

Cook Children's Family News

parents  partners



Gastroenterology Family Advisory Council

Volume 3, Issue 3
Summer 2016



Getting to Know the GI Team



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

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

Special Dates & Events

June 11, 2016 – 4th Annual IBD Community Picnic – hosted by Crohn's & Colitis Foundation of America North Texas Chapter, **River Legacy Park-Elm Grove Pavilion, 701 NW Green Oak Boulevard, Arlington TX 76006**, For more information contact Vernessa Thomas at vthomas@ccfa.org or by phone at 972-386-0607 Ext. 2.

July 30, 2016 @ 9am – 4pm – “Empowerment Today & Tomorrow” Symposium – hosted by Partners Resource PATH Project Region 10. *FREE event and FREE lunch.* PATH Project is one of three federally funded Parent Training and Information Centers (PTI) serving Texas parents of children and youth with disabilities ages 0-26., **Texas Scottish Rite Hospital for Children - 2222 Welborn Street, Dallas, TX 75219**. For more information contact Linda Westrick at lwestrickpath@gmail.com or call 214-425-3056.

August 30, 2015 @ 6:30p – 8pm– Gluten Free 101 Class, Living Well Dallas office, 14330 Midway, Dallas, 75245, for more information contact Betty Murray, CN, IFMCP, CHC at betty@livingwelldallas.com or call 972-930-0260 .

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

Cook Children Physician Network honors Dr. Jane Keng
2016 Above and Beyond Award!!



Dr. Jane Keng and Dr. Donald Beam (not pictured)
were awarded the "Above and Beyond Award".



Pictured L to R: Dr. Danny Rafati, Dr. Samson Cantu,
Dr. Jane Keng, and Dr. Lyn Hunt

Cook Children's Rewards and Recognition Council recognizes
the GI Lab Nurses for their "Unique Nursing Role"



Pictured L to R: Angie York, RN (SPA Nurse Manager), Bethany Hooper, RN (GI Service Coordinator), Rona Pinpin, RN, Raquel Chi, RN, Jill Finto, RN, Ellen Amelung, RN, Erika Johnson, RN, Kelly Noel, RN (not in picture), Paige Knouse, RN (not in picture), Christi Lachman (SPA Nurse Manager)



Safety Tips

Drowning can happen in the time it takes to text a friend.

Children drown silently, so designate a Water Watcher to watch children in and around all water.

What is a Water Watcher Tag?

A Water Watcher Tag is used to designate responsible adults to watch the water when you have a party at the pool, lake or beach.

- ➡ At social gatherings, 10-15 minute shifts are recommended for Water Watchers.
- ➡ During that time, Water Watchers should not be distracted by conversations, cell phones, reading, etc.
- ➡ They must keep their eyes scanning above and below the water's surface.

How to request your Water Watcher tag?

Water Watcher Tags are **FREE** upon request at the Cook Children's GI Clinic front desk or email your request to Dana.Walraven@cookchildrens.org

Always check the pool first for missing kids...



From the car seat to the driver's seat

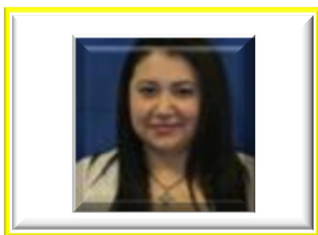
For years you've buckled them up in car seats, booster seats, and back seats. But now, they're old enough to buckle up and take their place in the driver's seat. Before you hand off the keys, here are a few recommended things you can do to steer them in the right direction and get them on the road to safe driving:

- STOP Know the state rules with regard to teen driving.
- STOP Be a good role model by following the road rules and practicing safe driving
- STOP Be a partner in your child's driver's education
- STOP Stress the importance of seatbelts for everyone in the car
- STOP Set clear limits and rules ahead of time. Before driving lessons even begin, it is important to have a plan in place, preferably in writing, so that your teen fully understands the responsibilities of driving and what is expected of him or her.

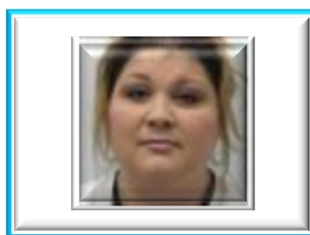
Summer Safety info above was extracted from www.cookchildrens.org website



Our New Team Members



Cristina Arce
Medical Receptionist II



Tammy Correa
GI Specialty Nurse



Erica Izquierdo
SC Medical Assistant



Counseling with Kate

Tests are done, projects are complete, papers are turned in- it's time for some rest and relaxation. Summer is here! Many kids are looking forward to staying up late, sleeping in until noon, lounging on the couch binge watching their favorite show on Netflix- and they all deserve a few months of hitting snooze after nine months of hitting the books.

However! Three months of vegging out is a LOT, so please be sure that you've schedule some activities and outings for your children. Whether they're going to summer camp, swimming at the neighborhood pool, playing with friends down the block, visiting extended family, or riding their bikes- please be sure your kiddos are up off the couch.

A few things I tend to see trending over the summer? Depression, "because I'm stuck in the house all day with nothing to do." Weight gain, "because it's too hot to do anything." Isolating behaviors, "because I don't have a ride to my friend's house." Anxiety, "because school starts back in two months."

There plenty of ways to keep your kids' brains and bodies active without spending money, but you may have to be creative. Let them come up with a Summer To-Do list with new activities to try, new things to learn, and new people to meet. Maybe they want to read 50 books over the summer, or perhaps they want to try shopping for the family groceries with you.

Lastly, head on over to www.dfwchild.com/camps for a complete list of summer camps available in our area for your little artist, scientist, book worm, actress, dancer, or athlete. There's something for every kid, so plan ahead of time to keep your kiddo's mental (and physical!) health healthy!

If you think your children may benefit from visiting with our Clinical Therapist, please call Kate at (682) 885-4829.

Kate Jennings, M.Ed., L.P.C. | Clinical Therapist



Back To School Checklist

1. Medication List
2. Doctor letter or notes for Special Accommodations that are NOT part of a 504 plan.
3. Schedule/Attend checkups needed for school
4. Check to make sure your child's immunizations are up to date



504 Plan Basics

Students can qualify for 504 plans if they have physical or mental impairments that affect or limit any of their abilities to: •walk, breathe, eat, or sleep •communicate, see, hear, or speak •read, concentrate, think, or learn •stand, bend, lift, or work

Examples of accommodations in 504 plans include:

- preferential seating •extended time on tests and assignments •reduced homework or classwork
- verbal, visual, or technology aids •modified textbooks or audio-video materials •behavior management support
- adjusted class schedules or grading •verbal testing •excused lateness, absence, or missed classwork
- pre-approved nurse's office visits and accompaniment to visits
- occupational or physical therapy

Excerpt from <http://kidshealth.org/parent/positive/learning/504-plans.html>

For more information about Section 504 on your child's campus, ask the school principal or your special education director who the 504 coordinator is and schedule a time to talk to that person. Each school district has a 504 coordinator.

Resources

G - Button Classes for Patients & Families

Dates: First & Third Tuesdays of every month

Location: NICU Classroom (2nd Floor)

Time: 2:00 p.m. – 3:00 p.m.

Topics include: Types, care and troubleshooting

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

Staff are welcome to attend!



RemiStart® ... Patient Rebate Program for REMICADE®

Based on your eligibility, RemiStart® can provide a rebate for your medication out-of-pocket costs, including deductible, co-payment, and co-insurance, for up to 12 months, for a maximum annual benefit of \$20,000. Contact our office for details 682-885-1990 or [visit www.remistart.com](http://www.remistart.com)

Johnson and Johnson Patient Assistance Foundation

Johnson and Johnson Patient Assistance Program may be able to assist you with Remicade costs if eligible. Please check with our office for details at 682-885-1990 or visit www.jjpaf.org

Social Media...

Join Cook Children's Gastroenterology Group Facebook Page

- ❖ Request to join the private group in FB
- ❖ Stay informed by joining our group



Cook Children's Gastroenterology Group page



Cook Children's



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



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



GUTS Support Group

Open to parents of Gastrointestinal Patients.

Volunteers available to sit with young children during group with advance notice.

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

**Please RSVP to Jill Finto
Call Jill at 682-885-4258 or email
Heather.finto@cookchildrens.org**

Crohn's and Colitis Pediatric Support Group

Crohn's & Ulcerative Colitis Parent & Patient Support Group

**Cook Children's Medical Center
Pavilion Classrooms-rooms will vary (Parents) &
Child Life Zone (Patients)
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm**

**Please RSVP to Brenda Sonnier, CCLS
Call Brenda at 682-885-4822 or email
brenda.sonnier@cookchildrens.org**

Berry Cheesecake (Heart Healthy Recipe, Diabetes Recipe) Yield: 8 servings
(Recipe from www.cookchildrens.org website)

This healthy cheesecake is made without cheese. The secret cheesecake ingredient is whipped tofu--a creamy substitute for cream cheese. Add berries and you have a yummy treat.

Ingredients

1 cup strawberries, 1 block (12.3 oz) silken tofu, 1/3 cup light vanilla soy milk, 2 tsp vanilla extract
1/2 cup plus 2 Tbsp sugar, 1 low-fat graham cracker crust, 1/2 cup blueberries

Preparation

1. Preheat oven to 375°.
2. Chop 1/2 cup of the strawberries. In a blender, combine tofu, soy milk, vanilla, chopped strawberries and sugar until well blended; do not over blend.
3. Pour mixture into graham cracker crust. Bake for 25 to 35 minutes, or until the top appears cooked.
4. Slice remaining 1/2 cup strawberries. Arrange blueberries and sliced strawberries in design of your choice.
5. Refrigerate for 1 to 2 hours before serving.



Nutrition Facts

Serving Size: 1/8 of cheesecake
Calories: 203
Fat: 6g
Saturated Fat: 1g
Cholesterol: 0
Sodium: 104mg
Carbohydrates: 31g
Fiber: 1g
Protein: 4g

* Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe's nutritional content