GAMING ISN'T NECESSARILY SOMETHING PEOPLE THINK OF AS A CHARITABLE ACTIVITY, BUT WITH THE *Children's Miracle Network Hospital's Extra Life Event*, it can be.

Can 24 hours of online gaming save and improve the lives of sick and injured kids? It can if you participate in the annual Children's Miracle Network Hospital's Extra Life fundraising event.

Created by the online gaming community, this unique event helps raise money for Children's Miracle Network Hospitals. Throughout the year, participants recruit friends and family to sponsor them to play games for 24 hours on a designated day in November. The gamers get to choose which of the 170 Children's Miracle Network Hospitals across North America will receive their funds, including Cook Children's.

In 2014, gamers raised \$27,005 for Cook Children's, an increase of \$8,485 from the previous year. These funds help provide patients with equipment and activities that are necessary for their development and well-being while in the medical center through our Family Support Services and Child Life departments. Child Life staff members provide play opportunities for kids to encourage interaction, independence, normalcy, understanding and creativity. These activities are an important way for children to work out their feelings and gain some control over their environment.

"I think it is great to see gamers of all ages participate and raise money for their local hospital just because of their love for games," said Will Martin, president of the Extra Life Guild at Cook Children's. "The title 'gamer' sometimes has a stigma to it, with various news stories on a misguided minority of the overall population, so something positive is always nice."

Participation in Extra Life is not limited to video games and the gaming community. Anyone can participate in Extra Life by playing card games, board games, basketball, soccer or any other type of game. Families are encouraged to make a family game night out of the event. No matter the game, it's all about supporting the patients at Cook Children's.

For more information on Extra Life, contact Cook Children's at 682-885-2596.



**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:

LIDS
CREDIT UNION FOR KIDS
FRED'S SUPER DOLLAR
IHOP
CORNER STORE
CEFCO
CREDIT UNION FOR KIDS
STRIPES CONVENIENCE STORES
ACE HARDWARE
CHICO'S FAS
COSTCO

NOV. 1-30
NOV. 1-DEC. 31
JAN. 26-MAR. 28
FEB. 1-MAR. 8
MAR. 1-31
MAR. 4-APR. 29
APR. 1-MAY 31
APR. 8-MAY 5
APR. 13-30
APR. 30-JUNE 1
MAY 1-31

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

A legacy for baby Bennett

Courtney and Zachary Vanderham SHARE THEIR JOURNEY OF LOSING THEIR FIRST BORN SON AND HOW THAT EXPERIENCE IS HELPING SHAPE THE FUTURE OF CARE FOR CRITICALLY ILL BABIES.

Courtney Vanderham's pregnancy seemed relatively uneventful – there was never an indication that she and her husband should worry about the birth of their son. But, the minute Bennett was born, their world turned upside down.

"You're expecting the best moment ever, the moment everyone talks about when your baby comes out, screaming with his first breath," recalled Zachary.

Like outsiders looking in on someone else's life, the couple remembers the state of shock they were in when Bennett was born. They watched medical staff rush in to start working on baby Bennett, hooking him up to tubes and machines and running all sorts of tests.

Doctors in their hometown ran a battery of tests on Bennett for two days, and decided that it was best for him to be transported several hours away to Cook Children's for further evaluation. Cook Children's has the only Level IV Neonatal Intensive Care Unit (NICU) in Tarrant County, which means we are able to care for the smallest and most medically fragile newborn babies.

From the moment they arrived at Cook Children's, the Vanderhams knew that they had come to the right place. Chad Barber, M.D., was the neonatologist on call that evening, and he carefully walked them through the next few days of testing and evaluation. However, in a candid conversation they will never forget, Dr. Barber discussed the realities of the situation with the Vanderhams and they knew that this week was the only one they would ever share with their son.

The news was devastating, but Courtney and Zachary were grateful for the team of doctors, nurses and staff that were by their side every step of the way.

Zachary reflects on the moment he found one of Bennett's nurses crying in another room, "It was touching to know she cared about what had just happened; there wasn't a disconnect, Bennett wasn't just another patient or a number."

As they said goodbye to their son, Courtney wondered how they would move forward. "A lot of friends say that [Bennett] changed more lives in one week that most of us will our whole lives. It's all a

choice: we could choose to feel sorry for ourselves or choose to find a better, healthier way to handle it. This was our way: to make something good out of something bad."

The Vanderhams slowly made their way through the grieving process, realizing that sometimes family and friends, who hadn't experienced the tragic loss of a child, didn't understand how to treat them or what to say.

Talking about their journey with Bennett could be a conversation stopper, but they choose to make it a learning opportunity instead. Courtney and Zachary want to connect with and comfort others going through similar situations. They want to reassure others that it's OK to ask about a child who has passed, to be a silent listener or to just be there to give a hug.

"When people ask how many kids we have, we always say two. Bennett will always be our first born," said Zachary.

Courtney and Zachary set up the Bennett Stephen Vanderham Endowed Fund as a challenge grant to encourage other donors to participate and grow the fund as well. The Vanderhams are especially grateful for the matching funds that have already come in to support Benett's fund.

One donor in particular, Kenneth Aboussie of Stonelake Capital, was touched by the story and the realization that his own healthy child isn't everyone's reality. "We are stewards of God's resources and this seems like a great way to steward God's resources wisely. Having recently had a son, I cannot imagine the loss which they have experienced and I'm touched by what Zachary and Courtney are doing in memory of Bennett."

The goal of the Bennett Stephen Vanderham Endowed Fund is to enhance the delivery of excellent nursing care in the Cook Children's NICU by providing for nursing research and evidence-based practices for high-risk neonates, like Bennett. The fund will initially focus on ensuring cooling and seizure protocols become best practices and standards of care for all referring facilities that refer and transfer these critically ill patients.

Featured left to right:
Chad Barber, M.D.,
Rhonda Hawkins, RN,
Matthew Vanderham,
Zachary Vanderham,
Courtney Vanderham and
Brienne Galvan, RN



Bennett Stephen Vanderham

"When people ask how many kids we have, we always say two. Bennett will always be our first born," said Zachary.

Through their journey these past few years, Courtney and Zachary have laid the foundation for a lifetime of resources to fund programming throughout this community. Their generosity, and the kindness of

matching donors, will help to ensure that other families don't have to endure what they did. Bennett's legacy will live on for years to come.

Partners in our Promise

Hawaiian Falls IS HELPING COOK CHILDREN'S PATIENT FAMILIES CREATE LASTING MEMORIES.

One day, in his late 40s, David Busch asked himself, "Is this really what I'm supposed to be doing?"

He wondered if there was something more meaningful he should be doing with his life. He prayed for a mission, not just a career or a way to make a living. Then, the philosophy behind his company, Hawaiian Falls, came to him like an "aha moment" (or as he describes, a "duh moment"). He wanted to create a place where families could come together to create lasting memories.

The first Hawaiian Falls water park was built in Garland, Texas, in 2002. Since then, it has expanded to seven family parks in north and central Texas. David hopes that a visit to one of their parks will be happy and fun, not only for the guests, but for the employees.



"Influencing young folks is a driving force as to why we have our organization," said David.

He describes how he had a tough home life growing up, but a handful of people took an interest in him, giving him opportunities that would have otherwise been out of his reach. He brings that approach to the young employees that work at his parks.

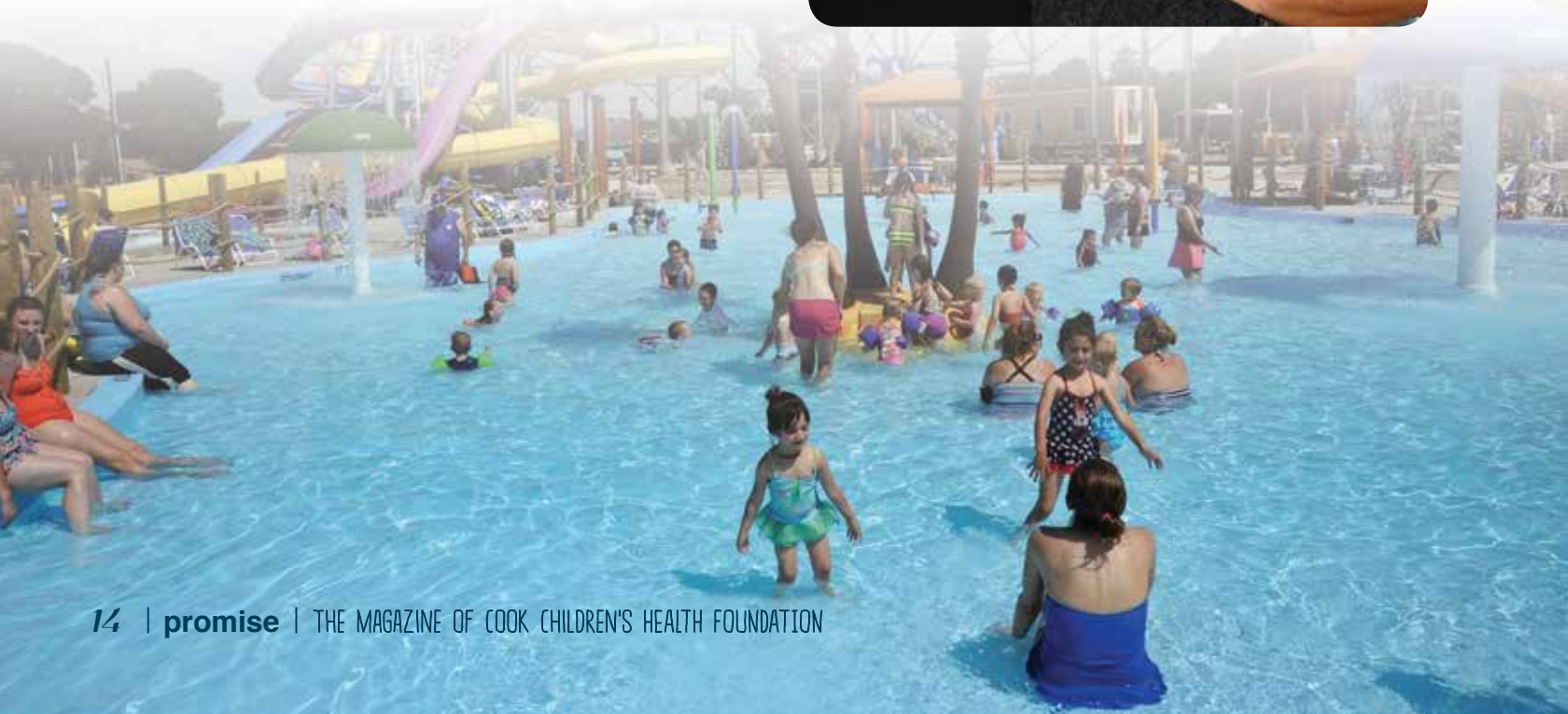
"We teach them how to work hard, put others first, honor the classic values of integrity, timeliness and honesty," he explained.

David was inspired by a recent visit to Cook Children's, when he participated in the Experience the Mission program. He was able to get an up-close look at an MRI, watch a surgery and hold a preemie in the Neonatal Intensive Care Unit. He was encouraged by the professionalism, love and empathy the doctors and staff shared with their patients, and disseminated what he learned at Cook Children's as a teaching tool for his staff.

As a result of that experience, David was encouraged to share the Hawaiian Falls experience with the patient families at Cook Children's. Select patient families are treated to a VIP experience with entrance tickets, access to a cabana with concierge service, food and drinks. This simple gesture on the part of one of our valued corporate partners means a great deal to the patient families who are able to escape the realities of treatment for just one day.



David Busch, founder and owner of Hawaiian Falls



COOK CHILDREN'S IS BLESSED WITH MANY ACTIVE *community groups* WHO GENEROUSLY SUPPORT US BY HOSTING A VARIETY OF FUNDRAISING EVENTS. WE APPRECIATE ALL OF THESE *enthusiastic donors* AND THEIR *volunteers* WHO COORDINATE AND *staff* THESE EVENTS.

ASSOCIATION OF GENERAL CONTRACTORS (AGC) AND TEXAS DEPARTMENT OF TRANSPORTATION (TXDOT) GOLF TOURNAMENT

Benefiting Cook Children's Behavioral Health outreach programs

Each year, the men and women of the AGC and TXDOT host a golf tournament that raises money for Cook Children's. This year's tournament in June tripled the amount from years past, reaching \$21,713.73 to be exact. To date, they have raised more than \$200,000. The funds raised from this year's tournament have been designated for Cook Children's Behavioral Health outreach programs, which provide emotional assistance to help with the healing of the child and family as a whole.



Featured left to right: Loyl Bussell, Cook Children's Special Events Fundraising Coordinator Bailey Langdon, Jeff Gibson and Jim Hull

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

Delta Dunkfest • Diamonds in the Ruff
Guess Your Pace Race 5k
Hannah Ross's Lemonade Stand • Matt McKee Golf Tournament
Painting with a Twist in Granbury • Pugh Shrimp Boil
Puttin' For Preemies • Quarter Café



Cookies & Castles: a Gingerbread Extravaganza

SINCE 2001, *Cookies & Castles* HAS BECOME A FAVORITE HOLIDAY TRADITION FOR MANY FAMILIES IN FORT WORTH.

Cookies & 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. The event began in 2001, when the chapter was actively searching for a new event that would include local alumnae, active members of the Texas Christian University (TCU) chapter and their families. Co-chairs of the first event, Page Doby and Kelly Hanley, accomplished all of that and more with Cookies & Castles, creating an event that would become a must-attend on holiday calendars.

Each December, Tri Deltas from TCU join children and their families in decorating gingerbread houses and gingerbread men, poring over every detail of the decorating, resulting in gingerbread masterpieces. Tables are filled with bowls of candies and cereal in every color, shape and size imaginable, all to decorate the cookie houses. The events raise money through table sales with the proceeds being donated to Cook Children's Hematology and Oncology Center.

Decorating parties are also organized for patients at Cook Children's, so they can join in the holiday fun.

In earlier years, there were instances of gingerbread roofs collapsing, mixers exploding and icing shortages, but the event grows and improves with each passing year.

To register for any of the 2015 Cookies & Castles – a Gingerbread Extravaganza events, or for more information, visit cowntowntridelta.com.

In 2013, Cookies & Castles was canceled because of a snowstorm. In a period of about six hours, committee members and volunteers broke down the event-ready room, packed up all 650 houses, divvied up the candy and notified guests where they could pick up their gingerbread kit. And no one complained. In fact, some parents were glad to have an activity to keep their kids busy while they were snowbound at home all weekend! The following year's event was even more successful, with the addition of ready-to-make gingerbread house kits.

While a small group of women may have started the event, there have been many who have taken the idea and made it bigger and better each year. The enthusiastic and hardworking chairs are supported by a large number of Tri Delta volunteers. Over the years, committee members have added the Celebrity Houses Raffle, the Gingerbread House kits, a "tween" party and a "Making Spirits Bright" cocktail party.

This event has seen so much success that it is being replicated across the nation, and the Tri Delta national office is currently putting together a guidebook for other Tri Delta chapters to host their own events.

Since its inception, Cookies & Castles – a Gingerbread Extravaganza has donated more than \$499,000 to the Cook Children's Hematology and Oncology Center.



*Since its inception,
Cookies & Castles – a
Gingerbread Extravaganza
has donated more than
\$499,000.*

Generosity heals

.....

DURING THE HOLIDAYS, WE AT COOK CHILDREN'S ARE OFTEN REMINDED OF THE STRUGGLES THAT PATIENT FAMILIES SOMETIMES FACE, NOT ONLY TO MAKE ENDS MEET, BUT TO PROVIDE THOSE SPECIAL "EXTRAS" THAT COME UP DURING THE SEASON. *Our Holiday Benevolence program*, FACILITATED BY THE PASTORAL CARE DEPARTMENT, WAS CREATED TO HELP PATIENT FAMILIES MAKE THE HOLIDAYS A LITTLE BRIGHTER.

As it gets close to the holiday season, Pastoral Care staff and social workers identify families who could use support. By November, the program is in full swing and gift cards are being passed out to ensure families have meals for Thanksgiving.

"We want the families to feel independent and respected as they provide for their children," said Pam Foster, director of Cook Children's Pastoral Care.

Last year, the program helped to provide 66 families with \$12,645 worth of gift cards, which they could use to buy food, gas or other essentials.

Social workers also are able to connect donors directly to families to find out their specific needs, whether it be toys or clothes or gift cards. Twenty-nine families, totaling 134 people, were matched with donors who helped get them what they needed last Christmas.

The Pastoral Care fund is always accessible – not just during the holidays.

"Every penny is used to make a difference in the life of a child and their family. This is just one way we're working to fulfill our Promise, and because we believe every child's life is sacred, we don't practice this only at the holidays. Giving has an impact all throughout the year," said Pam.

OUR PROMISE:

Knowing that every child's life is sacred, it is the Promise of Cook Children's to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.

To contribute to our Pastoral Care program, contact Pam Foster, 682-885-1758 or pam.foster@cookchildrens.org.



Young philanthropist

.....

McKayla Hayes HAS SPENT A LARGE PART OF HER CHILDHOOD AT COOK CHILDREN’S. AFTER FIVE HEART SURGERIES, THIS BRAVE YOUNG WOMAN NOW GIVES BACK TO THE PLACE THAT HAS SAVED HER LIFE MULTIPLE TIMES.

McKayla was born with a congenital heart defect known as pulmonary valve stenosis. This causes a narrowing of the pulmonary valve opening, which restricts blood flow to the lungs. Before she turned 2 years old, she had already undergone three major heart surgeries at Cook Children’s. During the third surgery, after trying to repair the pulmonary valve, doctors had to remove it.

McKayla then was able to enjoy a normal childhood. But her freshman year of high school brought about a change.

McKayla started coming home from soccer practice exhausted. Asleep by 7 p.m. on most nights, she would sleep until the morning and still woke up tired. She experienced chest pains, heart palpitations and

cared about her, and that it never seemed like they were “just doing their job.”

One nurse, in particular, had the magic touch when it came to helping her. He taped notes on the light above her bed, so she could look at them and remember to breathe. A Child Life specialist played music during a procedure to help keep her distracted and calm. These caregivers lifted her spirits and made a deep impression.

Shortly after being discharged following her fourth surgery, she went online and completed her volunteer application for Cook Children’s. That next summer, she helped patient families navigate through the medical center and volunteered in Starbucks®. The following summer she returned and was assigned to outpatient

Before McKayla could be released from the PICU onto the cardiac floor, she needed to be able to breathe on her own. She recalled being touched by how the staff truly cared about her, and that it never seemed like they were “just doing their job.”

shortness of breath. These were all red flags to her parents that something was wrong.

These red flags led to McKayla’s fourth surgery and she received a pork heart valve transplant, a fact that became ironic several years later when she began showing pigs as a hobby.

During her freshman year, she underwent a fifth surgery to break up cartilage around the valve. During this surgery, her lung collapsed. McKayla spent four days in Cook Children’s Pediatric Intensive Care Unit (PICU) and seven days on the cardiac floor.

Before McKayla could be released from the PICU onto the cardiac floor, she needed to be able to breathe on her own. She recalled being touched by how the staff truly

surgery, where she spent the mornings with patients before and after surgery, often with many of the same patients. This past summer, McKayla was assigned to a playroom on the medical center’s fifth floor.

McKayla recently began her freshman year at East Texas Baptist University in Marshall, Texas. She started college with 35 credit hours, and will apply to nursing school in December and hopes to be accepted to a program that begins in August. McKayla wants to be a nurse, and hopes to be back at Cook Children’s in trauma or neonatal intensive care.

Cook Children’s cared for McKayla’s heart and in turn, she is leaving footprints on the hearts of our staff and patient families. For that, Cook Children’s will be forever grateful.



Noteworthy

How the flu stole Christmas: THE DOC SMITTY FAMILY STAYS HOME.

As a pediatrician, I am often asking adults to do things to protect my patients (pleading for adults to get pertussis vaccines to protect my babies, for example).

Last year at Christmas I was presented with an excellent opportunity for me to return the favor by protecting other families from my sick children.

Our family chose to cancel our usual family Christmas. Not because the kids were bad and we decided not to reward them. Not because we were frustrated with how commercialized it has become and we were taking a stand.

Actually, the rest of our extended family all got together and opened presents on the Sunday before Christmas as usual. We just didn't go.

So, why didn't we participate?

Flu.

Since I have been a practicing pediatrician, I have somehow avoided bringing the flu home. Whether it was luck or a blessing or whatever you

want to call it, we have been spared, until last year. My two boys had the flu.

So why didn't we go?

Believe me, skipping the excitement and fun of watching our kids with their cousins was heartbreaking. It was the first year that all of our kids seemed to know something was different about the time of year and Christmas at my grandmother's has always been one of the highlights.

But, taking a risk with the rest of our family wasn't worth it and it shouldn't be for you either. If your child is sick, find some other way to celebrate that doesn't put others at risk.

Think about those people who are most at-risk from complications of the flu: children under 5 years (especially under 2, all the new babies out there), adults over 65 years (grandma and grandpa), pregnant women (your cousin's first baby) and people with chronic medical conditions. These are just the types of people who it's hard to stay away from at Christmastime.

Justin Smith, M.D., AKA The Doc Smitty, is a pediatrician and medical advisor for Digital Health at Cook Children's. To read more of his blog entries, visit checkupnewsroom.com.

What's new at Cook Children's?

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



A NEW AND IMPROVED SAN ANGELO LOCATION

THANKS TO THE GENEROUS SUPPORT OF THE SAN ANGELO FOUNDATION, COOK CHILDREN'S NEW SPECIALTY CARE CLINIC IN SAN ANGELO OPENED ITS DOORS WITH SEVERAL PIECES OF BRAND NEW EQUIPMENT. THIS INCLUDES A MOBILE ECHOCARDIOGRAM UNIT, A SECOND TELEMEDICINE UNIT AND A WHEELCHAIR ACCESSIBLE SCALE. THE SAN ANGELO SPECIALTY CLINIC OFFERS CARE IN CARDIOLOGY, ENDOCRINOLOGY, GENETICS, HEMATOLOGY AND ONCOLOGY, NEPHROLOGY AND NEUROLOGY. THESE SPECIALTIES ALSO ARE OFFERED VIA TELEMEDICINE: ENDOCRINOLOGY, GENETICS, HEMATOLOGY AND ONCOLOGY, INFECTIOUS DISEASE, METABOLIC GENETICS, NEUROLOGY, NEUROPSYCHOLOGY AND PSYCHIATRY.

PUT YOUR MONEY WHERE THE MIRACLES ARE

COOK CHILDREN'S INTRODUCES A NEW DONATION CONCEPT THROUGH CHILDREN'S MIRACLE NETWORK HOSPITALS - DIPJARS. YOU MAY SEE THESE YELLOW MACHINES ON THE COUNTERS OF SOME OF OUR CHILDREN'S MIRACLE NETWORK HOSPITALS PARTNERS ACROSS TOWN. YOU CAN "DIP" YOUR DEBIT OR CREDIT CARD INTO THE DEVICE TO DONATE THE AMOUNT SHOWN AT THE TOP OF THE DIPJAR. RECOGNIZING THAT FEWER PEOPLE CARRY AROUND CHANGE THESE DAYS, THIS NEW CONCEPT IS MEANT TO BE LIKE A COIN CANISTER FOR CREDIT CARDS. ALL FUNDS RAISED THROUGH THE DIPJAR PROGRAM WILL BENEFIT VITAL PROGRAM ENHANCEMENTS AND NECESSARY EQUIPMENT FOR THE PATIENTS AND FAMILIES AT COOK CHILDREN'S.



WHO IS THE FAIREST OF THEM ALL? OUR PATIENT FAMILIES, THANKS TO MIRROR MIRROR

STAYS AT THE MEDICAL CENTER JUST GOT A LITTLE EASIER FOR OUR PATIENT FAMILIES WITH THE OPENING OF MIRROR MIRROR, OUR NEW HAIR AND NAIL SALON. YOU WILL FIND NO EVIL QUEENS OR POISONOUS APPLES THERE, ONLY LICENSED COSMETOLOGISTS WHO CAN HELP PATIENTS, FAMILIES AND GUESTS FEEL MORE BEAUTIFUL WITH HAIRCUTS FOR CHILDREN, WOMEN AND MEN, STYLE AND COLOR, EYEBROW TINTING, MANICURES AND PEDICURES FOR ADULTS AND CHILDREN AND EYEBROW, LIP AND CHIN WAXING.

PATIENT FAMILIES ARE ABLE TO MAKE APPOINTMENTS BY CALLING 682-885-3200 OR STOPPING BY IN PERSON.



Patient artist spotlight

Abraham, age 13, IS A CYSTIC FIBROSIS PATIENT AT COOK CHILDREN'S. HE IS A TALENTED ACRYLIC PAINTER AND ENJOYS USING HIS IMAGINATION AND PAINTING DISNEY CHARACTERS IN UNIQUE SETTINGS.



Cook Children's Creative Artist in Residence Programme (CARPE) gives kids the freedom to discover who they are and how they feel through creative expression. CARPE was established to provide patients and families an opportunity to experience a variety of artistic mediums for therapeutic benefit. Through painting, music, movement, film and other forms of artistic expression, patients at Cook Children's can connect the creative arts with the art of healing.

This program is a free service for our patients and is 100 percent donor funded.

To learn more, visit cookchildrens.org/carpe.

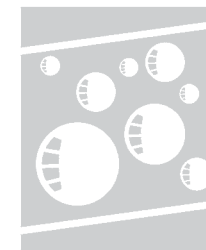
Making the unexpected a little more comfortable

THE HOLIDAYS ARE A TIME INSPIRED BY *goodwill and philanthropy*. HERE AT COOK CHILDREN'S, THAT HOLIDAY SPIRIT OFTEN PRESENTS ITSELF IN THE FORM OF HOLIDAY GIFTS FOR OUR PATIENTS. AND WHILE TOYS AND GAMES ARE ALWAYS GUARANTEED TO LIGHT UP OUR PATIENTS' FACES (SMALL LEGO KITS ARE ALWAYS IN DEMAND!), THERE ARE SOME EVERYDAY ITEMS THAT ARE JUST AS MEANINGFUL TO FAMILIES.

For example, a quick trip to the Emergency Department is almost always unplanned and can sometimes mean the child is admitted to the medical center for further treatment. A family can find themselves staying at the medical center for days or weeks with only the clothes on their backs.

Our Child Life team HAS PROVIDED A LIST OF FREQUENTLY REQUESTED ITEMS:

laundry detergent
POWDER, NO PODS



sippy cups



contact cases AND *travel-sized solution*



clothes ADULT AND CHILD T-SHIRTS AND COMFORTABLE BOTTOMS



toiletries TRAVEL-SIZE DEODORANT, BODY WASH, SHAMPOO, CONDITIONER, TOOTHPASTE, ADULT AND CHILD TOOTHBRUSHES



earbuds FOR OUR NICU PARENTS SO THEY CAN HOOK UP TO OUR TELEVISIONS FOR DISCHARGE TEACHING VIDEOS



Our TVs don't have speakers to help maintain a quiet unit for the babies.



IF YOU ARE INTERESTED IN DONATING, PLEASE CONTACT AUDRA.TRUSSELL@COOKCHILDRENS.ORG OR 682-885-4241.

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Cook Children’s Promise

KNOWING THAT EVERY CHILD’S LIFE IS SACRED, IT IS THE PROMISE OF
COOK CHILDREN’S TO IMPROVE THE HEALTH OF EVERY CHILD IN OUR REGION THROUGH
THE PREVENTION AND TREATMENT OF ILLNESS, DISEASE AND INJURY.

Honor Roll OF GIVING

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

July 1-Sept. 30, 2015



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HONOR & TRIBUTE

ARE GIFTS GIVEN TO EXPRESS JOY OR GRATITUDE.



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MEMORIALS

ARE GIFTS GIVEN IN LOVING MEMORY.



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THE PETER PAN AND FOREVER YOUNG BIRTHDAY CLUBS

ARE FOR KIDS AND TEENS WHO ASK PARTY GUESTS TO DONATE TO COOK CHILDREN'S INSTEAD OF GIVING THEM BIRTHDAY PRESENTS.



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July 1-September 30, 2015



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Nine-time world champion rodeo cowboy

HALF OF THE
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WILL BENEFIT THE
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SMALLER ARENA, BUT THE FIGHT'S JUST AS BIG.
OUR BABIES SHOW FIGHT THAT RIVALS THAT OF EVEN NINE-TIME WORLD CHAMPION TY MURRAY.

02.03.16

CookChildren's

cookchildrens.org/rodeo

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Giving

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