

promise

SAFETY, CARING, INTEGRITY, COLLABORATION, INNOVATION, GIVING

Making miracles

HITS CLOSE TO HOME



A NEW CHANCE
at life

Be a part
OF OUR
Promise

Generosity
COMES
full circle

CookChildren's

THE WINTER ISSUE 2016
The magazine of Cook Children's Health Foundation

promise

THE WINTER 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

As you read the cover story aptly titled, *Making Miracles Hits Close to Home*, I hope you'll see the theme that's been captured throughout this issue which is "when we start working together, the real healing takes place."

We continue to be humbled and inspired by your support and outpouring of love. Your tireless efforts, generosity and caring is truly transformative – because it helps us to heal families. Through your donation of prayer bears, we bring so much comfort to our patients while they're at the hospital and long after they've returned home. But that is just one of so many examples of the comfort we bring to our patients and families every day – thanks to you.

We can't say enough about the students in Aledo, and their classmate, Toby, who happens to be one of our patients, for raising an impressive amount of money for Cook Children's. We also count our blessings that they are joined by friends, like Jennifer and her colleagues at Costco, and so many others, who continue to support us year after year.

You help us provide innovative care, programs and services that address a myriad of needs of our patients and families. If a patient is experiencing pain or discomfort, we have an innovative pain management program that includes acupuncture, relaxation and massage therapy, and other beneficial procedures. Our Creative Artist in Residence Programme provides a creative, therapeutic outlet that helps with the healing process by providing a musical or artistic diversion to help our patients take a break from treatment, to help them cope, or just relax and be kids. A few moments of fun can help them forget that they are at the hospital and contributes to their healing. Through your support, Camps for Kids is yet another example of the unique programming we offer to our patients. It offers a medically safe environment for our patients and their siblings to experience the joys and fun of camp without the medical worries.

Every day we look for new programs and services that will enhance how we care for and nurture our patients and families. We're able to do that, because you understand and sustain our Promise to improve the well-being of our children. Either because you've experienced care at Cook Children's firsthand, know someone who has or understand the importance of investing in the health of our community.

We're grateful that you and countless other young people, community partners and organizations share a collective passion for making our community, our home, the best place in the country to raise a family. Thank you for believing in what we do!

With gratitude,

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



Juanita, age 15, and Joel Britton, LVN, share a special moment in her room during one of her regular at-home nursing visits.

Juanita and her two brothers all receive skilled nursing visits and durable medical equipment and supplies from Cook Children's Home Health.



ON THE COVER

- 10 Making miracles hits close to home
- 14 A new chance at life
- 22 Generosity comes full circle
- 24 Be a part of our Promise

10 COVER STORY

Making miracles
HITS CLOSE TO HOME



Correction
In the Generosity Heals article in the fall 2016 issue of Promise, we incorrectly thanked the Pritchard Foundation instead of The Prichard Family Foundation for their generous gift of providing MRI goggles for use by our patients at the medical center. Please accept our deepest apologies for this mistake.



IN THIS ISSUE

- 1 Warm regards from Rick W. Merrill
- 5 Caregiving in action
- 7 By the numbers
- 8 Program spotlight
- 10 Children's Miracle Network Hospitals
- 12 Investing in our community
- 14 Be the Match
- 16 Partners in our Promise
- 17 Community partners - check presentations
- 18 Community partners - partner spotlight
- 20 Generosity heals
- 22 Young philanthropists
- 24 Be a part of our Promise
- 26 Noteworthy
- 28 What's new at Cook Children's
- 30 Patient artist spotlight
- 32 System leadership
- 34 Honor roll of giving
Honor & tribute
Memorials
Peter Pan Birthday Club
Forever Young Birthday Club

Carëgiving in action

Annick Uwimana ALWAYS KNEW SHE WANTED TO BE A NURSE BECAUSE SHE LOVED THE IDEA OF HELPING PEOPLE. SHE MOVED TO THE UNITED STATES FROM RWANDA WITH HER FAMILY WHEN SHE WAS 9 SO SHE AND HER SIBLINGS COULD HAVE BETTER EDUCATIONAL OPPORTUNITIES. BEFORE THEY MOVED, RWANDA HAD EXPERIENCED A BRUTAL CIVIL WAR IN 1990 AND AN UNTHINKABLE GENOCIDE IN 1994, WHEN MEMBERS OF THE HUTU ETHNIC GROUP MURDERED AS MANY AS 800,000 PEOPLE, MOSTLY OF THE TUTSI MINORITY.



Thankfully, Annick didn't experience personal tragedy in her own family, but she still has vivid memories of that time. A visit back to her home country in 2008 reaffirmed her dream to help people, especially young people. Annick saw a traumatized community afflicted with post-traumatic stress disorder, depression and suicide. The war left Rwanda with a large population of orphans who don't have access to quality health care or education. She made a commitment to go to school to become a nurse and, hopefully, help children who had also experienced similar trauma.

Annick received her degree in nursing and moved to Fort Worth in 2015 to begin her current job as a nurse in Cook Children's Inpatient Psychiatry program. That same year, she also started a program to earn her degree in

psychiatry to become a nurse practitioner so she can continue to help our patients at an even higher level.

Cook Children's 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 to offer treatment for children who have profound autism or intellectual or developmental disabilities.

"I love this job because it teaches you something new every day," Annick explained. "I appreciate the good days and the bad days because either way, I learn about these kids. I know a child is not being aggressive because they want to, but simply because they may not know any better. One great thing about our program is that it focuses on

Sensory boards, such as the one pictured below, are used in the Behavioral Health unit to comfort patients with autism.



Carêgiving in action cont.

trauma-informed care and the majority of the kids we treat have experienced some type of trauma, which affects how they react. We believe kids do well if they can, so we strive to know more about the reason for their behaviors, their triggers and how we can help them learn to avoid their triggers when those issues arise.”

While no two work days are exactly alike, an average day for Annick starts off with a morning assessment of each child staying in the 24-hour inpatient unit. She and another nurse distribute medication, take each child’s vitals and talk to them about how they’re doing and the progress that they’ve made. During the day, the children attend school in two in-unit classrooms, have visitation hours with their parents and attend group therapy and recreational therapy.

Cook Children’s treatment focuses on collaborative problem solving between patients and their caregivers. Caregivers are encouraged to be a part of the process by attending parent enrichment classes throughout the week to learn how to better handle difficult situations. Annick teaches her patients coping skills and helps them to craft their own individualized goals, ensuring that they have an investment in the process.

“Kids leave here with so much hope. And when we hear back from our case manager that a child’s doing great and they’re happy and using their coping skills, that brings joy to all of us,” said Annick.

The topic of mental illness continues to be somewhat taboo in today’s society, especially because it isn’t something with a visible manifestation, like a cast on a broken arm. But Annick urges us to shift our way of thinking.

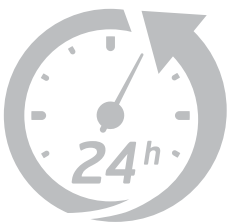
“The brain is an organ just like the heart. You’re not going to have a heart condition and not get treated or take preventive medication. So you need to treat the brain the same way you’d treat your heart. Depression, ADHD and other mental health illnesses are not being recognized the same way. But, the brain is one of our biggest organs, so you should treat it the way you would any other organ,” explained Annick.

Annick loves her job and refers to the Behavioral Health program as one big family. “We value each other’s roles; we’re all invested. That’s one thing I absolutely love. I want to be in this place for as long as I can. And at the end of the day, I want to know that I’ve touched someone’s life and helped them.” And she does that here at Cook Children’s each and every day.

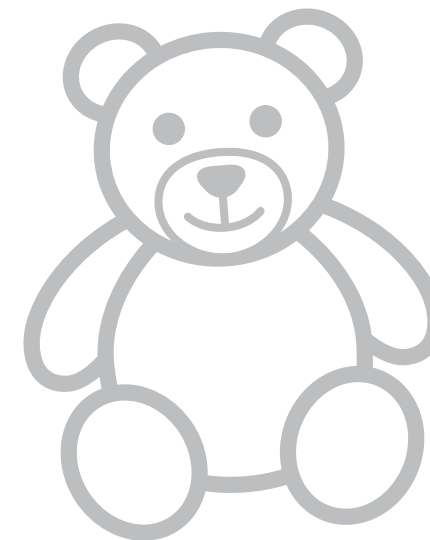
By the numbers

COOK CHILDREN’S PASTORAL CARE TEAM OFFERS SPIRITUAL GUIDANCE AND EMOTIONAL SUPPORT TO COOK CHILDREN’S MEDICAL CENTER PATIENTS, FAMILIES AND FRIENDS. OUR PEDIATRIC-TRAINED CHAPLAINS CAN LIFT THE SPIRITS AND EASE THE FEARS OF PEOPLE FROM ALL FAITHS ... AND EVEN THOSE WITHOUT A PARTICULAR FAITH.

10 full-time chaplains AVAILABLE
TO FAMILIES 24 HOURS A DAY, 7 DAYS A WEEK



APPROXIMATELY *1,200 Prayer Bears* ARE GIVEN OUT EACH MONTH



MORE THAN *86,000 Prayer Bears* HANDED OUT SINCE 2008

100% of the Prayer Bears ARE BLESSED AND DONATED TO PATIENTS BY LOCAL CONGREGATIONS AND ORGANIZATIONS

If you are interested in joining Pastoral Care in supporting the spiritual needs of our patient families, please contact Pam Foster at 682-885-1758 or pam.foster@cookchildrens.org.

Program spotlight:



Second Star to the Right

THE SECOND STAR TO THE RIGHT PROGRAM SHOWS KIDS THAT
a little change can make a big difference!

Last school year, the administration of Aledo Independent School District (ISD) decided they wanted to give back to Cook Children's. They wanted to do something that wasn't necessarily about the amount of money they raised, but rather something that would allow everyone to get involved. And so, they hosted a loose change drive called Second Star to the Right, which encouraged students and parents to bring their loose change to the classroom to be donated.

The Second Star name is a nod to the Peter Pan Birthday Club that allows young philanthropists to give back to Cook Children's by collecting donations instead of gifts at their birthday parties. The Peter Pan movie begins with a song titled, "The Second Star to the Right."

The Aledo ISD loose change drive ran from April 4-8, 2016, and a pay-it-forward attitude quickly swept through the town, generating support from many community businesses. The local Walmart store generously donated 3-gallon containers for each classroom to use for collection,

the local Taco Casa hosted a give-back night and First Financial Bank offered to match up to a total of \$10,000.

Toby McDonald is a sixth-grader in Aledo ISD and a patient at Cook Children's. Toby became the spokesperson for the drive. He appeared in videos alongside Ralph, one of Cook Children's therapy dogs, that were shown in classrooms across the district. Toby encouraged students to search the couch cushions, take to their piggy banks and raise money for the patients at Cook Children's.

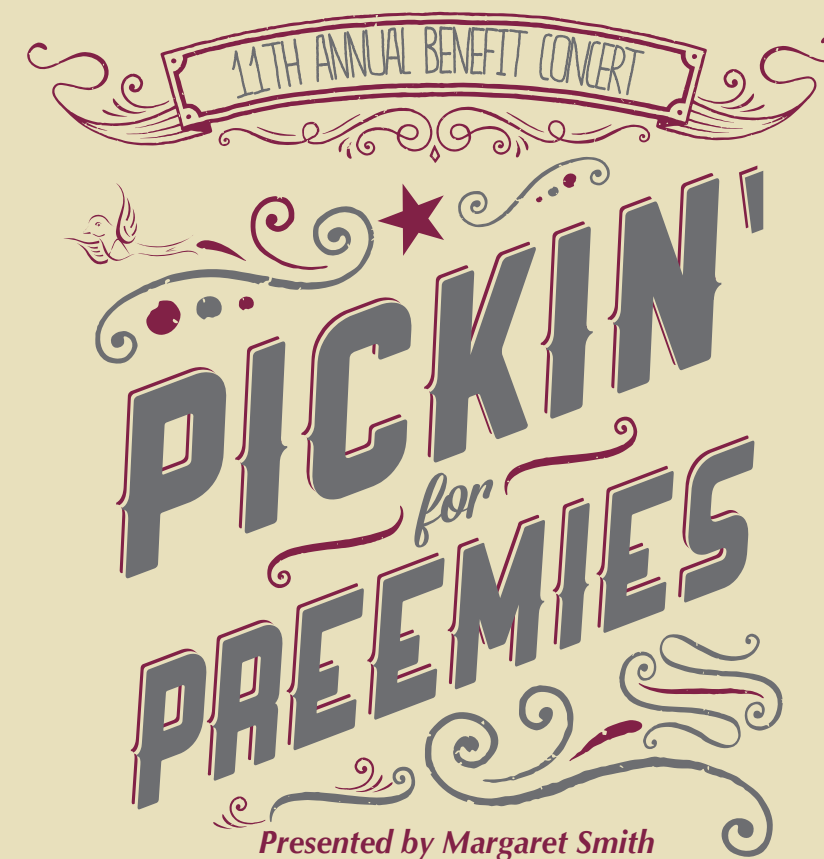
In just one short week, the students, faculty and staff of Aledo ISD blew their \$10,000 goal out of the water. They raised more than \$33,000 and, when matched with the \$10,000 gift from First Financial Bank, the grand total exceeded \$43,000.

Thank you to Aledo ISD, and all of Aledo, for your support of Cook Children's!



Toby (center, in the maroon shirt) with Aledo ISD students and Second Star to the Right volunteers.

From first breath to first steps, you help our tiniest Texans like Nylah grow.



Benefiting Cook Children's NICU

CookChildren's.

A special thank you to
our sponsors for supporting the
11th annual Pickin' for Preemies!

Margaret Smith

Mindy's Hope Foundation  JLL® Twilight Services



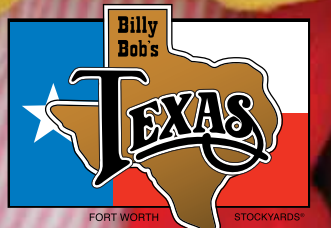
Jerry and Cheryl
Conatser



pickinforpreemies.com • #notlaborday



Nylah





Making miracles hits close to home

IF YOU'RE A **Costco** MEMBER, YOU'RE PROBABLY WELL AWARE OF ITS PARTNERSHIP WITH **Children's Miracle Network (CMN) Hospitals**. EACH MAY, WAREHOUSES ARE TRANSFORMED WITH **CMN Hospitals** BANNERS AND SIGNS, AND ASSOCIATES PROUDLY CREATE THEIR OWN WEARABLE SIGNAGE TO FURTHER PROMOTE THE LOCAL **CMN HOSPITALS**, LIKE COOK CHILDREN'S. FOR ONE **Costco** ASSOCIATE, RAISING MONEY AND AWARENESS HAS BECOME ESPECIALLY PERSONAL.

Costco has been a partner of Children's Miracle Network Hospitals since 1988. Its annual, month-long campaign each May raises funds for local CMN hospitals, like Cook Children's. During the campaign, Costco members are encouraged to make a donation at checkout and add their names to the iconic paper balloons that are displayed at the front of the warehouses.

Funds raised support Cook Children's greatest needs and help us achieve our Promise to improve the health of every child in our region. Locally, Costco stores in Fort Worth, Arlington, Southlake and Lewisville have helped to raise more than \$225,000 last year and more than \$1,500,000 since 2004. It goes without saying: the Costco fundraising campaigns

wouldn't be successful without the generosity of their members. But the success of each campaign is also driven by the encouragement and initiative of the Costco employees who help remind their members just how big an impact their giving makes on our community.

For instance, Jennifer Miller, Costco pharmacy manager, shared her Cook Children's story with us:

"I have been employed by one of the most generous and supportive employers anyone could hope for over the last 25 years, Costco Wholesale. Over those years, I have watched, as well as supported and encouraged, our Children's Miracle Network Hospitals campaign, an amazing program that gives so much to so many.

Little did I realize that many years later, I would become personally impacted and quite familiar with our local Children's Miracle Network Hospital, Cook Children's. Our natural identical boy triplets were born at 26 weeks, weighing about 1.5 pounds each and clinging to life. They were whisked off to Cook Children's Neonatal Intensive Care Unit (NICU), where the incredible staff of nurses and doctors worked around the clock to save our small boys. It has been a journey of ups and downs that I wouldn't wish upon any family, but I am so thankful for God's provision that allowed us to be transferred to this facility. We received the most advanced care from a loving and compassionate medical team. They not only cared for my boys, but recognized the great stress and impact that this situation has on parents and families, and they attended to us as well.

Not only did I feel that my boys were cared for, but I too felt cared for, and honestly, that was quite unexpected. The boys had a private room, specifically designed for triplets, where we were able to stay with them day or night and made our situation more bearable. Our two boys, Titus and Silas, stayed in the NICU for 98 days, and our third boy, Samuel, logged in at 118 days. Our miracle boys are home and thriving with no visible lasting effects of their early birth, thanks to God and the diligence of the Cook Children's NICU staff. We feel so blessed to be counted as part of the Cook Children's family!"



Many families never anticipate walking through the doors of our medical center. Their worlds have been turned upside down because of an unexpected event in their children's lives. While they never thought they would need us, we're glad to be here for them when they do.



**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:

CREDIT UNION FOR KIDS
HOLIDAY CAMPAIGN
IHOP
CORNER STORE
CEFCO
FRED'S
STRIPES CONVENIENCE STORES
ACE HARDWARE
CHICO'S FAS
COSTCO
PANDA EXPRESS

NOV.-DEC.
FEB.-MAR.
MAR.
MAR.-APR.
MAR.-APR.
APR.-MAY
APR.
APR.-JUN.
MAY
YEAR-ROUND

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

Investing in our community

We are honored to have a community filled with grateful families that are giving back BECAUSE THEY WERE IMPACTED BY THE CARE THEY RECEIVED AT COOK CHILDREN’S. THEY MAY BE ORGANIZING FUNDRAISERS FOR OUR CANCER CENTER BECAUSE THEIR CHILD IS NOW A CANCER SURVIVOR. THEY MAY BE SHARING THEIR STORY ABOUT HOW COOK CHILDREN’S HELPED THEIR CHILD RECOVER FROM A SERIOUS INJURY. OR THEY MAY BE VOLUNTEERING ON THE SAME FLOOR WHERE THEIR CHILD ONCE SPENT WEEKS FIGHTING AN ILLNESS.

And then, there are other families who give because even though their children haven’t needed us, they are just grateful to know that we’re here. The Conatsers are one of those families.

Cheryl and Jerry Conatser never found themselves inside the walls of our medical center with their own children. But, having raised their family in Fort Worth, the proximity of Cook Children’s was reassuring and comforting.

At this time in their lives, the Conatsers are active philanthropists and enjoy supporting community organizations through their family foundation. They are focused on helping children in Tarrant and surrounding counties. They have a deep empathy for parents of sick children and take great pride in seeing how their investment continues to impact and expand across the community.

“Where else would you go but Cook Children’s?” Jerry said. “There is no better investment than children.”

“We see where the needs are and help where we can,” said Jerry.

The Conatsers’ support is not limited to a particular area of the medical center. Instead, they focus on where they are needed.

Cheryl and Jerry Conatser are engaged with Cook Children’s on many levels. In addition to their giving, Cheryl participates in Jewel Charity and Jerry serves as a board member for Cook Children’s Health Foundation and Cook Children’s Health Plan. Together, they support Pickin’ for Premies.

When asked what motivates them to continue to support our Promise, their response was simple: We believe in Cook Children’s.

Though the Conatsers never needed the services of Cook Children’s, we are grateful that they believe in and support us, for those families who do.



Be The Match

LITTLE DID A COLLEGE STUDENT IN CALIFORNIA KNOW THAT A SIMPLE SWAB OF HER CHEEK COULD SAVE THE LIFE OF PATIENT WITH CANCER SHE DIDN'T EVEN KNOW. BUT IT DID. THIS IS THE STORY OF KATIE THOMSON, A COOK CHILDREN'S PATIENT, WHO'S CURRENTLY IN REMISSION FROM ACUTE LYMPHOBLASTIC LEUKEMIA AND *her new chance at life.*

Eleven-year-old Katie Thomson came home from school with a fever one Friday afternoon in January 2015 and spent the weekend feeling worn out and not acting like herself. Her parents didn't think much of it until her mom, Jessica, noticed some strange bruising on her body.

"My heart sank. I knew something was really wrong," Jessica explained.

They rushed Katie to Cook Children's and soon she was diagnosed with acute lymphoblastic leukemia.



From the start, it seemed as though her fight against cancer would be an uphill battle. A series of complications forced Katie to stay in the hospital for more than two months before she could go home. During that time, she endured chemotherapy, radiation treatments, a feeding tube and multiple infections.

As soon as she achieved remission, Katie received a bone marrow transplant to replace her unhealthy cells with healthy donor cells. Katie's doctor explained it to her like this, "Your bones are a garden and your marrow is the soil. We're going to get rid of the old soil and give you new soil."

It seemed quite fitting that Katie's bone marrow transplant ended up happening on Earth Day, of all days!

Katie spent 22 days recovering in the bone marrow transplant unit and another 100 days in isolation at home to protect her fragile immune system. Since then, she has

regular clinic visits every six months, is back in school after spending a year away and has been medicine-free for several months.

She hit another big milestone at the one-year post-transplant mark, as this is the required waiting period to learn the name of her bone marrow donor. Jessica said, "We haven't met, but I can't think of her without choking up. I loved her, even when I didn't know her name."

The Thomsons were excited to learn about Allison, the person who saved their daughter's life. Allison was a 21-year-old college student when she attended a blood drive in California and Be The Match® representatives asked if she also wanted to get on the bone marrow donor registry.

Allison said to herself, "Sure, why not? There's probably a small chance that I'll be a match, but I'd rather sign up in case I might be able to help someone."

All it took was one quick cheek swab, and low and behold, she received the call about two years later saying that she was a match - Katie's match! Allison was in and out of her surgery within a few hours and immediately her bone marrow was on a plane to Texas to be given to Katie the next day.

"For me to go through a small amount of pain and a week of healing, in order to give Katie another chance at life, I don't see why anyone wouldn't want to do that." And, Katie's mom echoes Allison's passion for the bone marrow donor registry, "I want the whole world to get on the registry."

To find out more about how you can become a bone marrow donor or support our programming, call 682-885-4105.

Katie shows Christy Morehead, Family Services, and Diana Gibson, Child Life, her drawing of GetWellNetwork®, a system funded by Employees Care. Katie enjoys playing games and watching videos on GetWellNetwork while receiving treatment at the medical center.



Behind the scenes of the Bone Marrow Transplant (BMT) Unit

When a patient is first admitted to the BMT Unit, they receive a high-dose of chemo for approximately five to seven days to wipe out the diseased bone marrow, creating a clean slate for the new cells to grow. Usually, the day after the last dose of chemo, the patient receives the transplanted cells. The transplant process looks a lot like a blood transfusion – a bag of cells hangs from an IV pole and is pumped into the patient's vein. The patient stays in the BMT unit long enough for their new cells to start growing and dividing and for their white blood cell count to be high enough that they can fight some germs. Families are told to prepare for six to eight weeks, but it could be more or less. Cook Children's BMT program started in 1986 and has completed more than 1,000 transplants.

Partners in our Promise

A MANTRA AT LOCKHEED MARTIN IS: “*We’re engineering a better tomorrow.*” THE EMPLOYEES FOCUS ON THAT THROUGH THEIR WORK AS A GLOBAL SECURITY AND AEROSPACE COMPANY, BUT ALSO THROUGH PHILANTHROPIC ENDEAVORS WITHIN THEIR LOCAL COMMUNITIES. IN FORT WORTH, THEY’VE BEEN BUILDING A LEGACY OF GIVING SINCE 1942.

Lockheed Martin’s support of Cook Children’s touches many different areas of patient care and comes from different areas within their company. They have supported Camp Sanguinity, a summer camp for patients and siblings in our Hematology and Oncology Center, provided car seats to community members and patients and much more.

Through the Lockheed Martin AERO (Aeronautics Employees Reaching Out) Club, employees can give directly to the non-profit of their choice or contribute to a fund that’s distributed to non-profits who apply for grants. A board, comprised of 12 employees, determines how the funds are allocated. Recently, the Lockheed Martin AERO Club committed to support our Camps For Kids program, which allows Cook Children’s patients and siblings to attend medically safe summer camps.

Each fall, the Lockheed Martin AERO Club conducts a giving campaign. Last year, the Lockheed Martin AERO Club raised \$1.9 million for 150 local charities, including Cook Children’s. Those who don’t give through the Lockheed Martin AERO Club often times give back in other ways, such as volunteering.

“Our employees use Cook Children’s services. Our employees support you whole-heartedly,” said Susan Wright, administrator of Lockheed Martin AERO Club. “They give of their own money, from their own paychecks because they believe in the work you do.”

We are so thankful to have this partnership with Lockheed Martin. Our patients benefit greatly from their continued support.



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.

MATT MCKEE GOLF TOURNAMENT

This year marked the 9th anniversary of the Matt McKee Golf Tournament, held in memory of Matt McKee. Organized by Matt’s good friends Garrett Carey and Ryan Reneau, the event is a fun-filled day of golf, along with a dinner, auction and live entertainment. All proceeds benefit Cook Children’s Life After Cancer program, which provides medical care and other services for childhood, adolescent and young adult cancer survivors. To date, the golf tournament has raised almost \$35,000 for the program.



Featured left to right: Cook Children’s Life After Cancer Medical Director Donald Beam, M.D., event co-founder Garrett Carey, Lisa Bashore RN., event co-founder Ryan Reneau and Cook Children’s Senior Pediatric Hematologist/Oncologist Paul Bowman, M.D.

AGC/TXDOT GOLF TOURNAMENT

The Associated General Contractors of Texas and the Texas Department of Transportation come together each year to host a golf tournament in the spring to benefit Cook Children’s patients. This golf tournament started more than 20 years ago. Over the years, they have supported many different areas of the medical center. This year, they partnered with us to support the Behavioral Health program at Cook Children’s. Their loyalty and passion to support our patients and families is inspirational.



Featured left to right: Eric Johnson, Cook Children’s Special Event Fundraising Coordinator Bailey Voss, Ray Buzalsky and Kirk Morris.

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

*Elizabeth Sage Art • Lemon Aid for Kids sponsored by Williams Jew
St. Andrews United Methodist Vacation Bible School
Swinging for Pop’s Kids*



Spotlight:

Wine for a Cause

In 2005, 8-year-old Elizabeth Stucker was diagnosed with neuroblastoma, a rare and aggressive form of cancer. As part of her treatment plan, she was enrolled in an investigational treatment protocol called I-131 metaiodobenzylguanidine (MIBG) therapy. At the time, MIBG therapy was only available in a few locations, which meant that Elizabeth and her mom had to relocate from Fort Worth to San Francisco for five months of treatment.

Elizabeth responded positively to MIBG and subsequent treatments. As MIBG is an investigational treatment, the results were not guaranteed, but the Stuckers were grateful that the treatment had been particularly beneficial for Elizabeth.

They started thinking about other neuroblastoma patients. What if those families weren't able to relocate for months at a time? What would they do? They decided they wanted to help.

In 2009, the Stuckers decided to pair their love of wine with their desire to help fight neuroblastoma. They established Wine for a Cause, a non-profit dedicated to supporting pediatric cancer research at Cook Children's. Their annual event features a seated dinner paired with wine from around the world, as well as silent and live auctions. Over the past seven years, they have raised more than \$200,000, which in part helped to bring an MIBG suite to Cook Children's. Now, patients like Elizabeth can receive this investigational treatment closer to home.

The donor-funded MIBG suite at Cook Children's is the only one of its kind in the Southwest, and offers a viewing window, parent-to-child intercom system, and private adjoining room for parents to stay and



be close to their child throughout the entire process. This is necessary because the child is radioactive while receiving this investigational treatment.

And, we are happy to report that Elizabeth is now 19 years old and in remission*!

We are so grateful to families like the Stuckers for seeing the bigger picture and having the desire to be part of the greater good. Without families like theirs, Cook Children's wouldn't be the place it is today.

* Please note that individual results of MIBG therapy vary in each patient.



Are you interested in planning a special event to benefit Cook Children's?
Please contact Cook Children's Health Foundation at 682-885-4105.

Generosity heals

YOU MAY NOT EXPECT TO FIND MASSAGE, AROMATHERAPY AND ACUPUNCTURE WITHIN A HOSPITAL SETTING, BUT THANKS TO THE GENEROSITY OF A THOUGHTFUL DONOR, THESE SERVICES ARE NOW PART OF *Cook Children's Pain Management program.*

Imagine being a child in the hospital, with several weeks of treatment ahead of you before you can go home. Doctors and nurses enter your room multiple times a day, dressed in isolation gowns, gloves and masks. They visit with you about your medication, your progress, your upcoming procedures and then they leave. During some visits, someone takes your blood or checks your vitals.

Picture now a different caregiver entering your room. The woman is also gowned, but she's here to give your aching body a therapeutic massage. She's part of Cook Children's Pain Management team.

Cook Children's is one of a few children's hospitals in the United States to provide our patients with a dedicated Pain Management program. Therapy options include interventional pain procedures, medical acupuncture, relaxation therapy, guided imagery, biofeedback, hypnosis and cognitive behavioral therapy.

Massage therapy was added to our program in March 2015, thanks to the support of a generous donor who believes in the healing power of touch. The Pain Management team has been able to train several physicians in acupuncture, hire a massage therapist and send two staff members to become certified in clinical aromatherapy.

These services are not meant to be alternative therapy, but rather complementary, enhancing the care patients are already receiving. Acupuncture can enhance the flow of energy through the body as a patient receives

chemotherapy, and that can counteract the nausea and fatigue. Massage therapy can relieve a body, stiff after being sick in bed for several days. These therapies positively impact patients' pain levels, attitude, anxiety, depression and sleep, to name a few.

Physician referrals for these services come from nearly every department across the medical center. Joni Carroll, Cook Children's full-time massage therapist, handles approximately 25-30 patient visits each week, from 2-month-olds to teenagers. Many of them look forward to her visits; some tell her this is the only time that they don't hurt.

Adrian, a 14-year-old patient, pictured at right, believes in the benefits. "Usually there are days where I am just sore or in pain. Joni helps to soothe that," said Adrian. "In the past, my feet were really sore, just hurting, and it was kind of hard for me to walk around. This is when I was back on the bone marrow transplant unit and she would come by and massage my feet, which helped. It doesn't entirely get rid of it, but it helps."

By having acupuncture and massage therapy available to our patients, we are proving our commitment to their well-being as a whole, not just their immediate health needs. It's about caring for their quality of life.

We are grateful that the heart and generosity of an anonymous donor made it possible to bring these holistic therapies to our patients. No patient family is billed for these services.

**To help support the Pain Management program, contact
Cook Children's Health Foundation
at 682-885-4105 or visit cookchildrenspromise.org to donate.**





Young philanthropists

Last Christmas, THE FIREPLACE AT THE LYNES' HOME WAS COVERED IN GIFTS, SPILLING ONTO THE FLOOR AND ACROSS THEIR LIVING ROOM. THERE WERE DOLLS, REMOTE CONTROL CARS, VIDEO GAMES AND SO MUCH MORE. NO, THESE GIFTS WERE NOT ALL FOR 7-YEAR-OLD TWINS BRODY AND BROOKLYN LYNES; THEY WERE FOR THE PATIENTS AND SIBLINGS AT COOK CHILDREN'S.

Darenda and Kaleb Lynes began collecting presents for Cook Children's three years ago, as a community project with their church life group. They got their twins, Brody and Brooklyn, involved and the effort quickly became a family tradition.

In 2015, Brody and Brooklyn invited their entire second grade class to participate in the toy collection. Their teacher encouraged the students to do a chore to earn money, and then purchase the toy with that money. With the help of the second grade class, the family collected even more gifts for Cook Children's patients and their siblings.

The Lynes family never guessed they would be on the receiving end of generosity at Cook Children's just two months later.

Soon after the family learned Brody had epilepsy, Kaleb was home one afternoon with Brody who was not feeling well. Darenda and Brooklyn were away at a cheerleading competition. Kaleb just had a feeling something wasn't right.

Kaleb took Brody to Cook Children's Urgent Care Clinic in Mansfield. They sent them to the Emergency Department at Cook Children's Medical Center downtown to receive fluids for dehydration.

Brody's condition then began to quickly worsen. His blood pressure was dropping and his kidneys were

failing. He was immediately admitted to the Pediatric Intensive Care Unit. Within a matter of days, the Lynes' world had been turned upside down. First an epilepsy diagnosis and now this.

After nearly losing their son, they learned the diagnosis. Brody had a staph infection from a knee-scraper when he had fallen in his grandparents' driveway two days before. Brody spent nine days at Cook Children's recovering from the infection.

During that time he received a prayer bear, book and a superhero pillowcase that he still uses every night. A nurse also brought a gaming system to his room and, when he was playing with it, his parents said it was the only time that he "came to life" during his stay. All of these "extras" are made possible by thoughtful donors, just like the Lynes family. Generosity had come full circle.

"We love this place. We couldn't have asked for better people to take care of Brody and to take care of us while we were here," said Darenda of their experience at Cook Children's.

Cook Children's is equally as grateful to the Lynes family and how they are caring for our patients through their holiday toy collection.

Be a part of our Promise

No day at Cook Children's is the same. THE NEEDS OF OUR PATIENTS, NEW RESEARCH, EMERGING TECHNOLOGY AND GROWING PROGRAMS ALL MEAN ONE THING: WE ARE CONSTANTLY CHANGING. *THE CHILDREN'S FUND* WITHIN COOK CHILDREN'S HEALTH FOUNDATION GIVES US THE FLEXIBILITY TO MEET AND FUND THESE CHANGING NEEDS.

Gifts made to this fund are unrestricted, which means they're not designated by the donor to go toward a specific area or program. Some of the most valuable gifts we receive are those that are unrestricted and can be applied to the areas where the need is greatest.

The Children's Fund also allows us to provide our patients with much-needed services, without having to bill for them. Child Life, Pastoral Care and Case Management are all examples of non-billable services that receive support from our Children's Fund.

Thanks to the Children's Fund, Child Life specialists can help patients understand what to

expect with upcoming procedures, case workers can assist patient families with lodging, transportation and meal cards, and chaplains can visit with families in times of trial or grief. And the families touched by these services will never have to see a bill for them.

Unrestricted giving allows Cook Children's to fulfill our Promise to patient families. You can be a part of our Promise by making an unrestricted gift to the Children's Fund.

Donate today at
cookchildrens.org/donate

Noteworthy

THE ART OF MUSIC: *Therapy in tune with healing.*

As Shea Ingram makes her rounds up and down the halls of Cook Children's Medical Center, she pulls behind her a red wagon filled with musical instruments, from guitars and ukuleles to pianos and drums. Ingram is one of two board certified therapists who use the art of music as a way of healing.

"I like to talk about the role of a music therapist as using music to achieve non-music goals," said Shea. "Everybody has some sort of relationship with music, but what makes music therapy different is the relationship between the therapist and whoever they're serving. We are targeting specific goals and we've been trained to use the tool of music in order to achieve those goals."

Shea has nurtured the music therapy program since its inception nearly a decade ago. The program falls under the Creative Artist in Residence Programme (CARPE) at Cook Children's. This program, made possible solely by donated funds, gives kids the freedom to express themselves through various creative outlets, such as music.

In addition to the music therapy program, Cook Children's houses a complete broadcast and recording studio for patients and their families. Recording studio producer Raymond Turner sees the way music helps these families every day.

"We have patients who come down here and this becomes a very therapeutic space for them," said Raymond. "It's amazing to see the transformation when they come in here and get their hands on an instrument they know or something they've always wanted to play when they've never had a chance to touch anything like that. It's pretty amazing."

Music's ability to heal reaches people of all ages, from the smallest babies to fully grown adults.

"So whether it's a premature baby that can benefit from some gentle stimulation or if it's a young adult who would actually benefit from writing and recording something, we try to provide all those different opportunities for them here," said Creative Arts Program Coordinator Carri Ann Wantuchowicz.

Shea believes her role as a music therapist is as more of a facilitator between the child and the instrument than between herself and the instrument.

In the NICU, music therapists work with some babies on becoming more tolerant of positive stimulation, as opposed to the negative stimulation that they get on a more regular basis. Other babies who aren't at that stage yet work on relaxation and calming so that their bodies can get to a more restful, at-peace state. School-aged kids work on music making in order to get them comfortable enough to interact with people, deal with their fear and anxiety or just physically move.

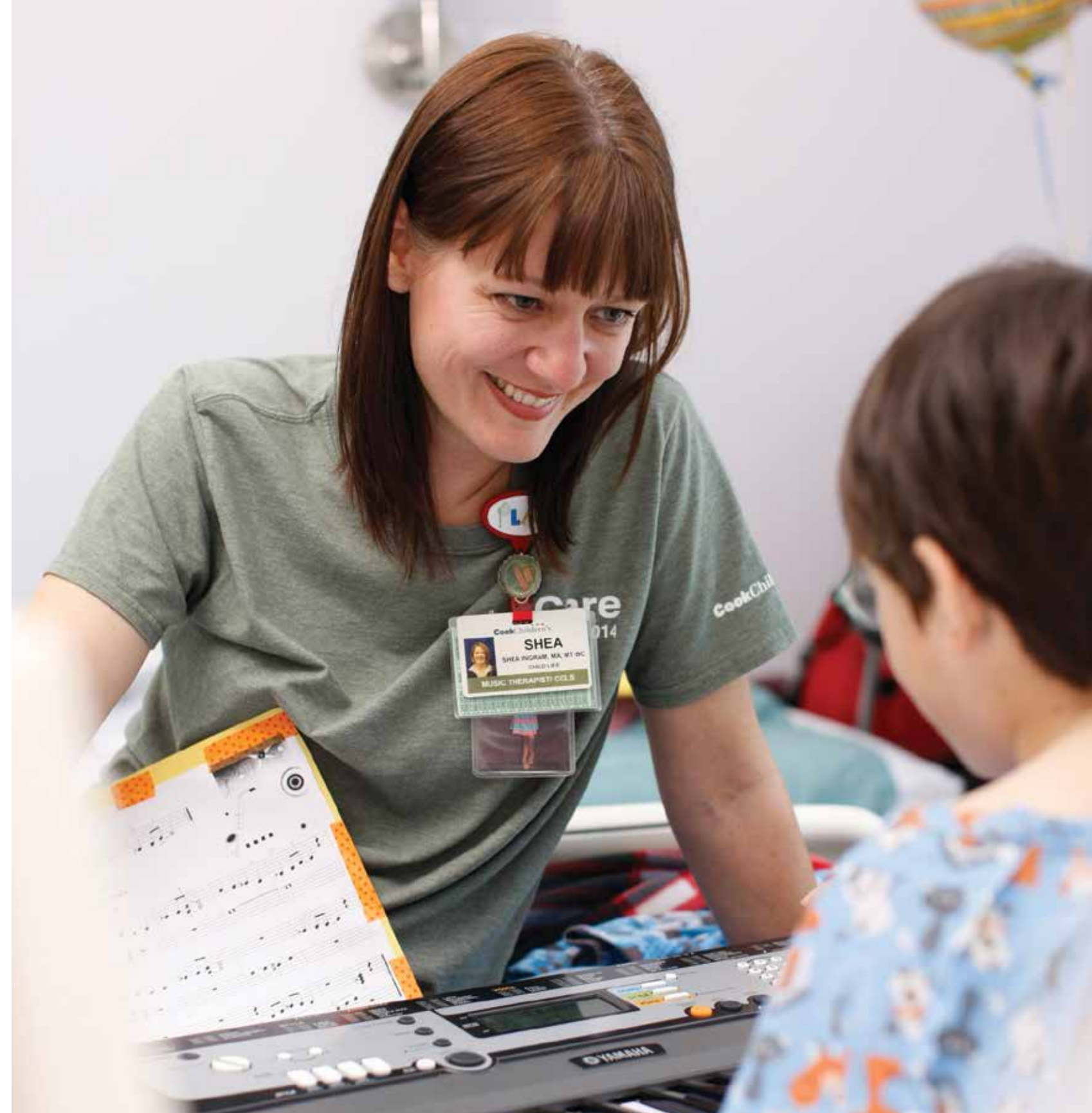
Raymond also has witnessed the way patients use the lyrics of songs as a means of self-expression.

"For a moment, they can forget about what they are going through and be able to express something that's really deep within them," said Raymond. "They'll do it through music. They won't necessarily talk to you directly, but when you hear them sing or rap or whatever the case may be, you realize there's a lot going on inside of this person."

Shea says that music is a kind of therapy in disguise. The goals and targets of music therapy differ with each child, but the reaction when a child reaches that goal is always priceless.

With all the validating moments and triumphs that music therapy brings, the program could do even more. Shea and the one other music therapist both hold part-time positions, so combined they only do the work of one full-time employee. According to Carri Ann, they are not able to see nearly one-third of their referrals.

"It's not even getting to all the referrals or getting to see all the kids who could benefit from it," said Shea. "It's getting to do better work because you're not spread so thin. For almost 10 years now, we've had to decide whether we serve more kids at a more basic level or do some really good work, but reduce the amount of kids that are getting services. So it's this uncomfortable balance of figuring out where to put yourself in that."



How to help

The generosity of donors helps make it possible for Cook Children's to bring programs like music therapy to our patients. To support our Creative Artist in Residence Programme, call 682-885-4105 or visit cookchildrens.org/donate and include "music therapy" in the gift details.

What's new at Cook Children's?

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



PEACEFULNESS IS IN FULL BLOOM

AT COOK CHILDREN'S, WE KNOW BEING ABLE TO ESCAPE THE MEDICAL CENTER'S WALLS CAN BE VITAL TO THE HEALING PROCESS. OUR FAMILIES NOW HAVE SUCH A PLACE: THE DILLARD FAMILY GARDEN. THE GARDEN GIVES PATIENTS AND FAMILIES A QUIET AND TRANQUIL PLACE TO VISIT OUTDOORS, JUST STEPS FROM THE MEDICAL CENTER. THE NEW GARDEN WAS DESIGNED TO ENCOMPASS OUR VALUES AND PROMISE. IT FEATURES BRAIDED TRAILS SYMBOLIZING THAT WHILE EACH PATIENT'S JOURNEY IS UNIQUE, WE ALL COME TOGETHER TO IMPROVE THE HEALTH OF EVERY CHILD. THE GARDEN ALSO INCLUDES ARTWORK, SHADED SEATING AREAS, FLOWERS, A FOUNTAIN AND MORE THAN 20 TREES. THIS GARDEN WAS MADE POSSIBLE BY THE GENEROSITY OF THE KELLY AND JEFF DILLARD FAMILY FOUNDATION IN HONOR OF THEIR CHILDREN MIKAL, BUD, GARRETT, TUCKER, KELLY AND BENNIE.

DOUBLING OUR POWER

THANKS TO A GENEROUS GIFT FROM THE JANE AND JOHN JUSTIN FOUNDATION, WHEN THE SOUTH TOWER ON THE CAMPUS OF COOK CHILDREN'S MEDICAL CENTER OPENS LATER THIS YEAR, IT WILL BE HOME TO A NEW INTRAOPERATIVE 3 TESLA MRI (IMRI) MACHINE WITH TWICE THE MAGNETIC POWER OF OUR FIRST ONE. THIS ADVANCED IMAGING TECHNOLOGY ENHANCES SURGICAL PROCEDURES BY DISPLAYING HIGHLY ACCURATE, REAL-TIME DIGITAL IMAGES OF THE BRAIN DURING SURGERY, WHICH CAN REDUCE THE NEED FOR FUTURE SURGERIES.



COOK CHILDREN'S FIRST IMRI WAS FUNDED THROUGH THE "REFUSE TO LOSE" DONOR CAMPAIGN IN 2007. IT HAS BEEN USED IN NEARLY 1,000 CASES AND WILL CONTINUE TO BE USED IN PATIENT CARE. OVER THE YEARS, COOK CHILDREN'S NEUROSURGEONS HAVE GARNERED NATIONAL AND INTERNATIONAL ATTENTION FOR THEIR INNOVATIVE SCANNING TECHNIQUES AND PROTOCOLS USING THE IMRI TECHNOLOGY. MOST NOTABLY, THE IMRI WAS USED WHEN COOK CHILDREN'S BECAME THE FIRST CHILDREN'S HOSPITAL IN THE U.S. TO OFFER DEEP BRAIN STIMULATION SURGERY TO CHILDREN WHILE SLEEPING. PREVIOUSLY, THIS TYPE OF BRAIN SURGERY COULD ONLY BE PERFORMED WHILE THE PATIENT WAS AWAKE.

A NEW APPROACH TO TREATING CONGENITAL HEART DEFECTS

IN 2015, COOK CHILDREN'S HEALTH FOUNDATION AWARDED STEVE MUYSKENS, M.D., COOK CHILDREN'S MEDICAL DIRECTOR OF THE CARDIAC MAGNETIC RESONANCE IMAGING (CMRI) PROGRAM, AN ENDOWED CHAIR TO SUPPORT THE EXPANSION OF OUR CMRI PROGRAM AND ITS DIAGNOSTIC USES. AN EXTENSION OF THIS PROGRAM WILL BE THE 3-D APPROACH LAB, WHICH WILL USE ADVANCED TECHNOLOGY TO SUPPORT PRE-SURGICAL PLANNING AND EDUCATION FOR PATIENT FAMILIES. THE DEDICATED IN-HOUSE LAB, SCHEDULED TO OPEN IN EARLY 2017, WILL UTILIZE BOTH 3-D VIRTUAL VIEWING SOFTWARE AND 3-D PRINTING TO AID IN THE UNDERSTANDING AND PLANNING OF COMPLEX SURGICAL AND INTERVENTIONAL CASES. COOK CHILDREN'S IS ONE OF ONLY THREE CENTERS IN THE COUNTRY TO COMBINE THESE TECHNOLOGIES.



Patient artist spotlight



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 entirely donor-funded.

To learn more, visit cookchildrens.org/carpe.

MANY COOK CHILDREN'S PATIENTS EXPERIENCED

SOME *incredible milestones* FOR 2016

Taking their *first steps*

Speaking their *first words*

Hearing their mother's voice
for the first time

Going home after an extended
stay in the Neonatal Intensive Care Unit

GOING FROM CANCER FIGHTER
to cancer survivor

Your support in 2016 helped create
these celebratory moments and with
your help, 2017 will be even better.

NOVEMBER 29

Giving Tuesday

Mark it on your calendar and make
your year-end gift online at

cookchildrens.org/donate

CookChildren's



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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.

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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.

June 1-Sept. 30, 2016



page 35

HONOR & TRIBUTE

ARE GIFTS GIVEN TO EXPRESS JOY OR GRATITUDE.



page 37

MEMORIALS

ARE GIFTS GIVEN IN LOVING MEMORY.



page 39

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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June 1-Sept. 30, 2016

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June 1-Sept. 30, 2016

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*Give back
all year long.*

The Cook Children's Cards for Kids program, coordinated by the Woman's Board of Cook Children's, has recently added all-occasion and photo-upload cards. These cards are in addition to the holiday cards they have been producing for more than 50 years.

All proceeds from Cards for Kids benefit Cook Children's patients.

To order your cards or to read the artist stories,
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THURSDAY

20

April
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FOR THE THIRD ANNUAL

Our Promise Luncheon

BENEFITING COOK CHILDREN'S HEMATOLOGY
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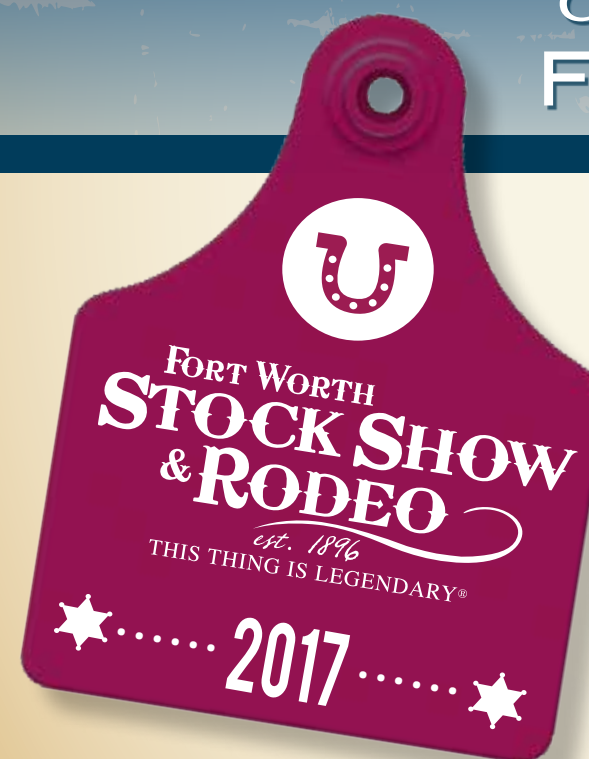
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..... 4TH ANNUAL

COOK CHILDREN'S
Day AT THE
RODEO

Save the date
FEB. 1, 2017



HALF THE COST OF YOUR TICKET
TO THE 2 P.M. OR 7:30 P.M. SHOW
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