

PROMISE

1918 **100** 2018
YEARS

CookChildren's

You're the 1 in our 100!



*World class
care
... close to home*

*A legacy
of generosity*

*Advancing
our Promise*

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Our not-for-profit organizations encompasses nine companies - a medical center, two surgery centers, a physician network, home health services and a health plan. It also includes the Child Study Center, Cook Children's Health Services, Inc. and Cook Children's 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

*A*s we prepared for our Centennial, we chose to commemorate this milestone not just on March 21, our actual birthday, but for the entire year. We knew that our rich history and lifelong commitment to bringing advanced care to our patients provided us with countless reasons to celebrate.

Through the years we've cared for the children of our community and we're grateful for your support along the way. In this issue, we highlight a very special member of our Cook Children's family, Mrs. Clarabele "Pit" Dodson. Her family's philanthropic legacy began nearly a century ago. That's why it is deeply meaningful that Mrs. Dodson shared some of her earliest memories with us to help celebrate our birthday.

Like so many of you, her unwavering dedication to our patients has been instrumental in our growth and has resulted in the implementation of new technologies and specialized care. Thus enabling us to care for children, near and far, who need us. For example, the Ditmarr family, featured in this issue, traveled here from Houston to seek the medical expertise of Paul Thornton, M.D. Their story mirrors that of so many other families who also left home and traveled to receive the excellent care provided here at Cook Children's. Because of you, we're able to give these families hope, healing and a reason to celebrate.

It's been a truly special year. Along with our 100th birthday, our Teddy Bear Transport team celebrated its 35th anniversary last fall and this spring our Child Life department turned 40. Over four decades, it has grown to become one of the largest Child Life programs in the country, touching families in departments and specialties across our medical center. Thanks in part to support from our donors, no family receives a bill for the invaluable programs and services offered by our Child Life team to care for the entire child.

We're grateful for a community whose generosity and caring is constant and transformative. Today and in the days ahead, we celebrate each of you for helping us to care for our patients and their families. Thank you for sharing our commitment to improving the wellbeing of our community.

With gratitude,

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



ON THE COVER

- 8 Advancing our Promise
- 14 A legacy of generosity
- 16 World-class care ... close to home

14 COVER STORY

A legacy of generosity



IN THIS ISSUE

- 3 Caregiving in action
- 6 Then and now
- 8 Advancing our Promise
- 10 Program spotlight
- 12 Children's Miracle Network Hospitals
- 14 A legacy of generosity
- 16 World-class care ... close to home
- 18 Partners in our Promise
- 20 Community partners – partner spotlight
- 24 Generosity heals
- 26 Young philanthropist
- 28 Be a part of our Promise
- 30 Noteworthy
- 32 What's new at Cook Children's
- 34 System leadership
- 36 Honor roll of giving
Honor & tribute
Memorials
Peter Pan Birthday Club

Caregiving in action

As Cook Children's celebrates **100 years** of caring for the children in our community, our **Child Life** department is also celebrating a milestone, 40 years of making visits to Cook Children's easier and more comfortable for our patients and their families. For our Child Life specialists, every day is different, and every area presents different patient circumstances and needs. Here is just a glimpse into the incredible work being done by our Child Life specialists every day.



Danielle – Dodson Surgery Center

A young girl has arrived at the Dodson Specialty Clinics for a routine tonsillectomy. She is nervous, as are her parents, because this is not routine for them. Danielle brings in visual aids to walk the family through the morning's events so that nothing is a surprise. She explains what the operating room will look like, lets the patient practice taking breaths and feeling the mask on her face and even lets the patient choose her "flavor" of anesthesia.

Throughout the morning, Danielle visits other patients waiting for surgery, doing much of the same as she did with the first family. But she keeps checking in on the first family, who are still visibly nervous. She walks beside the patient as they take her back to surgery, comforting and reassuring her the entire time. Once the surgery is complete, Danielle reports to her parents that she did great and that everything went flawlessly.

Amy – Dodson Specialty Clinics

An anxious teenage boy is about to get an IV. Amy visits with him to identify ways to make this a less stressful, more predictable experience than one he had in the past. They use cooling spray to numb the spot where the IV will go and a "buzzy" creates a vibrating sensation on his arm that will mask the needle stick.

Lastly, Amy gives him virtual reality goggles to distract him from what is happening, while allowing him to hear what is happening, so he is not surprised by the procedure. Unnoticed by the patient, the IV is successfully started and treatment begins. As his nerves fade, Amy gives him a cold washcloth and a list of DVDs to choose from, more distractions from the treatment. When it's over, the boy thanks Amy and tells her he is no longer scared of getting an IV.

Anne – Rehabilitation Care Unit

After undergoing surgery for a traumatic brain injury, a young girl has spent six weeks on the Rehabilitation Care Unit. During that time, she attends daily therapy to regain skills that were lost with the injury.

Anne has ordered the patient's favorite food. She has gathered staff to join the patient's family and friends at a "Discharge Party." She is going home today, equipped with the coping skills Anne taught her to help ease the transition back into everyday life.

Hanna – Dodson Specialty Clinics, Lab

Between 120 and 150 patients come through the lab at Cook Children's each day, most for a blood draw. Hanna does her best to see as many of those patients that she thinks will need her help coping with this experience.

When a young boy walks in, eyes wide and filled with tears, she doesn't hesitate to grab a "buzzy" and an iPad. She has mere minutes, if even that long, to earn this child's trust. Step by step, she tells the nervous boy what is going to happen. And when the needle actually goes into his arm, she tells him, "That's it." He laughs because, with her help, it wasn't so bad.

*Cook Children's has one of the largest **Child Life** departments in the country, with more than 50 staff members, including certified Child Life specialists, activity coordinators, board certified music therapists, artists, educators, a facility dog program, therapeutic clowns and more.*

No family ever receives a bill for any Child Life service a patient receives. You can support this program and the work they do by making a donation at cookchildrenspromise.org

Debbie – Emergency Department

Following a traumatic incident, a girl is brought into the Emergency Department at Cook Children's. She's laid flat, with her neck in a brace, so she is only able to look up. She sees people all around her – doctors, nurses, paramedics. And then she sees Debbie who is beside her at the corner of her bed.

As the responders in the room are tending to her medical needs, Debbie is tending to her emotional needs, building a rapport with her. She's listening to her fears and trying to ease them. She is explaining where she is and how the girl got there. Debbie's focus is this patient, and in the chaos and pain of the moment, the patient can focus on Debbie.

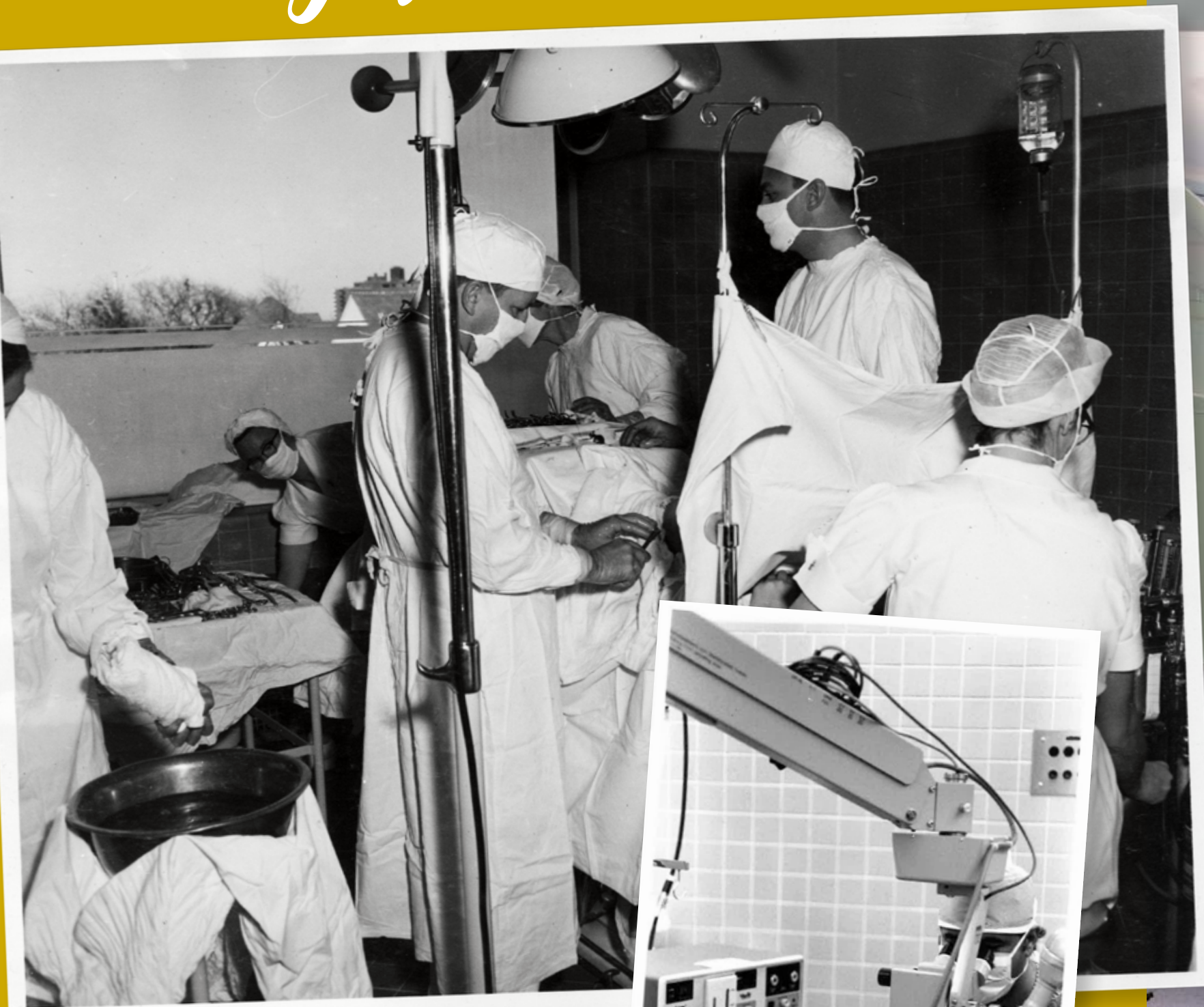
Elise – Pediatric Intensive Care Unit (PICU)

A young patient is surrounded by her family in the PICU. Sadly, she has been given only a few more days to live. Elise's role is to support the siblings. Relieving the parents of the emotional burden, she is the first to tell the siblings that their sister will not survive. She helps them understand, comprehend and empowers them to say goodbye in whatever way they choose. They choose a legacy painting.

As the family gathers around the bed with a canvas and paints, they each leave their handprint as a piece of the art work. In that moment, they are telling stories and sharing memories, even laughing. Elise steps back, and observes what will be a tiny ray of light in one of their darkest moments.



Then and now



From humble beginnings with the simplest of operating rooms to fully integrated operating suites, our surgical staff is well equipped with the space, technology and convenience they need to provide the very best care for the patients at Cook Children's.



“One of the things that has been awesome to reflect on is how this place came into existence. I think the community feels a great deal of ownership and pride for our system. They consider this to be their children’s hospital and it shows through their support.”

– Jim Cunningham, M.D.

said. “These are areas that have taken us from simply being a children’s hospital in Fort Worth to a place that has brought us regional and national reputation and referrals.”

Cook Children’s is known for our amazing physicians, nurses and staff, but another contributor to our medical advancements in the system is our generous community.

Dr. Cunningham said the Cook Children’s system is unique because we are not tied to a large college of medicine or medical institution. This means that federal dollars are not as readily available, which is why the backing of our donors is so important.

That generosity can be seen in our Motion Lab within our Neurology program, our new South Tower with new surgical suites and floors that have given us the opportunity to treat more patients, our Rees-Jones Behavioral Health Center which is one of the few places in North Texas that offers inpatient psychiatric care for children between the ages of 2 and 12, our da Vinci® surgical robot that demonstrates a less invasive surgery method, and more. If it had not been for the initial care and guidance of our founders and the public, we would not have the miracles and milestones we celebrate today.

Advancing the *Promise*

In the early 1900s, Ida Turner, one of Cook Children’s initial founders, dedicated her life to caring for children with no access to medical care. When she established the Fort Worth Free Baby Hospital in 1918, she started a movement in our local community. Her willingness to care for the sick, no matter their condition, would be the foundation of medical advancements for the next 100 years in Fort Worth and beyond.

The advancements we’ve made over the years can be attributed back to Fort Worth Children’s Hospital and Cook Children’s Hospital merging in 1985, followed by the creation of a new medical center in 1989.

“Prior to the merger, our patients were being sent to other hospitals in the state and surrounding states because we didn’t have the specialty care or equipment that we have today,” Jim Cunningham, M.D., executive vice president and chief medical officer of Cook Children’s Health Care System explained. “Finally, the Fort Worth community got together and decided it was time for the city to care for their own children. These families knew we needed advanced care in the area.”

With the medical center being one of the main vessels for Cook Children’s Health Care System, Dr. Cunningham echoed that we could not provide quality care without the advancements of medicine or technology.

In the early 1900s, vaccines and preventive medicines were not common. Diseases like yellow fever and tuberculosis tested the young Fort Worth hospitals. Following those initial epidemics, polio affected many children across the nation in 1945. Because the outbreak was so severe, the original W. I. Cook Memorial Hospital became a children’s hospital in 1952. In 1954, the polio vaccine brought an end to the crippling disease. This vaccine catapulted advances in care for years to come.

“During my career, some of the larger Cook Children’s medical advances have to do with things like the development of the intraoperative MRI, development of our deep brain stimulation surgery program, the development of our MIBG [metaiodobenzylguanidine] therapy in our neuroblastoma program and our hyperinsulinism program,” Dr. Cunningham



The Motion Lab team is equipped with leading-edge capabilities to treat a variety of movement disorders.



The da Vinci surgical robot demonstrates a less invasive surgery method.

Help us continue the next generation of advancements at cookchildrenspromise.org

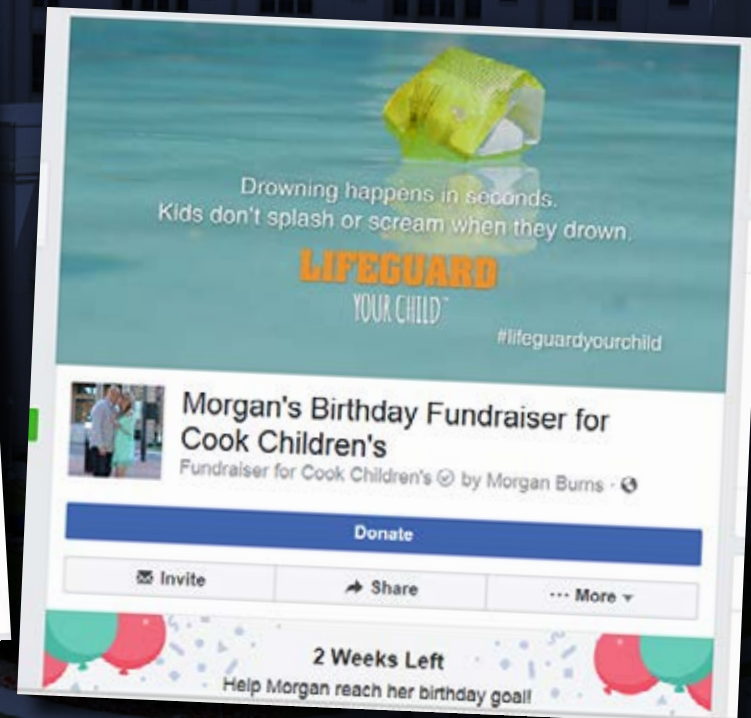
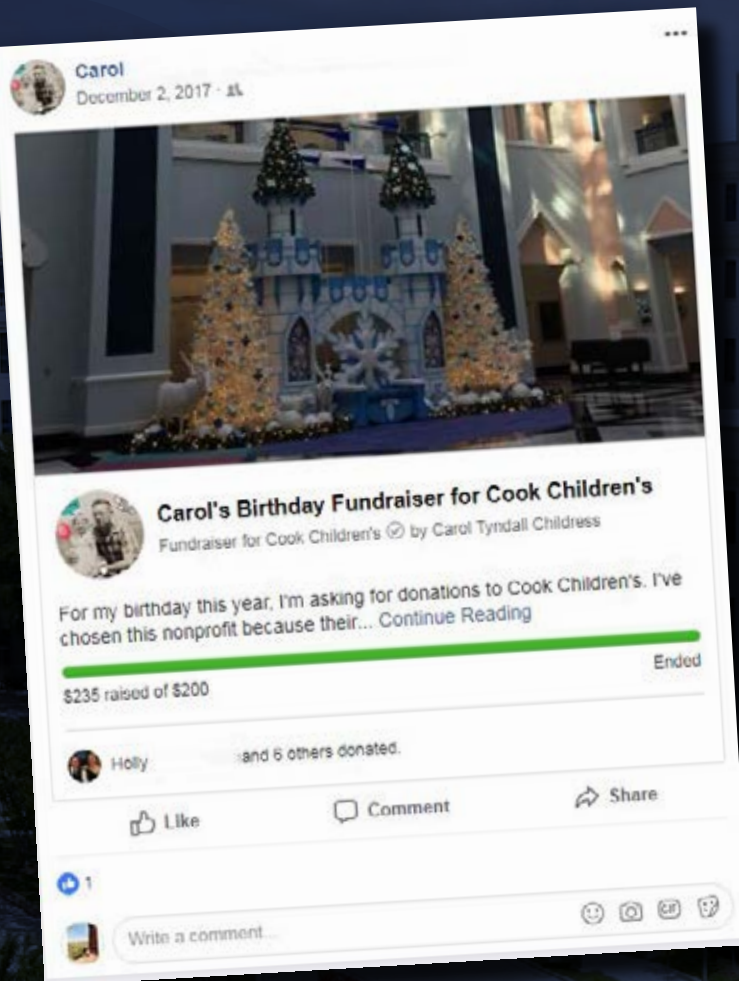
Program spotlight:

FACEBOOK BIRTHDAY FUNDRAISERS

Let's celebrate our BIRTHDAYS Together



Cook Children's is celebrating 100 years of caring for the children in our community. We invite you to celebrate **YOUR** birthday with us. With just a few clicks of a button, your friends and family can celebrate you or your child's birthday by giving back to the patients at Cook Children's. All you have to do is create a birthday fundraiser on Facebook.



Here's how it works:

1. Two weeks before your birthday, a message will appear on your Facebook newsfeed giving you the option to launch a birthday fundraiser that benefits U.S. nonprofit organizations.
2. Select Cook Children's as your benefiting organization.
3. Promotion is key once you've set up the event, so be sure and invite all your Facebook friends to support your efforts.

Facebook fundraisers are easy, both for you to coordinate and for your friends, who will appreciate the ease of giving. After you've set up your birthday fundraiser, don't forget to follow Cook Children's Health Foundation on Facebook to stay up-to-date on upcoming events, patient stories and more.

For more information on Cook Children's Health Foundation, visit cookchildrenspromise.org.



A home away from *home*

RE/MAX real estate agents know a thing or two about finding the perfect home. After all, that's what they spend their time doing, day in and day out for their clients. For RE/MAX Trinity agent Nicole Smith, she never imagined she would consider Cook Children's Medical Center a home. But, after receiving her son Liam's diagnosis, the medical center became a home away from home for their family.

Doctors diagnosed Nicole's son Liam with neurofibromatosis type 1 (NF) in 2014 when he was 7 months old. NF is a devastating genetic disorder that affects one in every 3,000 individuals. It causes tumors to grow through the nervous system, brain and spinal cord. It also causes learning disabilities and bone abnormalities.

After the diagnosis, Liam spent a lot of time at Cook Children's to treat the disorder. In October 2015, his condition worsened when he was diagnosed with juvenile myelomonocytic leukemia, a rare form of leukemia associated with NF.

Liam defied all odds and was able to leave the medical center after multiple surgeries and medications. He's currently two years into remission and still continues to visit

Cook Children's for treatments and follow-up appointments. Because of their own experience, Nicole is now a Children's Miracle Network Hospitals advocate, not only in her personal life, but through RE/MAX as well. She is constantly spreading the word about how people in the community can support their local hospital, like Cook Children's, through Children's Miracle Network Hospitals. She shares this in her personal life and through RE/MAX as well.

"Being a part of Children's Miracle Network Hospitals is such a blessing," Nicole said. "The pure joy of giving back to a place where Liam still has annual MRIs, oncology and neurology visits is extremely important. I am not only able to give back and say thank you, but raise awareness while doing so."

RE/MAX has been a nationally recognized partner since 1992 and local offices have raised \$687,806 for Cook Children's to date.

Not only has Nicole made it her mission to support Children's Miracle Network Hospitals like Cook Children's, but so have her co-workers.

The RE/MAX Trinity offices host an annual event called Burgers for Babies, a benefit for Cook Children's. It allows real estate professionals and clients to come together for an afternoon of homemade burgers, an elaborate silent auction, raffle and live music.

Burgers for Babies Chair, Brooke Hayes, said their entire office enjoys supporting Cook Children's through this partnership.

"RE/MAX has a long standing relationship with Children's Miracle Network Hospitals," said Brooke. "Our agents are proud to be a part of a nonprofit that has a lot of resources, but also funds those in need directly in our own communities."

Brooke said this also hits close to home because of RE/MAX agents like Nicole.

"We see families who benefit from Cook Children's every day, from our clients to our friends. Supporting Children's Miracle Network Hospitals allows us to feel a part of their get-well journey, knowing our funds have contributed to their wellness," Brooke said. "We have also witnessed several of our own RE/MAX families experience Cook Children's first-hand. To hear our families tell their personal stories is especially touching, knowing the funds we raise can do the same for families to come!"



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
WALMART
SAM'S CLUB
GAMESTOP
STRIPES
DAIRY QUEEN ROUND-UP
GREAT CLIPS

AUG. 26-SEPT. 30
AUG. 27-SEPT. 23
AUG. 27-SEPT. 23
AUG. 29-SEPT. 30
SEPT. 1-30
OCT. 1-31
OCT. 1-31

To learn how you can
support Children's Miracle
Network Hospitals, visit
cookchildrenspromise.org.



A legacy of generosity

The **Dodson Specialty Clinics** building sits on the northwest side of the Cook Children's Medical Center campus and bears the name of one of Cook Children's most generous benefactors, Mrs. Clarabele "Pit" Dodson and her late husband, T.L. Dodson Jr. Hundreds of patients and families walk through the building every day, and each one benefits from the incredible legacy that Mrs. Dodson has been building for more than three decades.

Pit was born and raised in Fort Worth, Texas. From a very early age, she remembers her parents teaching her the importance of giving back and taking care of others. More than just teaching her, they led by example. She has memories of her mother making dinners and bringing them to the Fort Worth Free Baby Hospital. As far back as she can remember, her parents supported both entities that would later become Cook Children's.

When Pit was a student at Paschal High School during World War II, many nurses were serving overseas and the local hospitals were understaffed. She recalls a local physician coming to her school, asking for volunteers to undergo a training to help in the hospital. She didn't hesitate to step in where she was needed.

She went on to marry and moved to a working ranch in Wise County with her husband, where they raised their children. She loved and cared for every animal on that

property; from the baby bull she bottle-fed and raised as a pet, to the countless stray cats and skunks she left milk out for every day. And when she wasn't caring for their animals, she volunteered thousands of hours of her time at various organizations in Fort Worth and Wise County, including Cook Children's.

During their marriage, Pit and Tom decided they wanted to know more about Cook Children's. In 1989, they toured the medical center and a passion was ignited. Together, they began supporting Cook Children's. When Tom passed away in 2005, Pit not only remained connected with Cook Children's, but became even deeper engaged.

She has flown with our Teddy Bear Transport team, visited Camp Sanguinity, a camp for Cook Children's patients with cancer and blood disorders, and has helped us celebrate our centennial birthday, to name just a few of her Cook Children's experiences.

Mrs. Clarabele "Pit" Dodson

In her own words...

What is your birthday wish for Cook Children's?

"So many things. Of course, you always wish for the babies to all live, and I think that is everybody's wish. I wish for the doctors to be able to understand their calling is what everybody loves and appreciates. I pray for our whole hospital. I pray for them every day."

How did you get the name Pit?

"When I was born, my brother was two years older. And Dad would say, 'Isn't she a pretty thing?' to my brother, but my brother couldn't say 'pretty.' How he got Pit, I don't know. I guess pretty became Pit. When I grew up, I adopted it because Clarabele is my name, and that was the name of a cow."



For more than three decades, Pit has given generously to Cook Children's, her benevolence touching nearly every corner of the medical center and affording us incredible growth. Her most recent gift will help to establish a Neuro-research endowment, as well as a Pastoral Care endowment and support of our Total XVII trial, which aims to provide a more efficient way to treat patients with various forms of leukemia.

Through her generosity, Pit has and continues to build an incredible legacy that will serve the families in our community for generations. But no matter how great that legacy is, it pales in comparison to her.

As we celebrate our last 100 years and look forward to the next 100, we celebrate Pit and her incredibly caring heart.

World-class care close to home

Having her baby rushed to the **Neonatal Intensive Care Unit (NICU)** right after delivery isn't exactly how Holly Dittmar envisioned her daughter's birth. But unfortunately, that's exactly what happened when baby Melody entered the world on August 9, 2016, with extremely low blood pressure and blood sugar.

Melody was immediately taken to a local Level II Neonatal Intensive Care Unit (NICU) in Houston, then moved to another local Level III NICU. The medical staff stabilized her sugar level with the help of a central line. This provided continuous concentrated dextrose (sugar) and she was fed through a tube in her nose.

The NICU staff members kept trying to determine why Melody was requiring so much sugar. Even the neonatologist seemed perplexed, and referred to Melody as a puzzle and her situation as a conundrum. Finally, a pediatric endocrinologist was consulted.

After running lab work, it was suspected that Melody had a rare genetic disease called congenital hyperinsulinism (HI). If untreated, HI can result in a coma, brain damage or even death.

The pediatric endocrinologist immediately urged that Melody be sent to Paul Thornton, M.D., medical director with the Endocrine and Diabetes program and Hyperinsulinism Center at Cook Children's. Dr. Thornton is a world-renowned specialist who leads one of the first full-service CHI centers in the nation. The NICU physicians continued to research and do all they could to help Melody, but then ultimately determined it would be best for her to be transferred to Cook Children's.

Cook Children's immediately accepted the call to help. The Teddy Bear Transport team picked up Melody and her family in Houston and flew them back to Fort Worth, so Melody could be admitted into Cook Children's Level IV (the highest level) NICU.

"At last, we were with a team who understood what she had," said Holly. "I cannot say enough good things. The nurses and doctors were absolutely amazing."

Melody was placed in a single room suite in the dedicated HI pod, within the NICU. This allowed Melody's parents to stay with her at all times. Here, the family had access to Dr. Thornton, along with a full team of physicians, nurses

and specialists, all recognized for their specific expertise in hyperinsulinism.

Melody began making immediate progress at Cook Children's. She switched from tube feeding to bottle and even breastfeeding, so she could learn how to eat while her sugar levels were being maintained intravenously. After undergoing many genetic tests, the results on August 30 confirmed that Melody had HI and there was a 95 percent chance that the disease was focal, meaning it was limited to one area on her pancreas.

The Dittmars agreed to include Melody in a research study that would permit the surgeon to create a surgical plan involving the investigational drug 18F-DOPA combined with a PET-CT scan. An injected dye, 18F-DOPA would allow doctors to see which area of Melody's pancreas had the most metabolic activity. This would minimize



the amount of pancreas removed by identifying the exact location of the pancreatic lesion.

Cook Children's was the second in the country to use 18F-DOPA in combination with a PET-CT scan to diagnose focal lesions in children with congenital hyperinsulinism.

During this test, it was confirmed that Melody's particular case of HI was indeed limited to one area of her pancreas. This was good news.

Holly stayed up all night holding Melody before her surgery the next morning. On September 1, the family met the surgical team and in just three hours, John Uffman, M.D., performed a perfect surgery. He removed a lima bean-sized lesion on the lower part of the pancreas, which required only five percent of Melody's pancreas to be removed. The surgery was so successful that she was taken off the breathing machine once she made it back in to her room in the NICU.

Melody soon began to eat and one week later, she was ready for discharge, just two short weeks after arriving at Cook Children's.

The Dittmar family left with a fully cured baby, one day before her one month birthday. Melody is now able to regulate her own blood sugar and no longer requires any excess sugar. Overjoyed with the outcome, the Dittmars could not be more thankful to Cook Children's and the HI program for giving their baby girl a chance at life.



I know that a way was paved for us to arrive at Cook Children's, where experts have spent decades preparing for the day they would save Melody and others with HI. I am eternally grateful for her complete healing and for the peace of mind that I gained when Cook Children's accepted us into their care. Thank you with all of our hearts!

– Holly Dittmar

For more information on how the Dittmars are raising awareness and funds for this rare disease, see page 20.



Partners in our PROMISE

*As Cook Children's continues to celebrate our centennial year, we reflect on those who have provided philanthropic support to get us where we are today, including **The Jane and John Justin Foundation** and **The Morris Foundation**. Both have allowed our medical center and neighborhood clinics to flourish. Their dedication to children in our area is no secret, and we are honored to work together to fulfill Cook Children's Promise to provide the best care in our region.*

Both foundations have helped Cook Children's meet the immediate needs of the community, and now they're helping our system plan for the future. The focus? Research, technology and equipment needs.

The Jane and John Justin Foundation saw a need within Cook Children's Neurology department. Thanks to their generosity, The Jane and John Justin Neurosciences Center is home to a team of innovative neurosciences professionals forging the way as leaders in pediatric deep brain stimulation and epilepsy care. Their recent gift enabled Cook Children's to purchase a 3T MRI, which has a stronger magnet that will afford neurosurgeons better imaging with advanced scanning techniques. The 3T MRI is used during brain surgery and often provides better outcomes eliminating the need for a second surgery. The advanced technology allows for more accuracy during surgery and less time on the operating table for the patient.

For more than two decades, The Morris Foundation has supported Cook Children's programs such as Save a Smile, the Alexander Vision Center and our Behavioral Health services, which include psychology and psychiatry. They also have been a leading partner in developing Cook Children's Neighborhood Clinics, including The Morris Foundation Center for Innovation in Children's Health.

The Morris Foundation started supporting Cook Children's in 1997. Linda Morris Elsey, co-founder and trustee of The Morris Foundation, reflected on the initial interest in partnering together.

"My late husband and I founded The Morris Foundation with a mission to improve the lives of the disadvantaged in our community by funding health care, social services and educational programs that address their needs," she explained. "Our desire was closely aligned with Cook Children's goal to provide world-class care for children and their whole families, regardless of their ability to pay. It was a natural fit for us."

"Like Cook Children's, The Morris Foundation is always working on how to best serve the Fort Worth community, whether it be in the present or what lies ahead in the future," said Executive Director of The Morris Foundation Todd Liles.

"Cook Children's is a hallmark of our city and part of what makes our community such a wonderful place to live. Fort Worth is fortunate to have a best-in-class hospital for our children and those who travel here seeking care. We look forward to being a part of their next 100 years," said Todd.

Roy Topham, Executive Director for The Jane and John Justin Foundation, knew that partnering with Cook Children's aligned with their commitment to bring advances and innovation to the Fort Worth community. It was the right fit when the foundation learned about the technology and innovation behind our neurosciences services.

"Our partnership with Cook Children's began in 2005," he explained. "The Jane and John Justin Foundation recognized the volume of patients that were visiting the medical center for neurology services, and we wanted to help grow the center to its fullest potential. When Cook Children's shared their goal of providing the best technology to their patients, our board knew this was something we wanted to be a part of."

While The Jane and John Justin Foundation and The Morris Foundation have helped Cook Children's fulfill our Promise in different ways, they both have one common goal: continued growth. With their generosity, Cook Children's will continue to grow at the medical center and beyond. Thanks to these foundations, we have the tools to provide the best care for every child in our region through specialized care.

It is with sincere admiration and the deepest gratitude that Cook Children's remembers the life and honors the legacy of Linda Morris Elsey.



Spotlight: High hopes for *hyperinsulinism*

*Nothing compares to the **birth of a child**. It's one of the sweetest moments a parent can experience. However, when the birth is not exactly picture-perfect, it can be rather traumatic, both for the parent and child.*

Holly Dittmar knows this all too well.

Melody Dittmar was born August 9, 2016 in Houston, weighing 7 lb., 13 oz. On the evening of her birth, doctors discovered she had abnormally low blood sugar levels. Before coming to Cook Children's, her doctors struggled for two weeks to figure out what exactly was wrong.

A pediatric endocrinologist in Houston eventually led the Dittmars to Cook Children's. He believed that Melody had a rare genetic disease called congenital hyperinsulinism (HI). There are few providers in the country able to provide treatment for this rare disease. Luckily for the Dittmars, Cook Children's is one of those places.

Our Teddy Bear Transport team flew to Houston to bring Melody and Holly to Cook Children's Congenital Hyperinsulinism program. Holly said the moment they arrived, they knew their daughter was in good hands.

"As her mother, I finally felt at ease when the

Cook Children's Teddy Bear Transport team arrived," she said. "We were headed to the CHI experts."

Paul Thornton, M.D., medical director of the Endocrine and Diabetes program at Cook Children's, is considered one of the best in his field and leads the nationally recognized HI program at Cook Children's.

When Melody arrived at Cook Children's Medical Center, Dr. Thornton's team confirmed her diagnosis, identified the genetic link and completed a research PET scan. Pediatric surgeon John Uffman, M.D., performed a successful surgery on her pancreas, and Melody was cured.

Once the Dittmars returned home, Holly wanted to find a way to give back and help other families whose children shared the same diagnosis as Melody. She kept in touch with many Cook Children's HI families through Facebook and, when she shared her desire to create a website where people could learn



Brantlee
Born six weeks premature



about this rare genetic disorder and also make donations, the other families were on board.

They brainstormed and came up with the name Reach HI for Hyperinsulinism. With some help from the Cook Children's Health Foundation, their crowdfunding idea came to life.

"A lot of families whose children are diagnosed don't live in Fort Worth, so we wanted to provide a platform that everyone could access, no matter where home is," Holly said. "We also wanted to get other families involved, so they could have the opportunity to share their own stories."

When visiting the site, you will find 18 unique stories from families who have been treated for hyperinsulinism at Cook Children's.

One patient story highlights a young adult who was diagnosed with nesidioblastosis (now known as hyperinsulinism) at an early age. Joshua is now a healthy 28-year-old, but he still deals with effects of the disease every day. He is also part of Melody's family.

"Because the disease is genetic, it runs in our family. This is why research is so important. Joshua's mother was told that if he would have been born five years sooner, he would not have survived. New understanding of this disease and how to treat it, made a cure for Melody a reality," Holly said.

While many patients have the possibility of being cured from the disease, others continue to fight every day. There are many genetic forms of hyperinsulinism and each type has a unique treatment.

Cook Children's patient Brantlee was born six weeks premature at Hurley Hospital in Flint, Michigan. He went to the NICU immediately after delivery due to high insulin levels and very low blood sugar. He was eventually transferred to Cook Children's, where he was diagnosed with HI. Brantlee has had many surgeries, and Dr. Thornton and his team are continuously working with his family to find the right medication and feeding routine.

Holly will tell you that the goal of this website is not only to raise funding for research, it's also to raise awareness.

"Many doctors are not aware of this disease, and if they are, they don't have the resources like Cook Children's does. Neonatologists have told us in the past that they have never seen this disease in decades of practice," she said. "The more we talk about it and spread the word, the more interest there will be within the medical community to continue researching treatment and a cure for all."

To learn more about the page the Dittmars have created, visit promise.cookchildrens.org/goto/hyperinsulinism

To read more of Melody's story, see page 18.

**Interested in starting your own community partner page?
Contact emilie.woerner@cookchildrens.org**

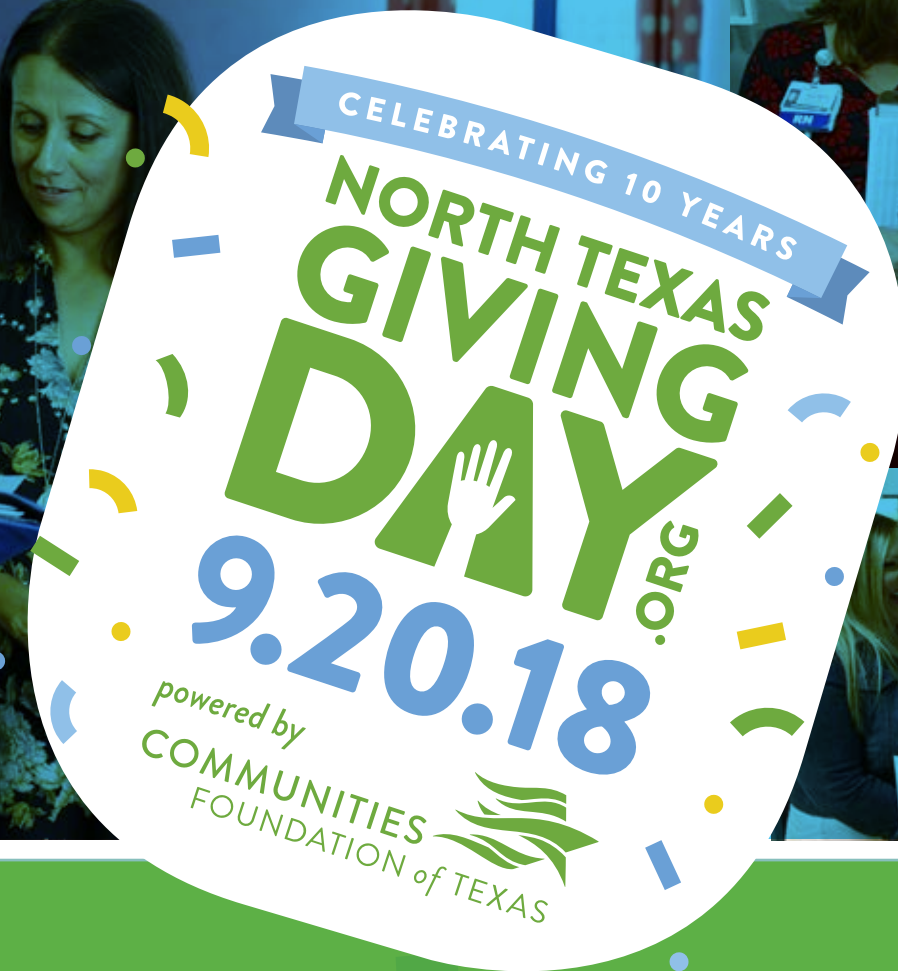
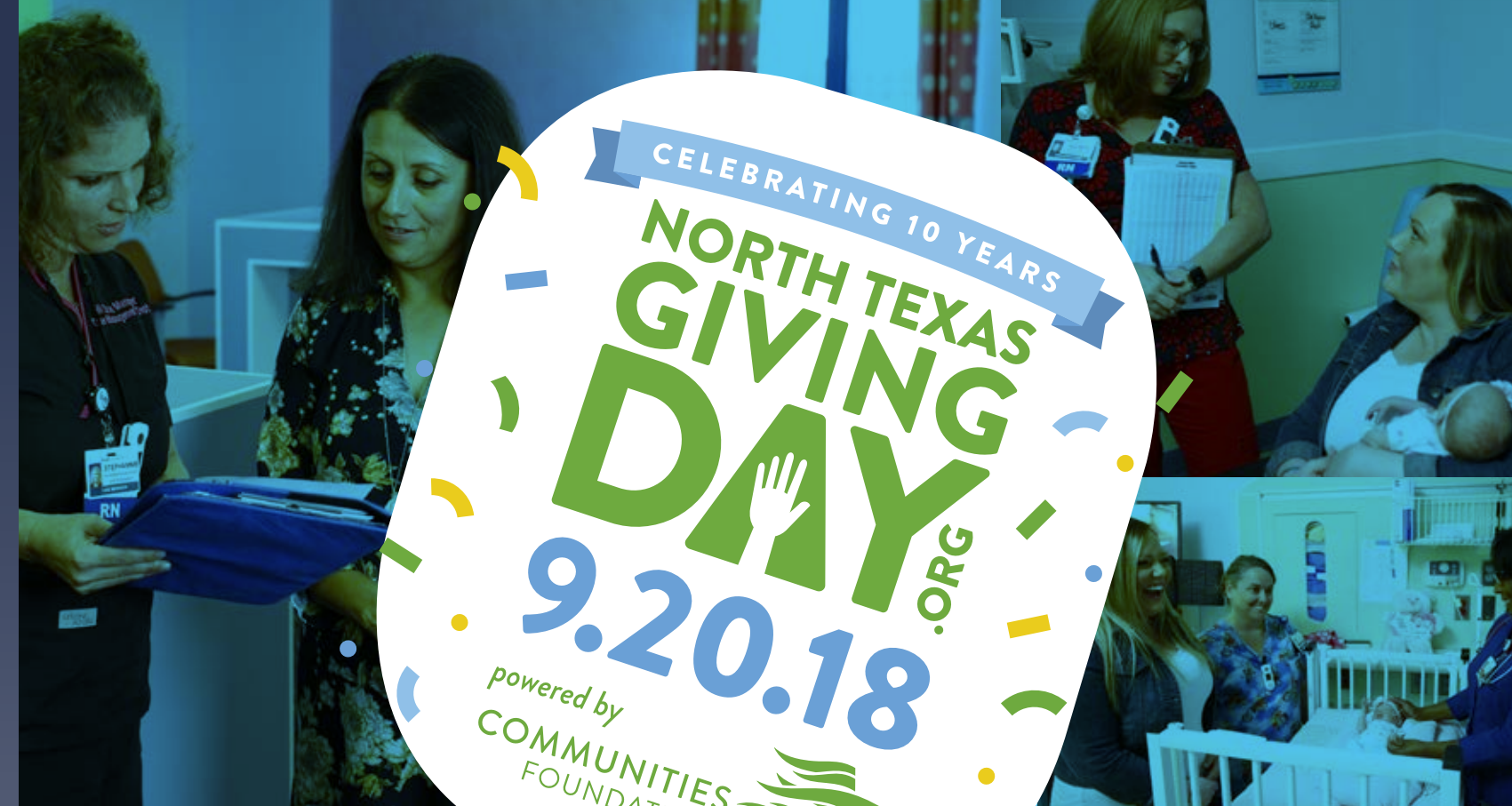


COOK CHILDREN'S IS BLESSED WITH MANY ACTIVE **community groups** WHO GENEROUSLY SUPPORT US BY HOSTING A VARIETY OF FUNDRAISING EVENTS. WE APPRECIATE ALL OF THESE **enthusiastic donors** AND THEIR **volunteers** WHO COORDINATE AND **STAFF** THESE EVENTS.



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

2018 Autism Awareness Puzzle Run
Beta Theta Pi TCU Bowling Tournament
Celebrity Chef Chili Cook-Off
Clay Shoot for Cayson
Crowman Jam Cruise
Dreaming the Cure
Hearts for Art
Kicking for Miracles
Last Man Running at the Cowtown Marathon
Ratliff Foundation Clay Shoot
The Righty Run
The Joy Project
Tuff Hedeman Championship Bull Riding



SAVE THE DATE TO DONATE

SEPTEMBER 20

IS NORTH TEXAS GIVING DAY

Join us for an 18-hour online giving extravaganza benefiting local nonprofits in our community.

On this special day, we encourage you to give online to Cook Children's at northtexasgivingday.org/cookchildrens.



Generosity heals

Nationally 30 percent of children suffer from chronic pain and more than \$30 billion a year is spent toward resolving pediatric pain. In 2017, Cook Children's saw more than 1,000 individual pain management cases. With a **passion for maintaining a child's quality of life**, Artee Gandhi, M.D., medical director, Pain Management, and her team strive to set a good foundation for those children who experience chronic pain. Through generous donations and support from Cook Children's Health Care System, our Pain Management department has been able to help these patients dealing with acute or chronic pain.

Dr. Gandhi takes a well-rounded approach to helping children manage their chronic pain. She believes maintaining a good diet, nutrition, sleep, managing stress and promoting self-wellness amongst patients are beneficial parts to healing. To promote relaxation and pain management, therapies like massage, aromatherapy and acupuncture are offered to patients who are experiencing non-life threatening illnesses.

"Kids need resources and need a place to get information on finding non-medical treatments like massage," Dr. Gandhi explained.

The Pain Management team continues to find ways to integrate therapies that are organic and natural. As specialists in pediatric pain, they treat children with a wide variety of medical conditions, including cancer, arthritis, cystic fibrosis, patients recovering from surgery and much more.

The team focuses on developing an individualized approach to each patient they treat. The pain management team believes therapies and routine need to be accompanied by lifestyle. Dr. Gandhi and her team understand what the patients are going through and make it a top priority to comfort them as they heal.

"We don't always try to replace one therapy with another. We take a look at a patient's medical conditions, coping mechanisms and medications to make sure a safe and well-balanced treatment plan are in place," Dr. Gandhi said.

As health care providers, it is our responsibility to ease the pain and suffering of all our children in a safe and effective manner. How a child responds to pain is influenced by genetics, environment and previous experiences. From a child's first set of immunizations, to a child's first broken arm, to a child's fifth surgery for cancer, we must recognize that pain is a continuum and each exposure builds on itself leading to the development of chronic pain and worsening fear. Through innovation, research and education, we will make a difference in every child's experience.

Artee Gandhi, M.D.
Medical Director
Cook Children's Pain Management

If you would like to support this cause, visit
cookchildrenspromise.org

Young philanthropist

*When a family member has a **child diagnosed with cancer**, their entire world changes. They find themselves part of a new community; one they never wanted to be a part of, but are glad it exists. For Jr Diaz, this new community would become an extension of his family. Their encouragement and support inspired him throughout his journey, and now he's doing something special to give back to those who need it.*

Jr Diaz discovered a love for riding and roping when he was 13 years old. He had a natural talent for it, so he and his uncle spent quite a bit of time honing his new talent. That all came to a pause when he was diagnosed with nasopharyngeal carcinoma, a rare type of head and neck cancer that starts in the upper part of the throat, behind the nose.

He underwent treatment at Cook Children's, three hours away from his home in Deberry, Texas. His mother, Kathy Adams, remembers Jr asking, "Why me?" when he was first diagnosed. But they realized that they had a lot to be thankful for throughout his battle with cancer.

Jr's treatment consisted of 39 rounds of proton therapy and four rounds of chemotherapy, each lasting 96 hours and requiring overnight stays at Cook Children's. Jr would ask other patients how long their treatments were ~ some were a year, or two or even more. While Jr's treatments were by no means easy, he began to see the blessing in his journey lasting only nine months.

Along the way, there were many people who supported and encouraged Jr and his family. That's why Jr decided he wanted to give back and help other patients battling cancer once he was declared cancer-free.

In 2017, with the help of his mother, Aunt Mandy and Uncle Joe, Jr organized Jr's Trail Ride, an event centered on his love for riding, to benefit a cause near to his heart, Cook Children's. In addition to a 5-mile trail ride, the event featured an auction and a raffle. It was so successful, they hosted a second one in May 2018 and plan to make this an annual event. Seventy riders showed up at this year's trail ride and the event raised more than \$3,300.

Jr, now 15, is very hands-on with the planning of this event, down to the tiniest of details. For him, it is a very tangible way to support a community that supported him during a difficult time.

"Do the job large or small, do it right or not at all" is the mantra by which Jr lives his life.

*You too can help patients battling cancer, just like Jr.
Donate today at cookchildrenspromise.org*





Be a part of *our Promise*

For some children with medical or developmental challenges, minor things like a haircut can cause major angst ... for the child and the parent. Luckily, the licensed professionals at **Mirror Mirror Hair and Nail Salon** are experienced in servicing children of all medical and developmental needs. They are also there to help provide some much needed pampering for parents when they need it most.

Mirror Mirror Hair and Nail Salon, located across from the Child Life Zone in Cook Children's Medical Center, is a full-service hair and nail salon open to patients, their families and the community. Whether it's a parent just wanting his or her hair washed during a long hospital stay with their child or a little girl wanting a manicure to take her mind off the multiple procedures she's had to endure, the salon serves as a place of comfort and relaxation.

Since opening three years ago, the staff has built long-lasting relationships and shared many special moments with our patient families.

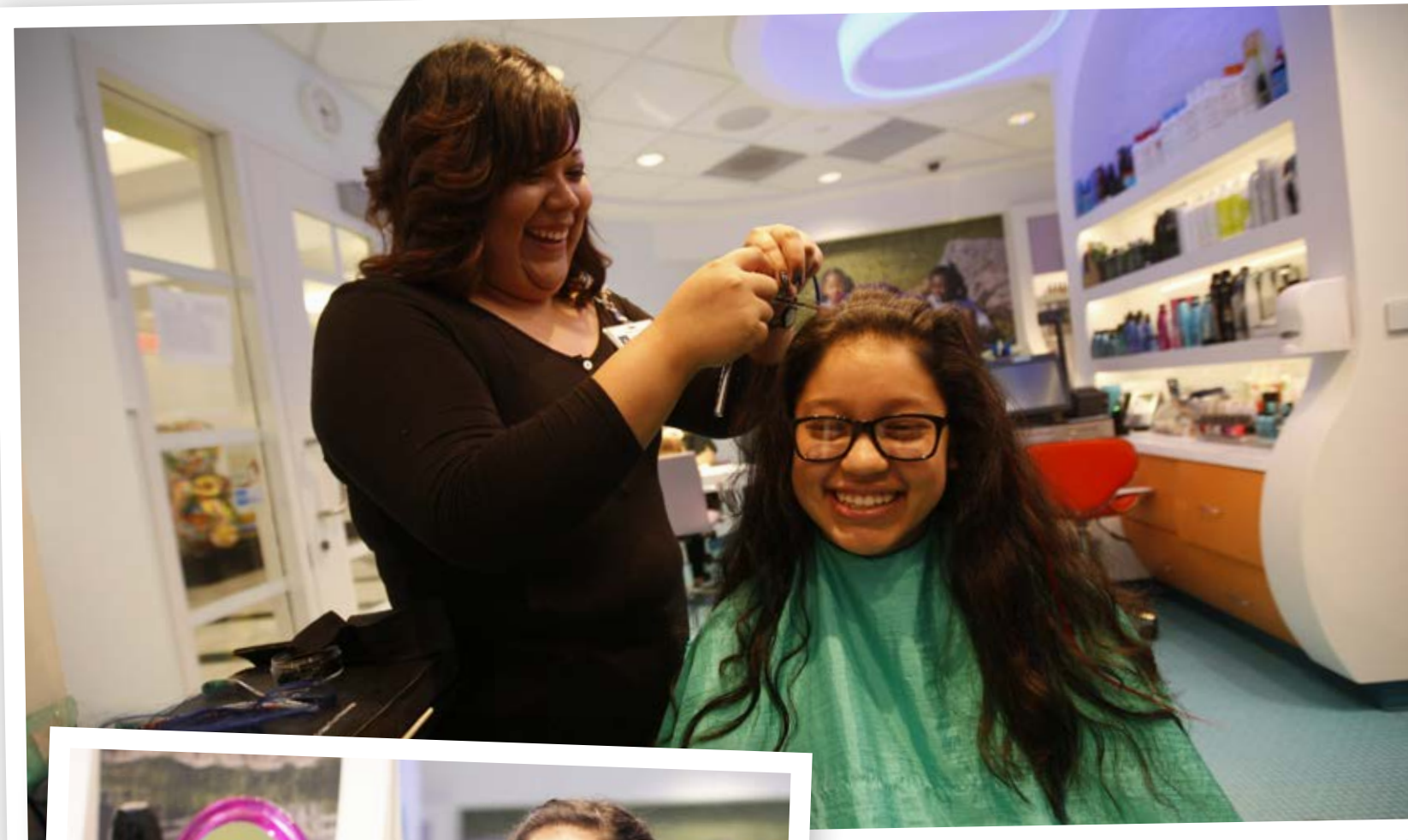
Toni Johnson, cosmetologist for Mirror Mirror, recalled the

story of a mother whose daughter had been at Cook Children's since the child was born. Needing a break from the clinical environment, the mom visited the salon for a pick-me-up.

"When she went to pay, I told her it was all taken care of through funding," said Toni. "I know this was a big blessing for her because when they did get to go home, she wouldn't have time to do things like this. This is a blessing to me ... to make others feel better and get them away from what is going on upstairs."

Other relatable moments include a patient's wish coming true when his father was able to maintain his vibrantly colored mohawk during their stay at

MIRROR MIRROR
Hair & Nail Salon



We hear over and over that coming down to the salon offers a momentary feeling of normalcy for both patients and their families. Because we are located here in the medical center, Mirror Mirror would love to offer services at no cost to our patients.

*Erica, Manager
Mirror Mirror Hair and Nail Salon*

the medical center, all thanks to our onsite salon.

"We run into stories like this weekly, and we see a great need for our long-term patients to be able to come and get basic services done," said Erica Garza, manager, Mirror Mirror Hair and Nail Salon.

Generous donations make it possible for patient families to receive services at Mirror Mirror at no cost. The need for funding is ongoing, and all gifts made to this program allow us to address the unique needs of our patient families, beyond just their medical needs.

Through Mirror Mirror, the Promise of Cook Children's is being delivered to our families in new ways that are impactful and memorable. We are proud to provide a place for our families to relax, even if it's just for a little while.

For more information on how to donate, call 682-885-4105.

Noteworthy

100 Days of Giving

This year, Cook Children's is celebrating our 100th birthday, a milestone possible thanks to the generous hearts of two women, our founders, and a century of support from a community that embraces our Promise.

Over the past 100 years, many birthdays have been celebrated by children in our community. Birthdays that would not be possible without the treatment they received at Cook Children's. Please help us continue that tradition by making a donation during our 100 Days of Giving, which began on June 21 and will continue through September 30. No matter the amount, YOU are helping more of our patients celebrate birthdays and other milestones they might miss out on without your support.



Visit cookchildrenspromise.org/donate



Cook Children's Conversations

We hope you will join us to hear Mick Ebeling, our keynote speaker, culminating our series of Cook Children's Conversations in this centennial year. Mick Ebeling will share inspiring stories of the power of one, including how one person's positive impact on another can ultimately spread and impact hundreds and thousands of others exponentially. We will host Mick on Tuesday, Nov. 13 at Will Rogers Auditorium in Fort Worth. Seating is limited.

Please visit the Celebrations page on cook100years.org for more details on tickets.

CookChildren's

Conversations

Stories of purpose, passion and promise

Stepping up for kids

In honor of our centennial birthday, the Woman's Board of Cook Children's Medical Center is stepping up for kids and gifting our community with stepping stools to help promote handwashing and accessibility in public-serving restrooms.

In addition to their generous donation, the Woman's Board members are delivering the stools to local businesses so young patrons can more easily reach the restroom sinks.

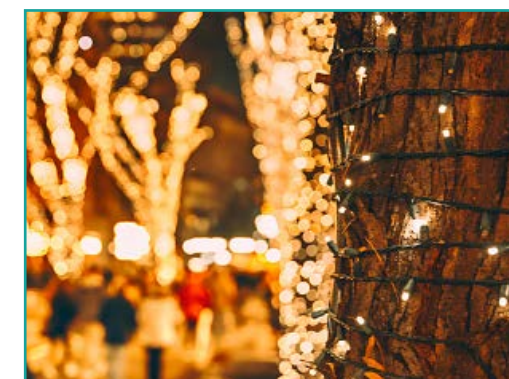


Become a part of eye-catching art

In celebration of our 100th birthday this year, three interactive murals were unveiled in our Dillard Family Garden, on the campus of Cook Children's Medical Center. Local artist Lisa Vioght took inspiration from our patients to create the murals. We encourage you to stop by the garden and snap some photos!

Be sure to use the hashtag **#cook100years** when sharing on social media!

#cook100years



Get ready to shine!

Later this year, as we bring our centennial year of celebration to a close, we hope you and your family will join us on Sunday, Nov. 18, 2018 in downtown Fort Worth for the 35th annual Parade of Lights. This year will be extra special as the parade will celebrate 100 years of Cook Children's. Please visit the Celebrations page at cook100years.org for more details on the parade and how to purchase reserved seating.

What's new at Cook Children's?

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

Furthering innovation

Artee Gandhi, M.D., and Ariel Brautbar, M.D., were recently named to the Cook Children's Endowed Chair Program. The program allows doctors to intensify their focus on their own programs and further elevate the regional, national and potentially global prominence of their work and positively impact the health of children. Dr. Brautbar will be establishing a Personalized Genomic Medicine program and Dr. Gandhi will be creating a Center for Pain Management and Integrative Health. Under Dr. Brautbar's guidance, Cook Children's will become one of the few centers in the United States to utilize genomic medicine to improve treatment and prevention of illness and disease in children. Dr. Gandhi's goal with the new center is to bring together conventional medicine and complementary therapies for pain management. The center will expand on services, such as massage, aromatherapy and more, all while innovatively addressing the opioid crisis.



New hope for patients with leukemia

Cook Children's continues to fulfill our Promise by providing patients with the latest advancements in targeted therapy, close to home. Cook Children's is excited to announce that we are one of five institutions collaborating with St. Jude Children's Research Hospital in a clinical trial, Total XVII, for patients with acute lymphoblastic leukemia and lymphoblastic lymphoma. The trial uses state-of-the-art techniques to individually analyze a child's genetic makeup in order to specifically target their leukemia cells and reduce the side effects associated with other standard therapies. Each child participating in the trial will receive treatment based on the analysis of their genetic makeup and bio markers of their disease. The goal is to improve quality of life and reach the highest cure rates ever documented for this patient population.



Treating high-risk pregnancies out west

Cook Children's has recently added Maternal Fetal Medicine to our line of specialties. Maternal-fetal specialists, sometimes called perinatologists or high-risk obstetricians, provide care for women with high-risk pregnancies. Brad Thigpen, M.D., is leading this new specialty and will be seeing patients out of our multispecialty clinic in Abilene. These moms will be referred to Fort Worth for delivery and the babies will stay in the Neonatal Intensive Care Unit, if they need it. Once the baby or babies are healthy enough to return home, they can receive any specialty care they need out of the Cook Children's multispecialty clinic in Abilene.

Take the shot. Prevent cancer.

Cook Children's and Baylor Scott & White All Saints Medical Center – Fort Worth are working together to raise awareness of the importance of the human papillomavirus (HPV) vaccine. The campaign's objectives are to debunk the myths surrounding the vaccine and increase vaccination rates for the children, teens and young adults in our community. The HPV vaccine is one of the few vaccines available that can prevent more than ten types of cancer and save lives. It's estimated that 90 percent of men and 85 percent of women in the United States will contract HPV at some point in their lives. Every year in the United States, almost 31,000 women and men are diagnosed with more than ten forms of cancer caused by an HPV infection. Sadly, Texas is 47 in the nation for HPV vaccination rates.



System leadership

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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.

April 1 - June 30, 2018



page 37

HONOR & TRIBUTE

ARE GIFTS GIVEN TO EXPRESS JOY OR GRATITUDE.



page 38

MEMORIALS

ARE GIFTS GIVEN IN LOVING MEMORY.



page 41

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.



Honor Roll OF GIVING

HONOR & TRIBUTE

Apr. 1 – June 30, 2018

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Dale Camp Jr.

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Honor Roll OF GIVING

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Norma D. Harris
Emily Hillsman
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Lou Jones
Alyssa Jurek
Lucille and Henry Kelly
June McCauley
Carol and Richard Moody
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Pat and Herb Schwarz
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Mark Sloan
Martha W. Slover
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Colby and Jerry Stanley
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Sallie and Joseph Tarride Jr., M.D.
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Sara and Dick Williams
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Medical Center

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Robert Freeman

Margaret Larson
Melia and James Neu

Myrin Lenay
Amanda Stephenson

Nathaniel Henry Lin
Catherine and Jeffrey Lin, M.D.

Makenna Leigh Loerwald
Adina and Karl Heller

Linda Ruth Harvey
Peggy and Floyd Harvey

Chad Houston James Hayes
Suzanne Ball
Melissa and John Caraway



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Apr. 1 - June 30, 2018

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Norah Elizabeth Hudson
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Mrs. William L. Hughes Jr.

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Brenda Tunnell

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Anonymous

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Emily Rose Seelye
Anonymous

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Greg Patterson

Anita



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MEMORIALS

Apr. 1 - June 30, 2018

Bailey Rey Watson
Eve Inman
Maureen McCoy

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Sallie and Joseph Tarride Jr., M.D.

Gregory Edward Williams
William E. Williams II

Brooklyn Nicole Wilson
Melanie Holloway

William Evans Yates
Sarah and Robert Grace

John Clayton Yost
Judie B. and Bob Greenman



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PETER PAN BIRTHDAY CLUB

Apr. 1 - June 30, 2018

Jayde Aguirre
Madison Aguirre
Braxton Anderson
Rylin Childress
Carly Clark
Stephen Day
Valerie Del Toro
Jonah Deramus
Martin Flight
Marshall Hooker
Haley Hooper
Hadley Jabri
Harper Jabri
Daisy Joyner
Olivia Lentz
Emma Murray
Soren Offerdahl
Peyton Railsback

Brooklyn Reames
Parks Sanders
Faith Thomas
Emma Vargas
Charlotte Wesson
Alexander Westbrook
Hayden Wildhaber
Maddie Grace Wolff
Addison Younkin



Honor Roll OF GIVING

FOREVER YOUNG BIRTHDAY CLUB

Jan. 1 - Mar. 31, 2018

Tatum Day
Reese Jackson

Laurie Medina
Kole Nichols

Olivia Grace Valdez
Mitchell Widman



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Circa 1980s*

