

Children's Hospital

PEDIATRIC SPECIALTY CARE OF RICHMOND, VIRGINIA

SUMMER 2009 **MAGAZINE**



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Young at heart



MISSION ACCOMPLISHED

Therapy Centers Officially Open New Space

To celebrate the opening of Children’s Hospital’s fourth therapy center in Petersburg and the expansion of the West Therapy Center in Glen Allen, grand opening events were held on March 5 and 13. Representatives from area physician practices and home health and community agencies as well as therapists and other pediatric service providers enjoyed the opportunity to tour the Therapy Centers and talk with staff about Children’s Hospital’s pediatric therapy services. Donors and members of the hospital’s board of directors and auxiliary boards also attended the Petersburg grand opening celebration.

Bringing therapy services closer to patients is part of Children’s Hospital’s mission. As Leslie Wyatt, President and CEO, commented during the Petersburg open house, providing care in that area has reduced travel time for some patients by more than half. She shared inspirational stories of two toddlers who have made such progress following strokes that they will soon be discharged from their individual therapy programs. She also talked about a patient who used to commute two hours to the main hospital now driving 45 minutes to the Petersburg Therapy Center. In some instances, children are able to receive services at the Therapy Centers they wouldn’t be able to receive otherwise because of parent work schedules, school commitments, travel time or transportation issues.

“Our families are so excited when they call for an appointment and we can offer them a choice of locations,” said Sallie Tidman, OT/L, Director of Therapy Services. “Many therapy appointments are once a week, and for some children with more acute issues, therapy can be two, three or more times per week so it’s ideal that we can offer location choices.”

All four Therapy Centers in Glen Allen, Midlothian, Petersburg and Fredericksburg provide pediatric physical, occupational and speech therapy services with psychology services also offered through the Midlothian location. In addition, the Fredericksburg Therapy Center recently added a fourth physician clinic, bringing pediatric medical specialists closer to patients in the northern Virginia community (see page 5).



(L-R) Sallie Tidman, OT/L, Director of Therapy Services, Leslie Wyatt, President/CEO, Malik Blow, who receives services at the Petersburg Therapy Center, and Dr. Kay Rankin, keynote speaker, cut the ribbon to celebrate the opening of the Petersburg Therapy Center. Kneeling behind the ribbon are Cynthia Devereaux, President of the Petersburg Chamber of Commerce, and Allison Wolf, OT/L, Team Manager, Petersburg Therapy Center.

Mission

Children’s Hospital is a resource and provider of specialized medical and therapeutic services customized to meet the specific needs of children and their families.

Vision

Children’s Hospital will be a complete and supportive resource where children and their families find the medical and therapeutic services they need to thrive.

CHILDREN’S HOSPITAL
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MEDICAL DIRECTOR
Eugenio A. Monasterio, MD, FAAPMR

CHILDREN’S HOSPITAL FOUNDATION
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Children’s Hospital Magazine is published by and in the interest of Children’s Hospital, 2924 Brook Road, Richmond, Virginia, 23220-1298, and is issued four times each year. For more information on articles appearing in Children’s Hospital Magazine, contact the Director of Public Relations at 804-249-8633 or at the above address.

To refer a patient or receive detailed information call 804-228-5818. For our hearing impaired clients, call TDD via Virginia Relay Center at 1-800-828-1120. Visit our website at www.childrenshosp-richmond.org.

On the cover: Sixteen-year-old Shapre Plunkett has practically grown up with Children’s Hospital, receiving her first treatment at age three. Today she attends two of the hospital’s physician clinics and receives therapy at the West Therapy Center in Glen Allen. (Photo by Doug Buerlein)

Children’s  Hospital

PEDIATRIC SPECIALTY CARE OF RICHMOND, VA

Young at heart



Building Strength

by Alissa M. Poole

Although she was born in North Carolina, 16-year-old Shapre Plunkett has practically grown up with Children's Hospital in Richmond. In the last 13 years she has received services as an inpatient, through two of the hospital's physician clinics (which she still visits) and at a community Therapy Center, where she receives weekly therapy.

Born 12 weeks prematurely, Shapre was eventually diagnosed with cerebral palsy, a chronic condition affecting body movement and muscle coordination caused by damage to the brain during fetal development or early in life. When she was three, Shapre came to Richmond for a rhizotomy, a surgical procedure where certain spinal nerve roots are cut to relieve muscle tightness and pain, and began receiving physical and speech therapy during her four weeks as an inpatient at Children's Hospital. Even after being discharged, Shapre and her mom, Michelle, commuted from their home in Chatham, Va. for physician appointments, finally moving to Richmond nine years ago.

Today, Shapre, who has also undergone eye and three orthopedic surgeries, attends the hospital's Physical Medicine & Rehabilitation and Cerebral Palsy clinics and receives weekly physical therapy at the West Therapy Center in Glen Allen.

Physician Specialty Services

Children's Hospital offers five physician clinics – Cerebral Palsy (CP), Muscular Dystrophy, Physical Medicine & Rehabilitation (PM&R), Spasticity and Spina Bifida – where physician specialists, nurse practitioners and physical therapists work with other clinical and therapy staff to provide coordinated, interdisciplinary care in an outpatient setting. Patients are able to receive evaluations, therapy sessions and other related services such as equipment fittings and educational consultations at the same location on the same day.



Lucille O'Neil, PT, helped Shapre Plunkett reach for a Connect Four game piece during her weekly physical therapy session. Incorporating therapy goals into fun activities motivates Shapre to work harder. (Photo by Doug Buerlein)

Shapre attends the CP and PM&R clinics led by Eugenio Monasterio, MD, FAAPMR, at the main hospital. Every six months during her PM&R appointments, she receives botox injections to help control muscle spasticity, relax her muscles and allow better movement.

Dr. Monasterio, who has known Shapre for eight years, consults with the teenager, her mom and the rest of her team, to determine how medical treatments can help meet personal goals. When Shapre was trying to improve her ability to raise her arms and get dressed

with less assistance, Dr. Monasterio prescribed botox injections in her back and arms to provide the range of motion she needed. His medical treatment combined with regular physical therapy sessions – and a lot of hard work – helped Shapre reach this goal.

PM&R clinics are held at the main hospital three days a week and in March were added at the Fredericksburg Therapy Center twice a month. Although Lucille O'Neil, PT, Shapre's physical therapist, does not attend the PM&R

—continued on page 4

clinics, she does participate in the CP clinics held at the main hospital twice a month. Because Lucille is on-site during the CP clinic, she and Dr. Monasterio can discuss goals, issues and treatment options with Shapre and her mom. Yet even when Lucille is not in clinic, she and Dr. Monasterio share thoughts and concerns via email, by phone and during face-to-face meetings to determine the best outcome for Shapre and all patients.

"Treatment is goal-oriented," commented Dr. Monasterio. "It works best when it's not just my goal but also the patient's, family's and therapist's."

"Dr. Monasterio wants to know the physical issues impacting progress toward goals," said Lucille. "He also works integrally with therapists, consulting on

bracing and equipment issues including arm and leg splints, wheelchairs and walkers."

A Typical Teenager

Like many teenagers, Shapre is easily distracted and can be hard to motivate – but she's also happy, playful and wants to be fiercely independent. Knowing that Shapre likes predictability and rewards, Lucille, who's been working with Shapre for four years, lets Shapre know what to expect during her therapy sessions. She incorporates therapy goals like reaching, walking and sitting into activities Shapre enjoys such as playing board games like Connect Four and video games like the Wii. Because Shapre also loves riding an adapted bicycle, which helps develop strength and motion in her legs, Lucille is trying to obtain a specialized bike for Shapre to use at home.

Lucille's primary goal is the same as Shapre and Michelle's: to give Shapre the muscle strength and coordination she needs to be as independent as possible. While her weekly physical therapy sessions incorporate some walking exercises, Lucille focuses on teaching Shapre to assist more with daily mobility needs like rolling over in bed, sitting unsupported, dressing, and transferring from her wheelchair to other surfaces with assistance from one rather than multiple caregivers. She works closely with Michelle, who Lucille said has been tremendously helpful in problem solving through motivational issues and helping Shapre develop a coping and communication strategy for when she gets frustrated during therapy.

"Every year Shapre gets new words," said Michelle of her only child. And although

Shapre does not use an assistive technology device to help her speak, she recently received a new computer with the help of the hospital's Assistive Technology Program. Designed to make typing easier by spacing letters further apart on the keyboard, Shapre's computer will help her with school work and communication.

Looking Ahead

As Shapre gets older, Dr. Monasterio hopes to see her improve her functional abilities and use her power wheelchair and assistive technology to be even more independent. He also wants to continue coordinating Shapre's care with her school, either through Michelle, who works in the school system and has been handling this issue, or through the educational consultants with the Hospital Education Program. Shapre, a freshman at Henrico County's Hermitage High School, is learning vocational skills and recently was a cheerleader for the school's special needs basketball team.

Like all parents, Michelle wants to see Shapre succeed. She pushes her daughter to be independent, advocates for her educational needs and seeks out social opportunities like Henrico County Parks & Recreation teen programs and Victory Junction Gang Camp, a camp for children with chronic or serious medical conditions where Shapre and Michelle recently spent two weekends. Because Shapre enjoyed the weekend's arts and crafts programs and likes swimming and being outdoors, Michelle hopes her daughter will be able to participate in a five-day program at the North Carolina camp this summer. 🌟



Bowling Benefits Kids

The 15th annual Bowl-A-Thon and second annual Battle of the Banks were held on Feb. 21 at AMF Shrader Lanes to benefit Children's Hospital Foundation. Twenty-eight teams raised more than \$8,500, including more than \$650 from Hill Phoenix, the top Bowl-A-Thon fundraising team, and \$1,050 from First Market Bank, the top bank fundraising team. The Bank of Virginia team received the

Bankers Cup, awarded to the team raising the highest amount per participant, and the American Family Fitness team earned the highest score designation.

Two teams representing the TCU Rollers, residents of the hospital's Transitional Care Unit, also participated in the morning event. Other teams represented BB&T, Village Bank, Dominion Credit Union, Virginia Commonwealth Bank, Wachovia Securities, Direct Mail Solutions, Commonwealth Attorney's Office, Fifth Baptist Church, American Legion Post 2 and Varina High School Key Club.



MEDICAL HAPPENINGS

Physician Clinic Expands to Fredericksburg

On March 19, Children's Hospital began offering a pediatric physical medicine and rehabilitation (PM&R) clinic through the Fredericksburg Therapy Center. Held the first and third Thursdays of each month, the afternoon clinic is led by Charles M. Dillard, MD.

In the last three years, Children's Hospital has leased space to physician specialists including a pediatric cardiologist, neurologist and neurosurgeon to hold clinics in Fredericksburg. The addition of the PM&R clinic allows Children's Hospital to make services more accessible to patients from northern Virginia. The Fredericksburg clinic is an extension of the main hospital's PM&R clinic, which is held three days a week and led by Eugenio Monasterio, MD, FAAPMR.



Dr. Dillard received his doctor of medicine from Virginia Commonwealth University School of Medicine in 2004 and completed his pediatric physical medicine and rehabilitation residency in 2008. During his residency he served as Chief Resident and received the Physical Medicine and Rehabilitation Clinical Excellence Award. 🏆



ADVOCACY

Calling All Child Advocates

Have you made a difference by advocating for the health care needs of your child? Do you know an individual or organization who has made it their mission to advocate for the broader needs of children in the community? It's time to nominate those advocates for Children's Hospital's Spirit of Advocacy Awards. The awards are presented each fall to a hospital patient or family and a community partner or professional for their efforts on behalf of all children.

Nominees must have taken a positive action in regard to advocating for legislative initiatives, influencing funding sources, influencing new program development, obtaining health care services for children, suggesting improvements to health care services, or suggesting or influencing improvements to the community for children with special health care needs.

Nominations for the sixth annual Spirit of Advocacy Awards will be accepted through Aug. 3. Awards will be presented during the annual Advocacy Day program on Sept. 24. Visit www.CHAdvocate.com for details. 🗣️

New Music Program has Kids Jazzed

Modeled after a music program offered at the Palmetto Health Children's Hospital in Columbia, SC, Children's Hospital's Music in Motion program brings a variety of musical genres to the hospital each month to entertain patients.

"The program provides our patients with social experiences that increase their participation in group activities, heighten physical responses to music and integrate thematic study of music into regularly-scheduled music therapy," commented Vernita Easley, CTRS, Recreation Therapy Manager.

Music in Motion concerts have included the Richmond Jazz Society and Terra Voce, a flute and cello duo, and will continue to offer varied musical experiences for Children's Hospital's patients, who react with smiles, vocalization and movement of their hands and feet throughout the performances.

Bicycle Safety Campaign in Full Gear

As part of its Adopt-A-School Program and May's Bike Safety Month, Children's Hospital employees and members of the Richmond Kiwanis Club visited six Richmond elementary schools this spring to share bicycle and helmet safety tips. Funded by a \$4,000 donation from the Richmond Kiwanis Club, the program provided the second-grade students with helmets and bike safety stickers, posters and bookmarks. Helmets were individually fitted for each student, thanks to Kiwanis Club and hospital volunteers. This year's program was expanded from four to six schools to share the importance of wearing a helmet with even more young riders.



BOARD NEWS

Wishing Well Update

Children from 15 area schools including Benedictine High School, Brookland Middle School, Lee Davis High School, Luther Memorial School, Miles Jerome Jones Elementary School, Nuckols Farm Elementary School, Oak Knoll Middle School, Riverside School, Shady Grove Elementary School, Springfield Park Elementary School, St. Bridget's School, St. Christopher's School, St. Mary's School, Trinity Episcopal School and W.W. Gordon Elementary School have been collecting pennies and other spare change this year to benefit Children's Hospital Foundation. The coin collection programs are part of the Wishing Well Program, coordinated by the hospital's Senior Board.

Since the program began 10 years ago, more than \$110,000 has been collected. For more information or to have your school participate, contact Stephanie Allan at 804-228-5827 or srallan@chva.org.



Sunshine Circle Makes Annual Gift

Members of the Sunshine Circle presented a check for \$33,000 to Chris Broughton-Spruill (pictured holding check), President of Children's Hospital Foundation, at their monthly meeting in April. Funds were raised from the 2008 Holiday Mart and individual gifts and will be used for unrestricted purposes (\$20,000) and the Petersburg Therapy Center (\$13,000). Sunshine Circle members gathered weekly throughout the year to make crafts and other items to sell at the Holiday Mart.



Junior Board Presidents Honored

Former Junior Board presidents toured the Children's Park in May.

Past presidents of the hospital's Junior Board were recognized at an afternoon celebration at the hospital on May 20. The event included lunch under the canopy on the Children's Park and a tour of the renovated playground and Transitional Care Unit. Proceeds from the 2007 and 2008 Junior Board Balls were used to fund renovations of these areas.

Fashion Icons Theme of Junior Board Ball

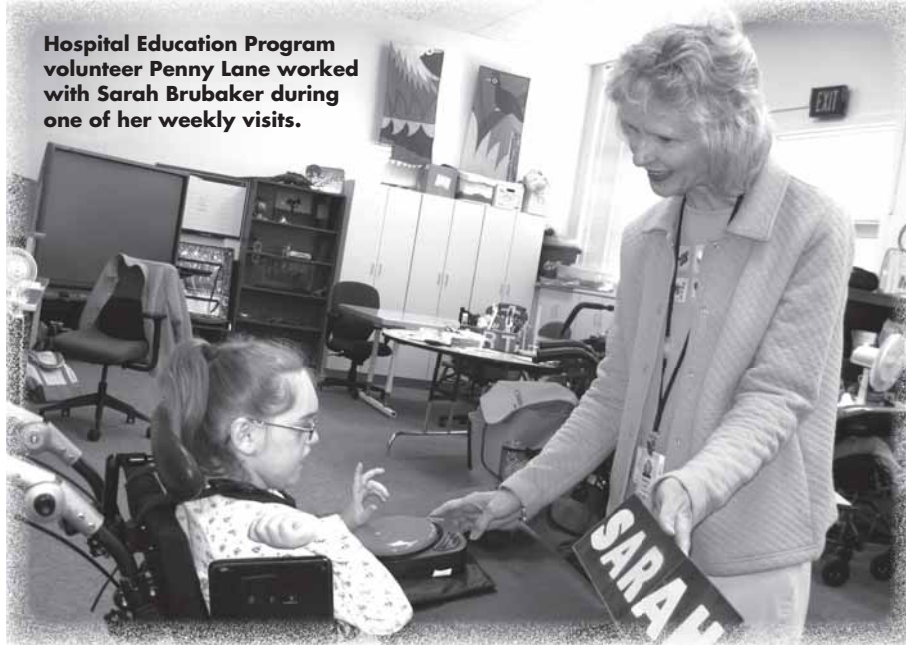
The 46th annual Junior Board Ball will be held on Nov. 6 at the Country Club of Virginia with the theme "Runway to Care," honoring great traditional designers like Lilly Pulitzer, Coco Chanel, Ralph Lauren and Emilio Pucci. A live runway featuring current and local fashion designs and trends will also highlight the evening. Proceeds from the event, which is sponsored by the hospital's Junior Board, will be used to support the hospital's community therapy centers in Fredericksburg, Glen Allen, Midlothian and Petersburg. The Ball has raised approximately \$2 million for Children's Hospital Foundation since 2000.

This year's Presenting Ball Sponsor is Owens & Minor, Inc. Other 2009 Ball sponsors include Anonymous, Bon Secours Richmond Health Services, Car Pool, circle S studio, Davenport & Company, LLC, Dominion, Max Specialty Insurance Company, Charlotte and Gil Minor, NewMarket Corporation, Packet360, Pella Windows & Doors, Richmond Capital Management, SyCom Technologies, Inc. and Worth Higgins. The Friday evening event will include cocktails, a seated dinner and dancing for 700 guests. For more information about the 2009 Ball, contact the Children's Hospital Foundation Office at 804-228-5814.



HELPING HANDS

Going Back to Class



Hospital Education Program volunteer Penny Lane worked with Sarah Brubaker during one of her weekly visits.

After 33 years as a Henrico County teacher and counselor, Penny Lane knew she would miss working with children after retiring. So only a few months after her June 2006 retirement, Penny was back in the classroom, this time as a volunteer with the Hospital Education Program. Every Tuesday, Penny helps teacher Ruth Sangiuliano, MS, by reading stories, programming assistive technology devices, assisting during classroom projects and transporting the seven children in Ruth's elementary and middle school class to their rooms at the end of the day.

"Penny has a giving and gentle spirit and sees every child as an individual," said Ruth. "My job as a teacher is to bring out the individual personality in each child. She allows us to reach every child."

Penny, who was raised in Southwest Virginia, spent 27 years teaching kindergarten through third grade in four Henrico County schools then worked as an elementary school counselor at Short Pump Elementary for six years. She's currently participating in the county's post-retirement program, which allows her to work with teachers and counselors 20 days a year for seven

years. She also volunteers at Memorial Regional Hospital on a weekly basis.

"I think it's really important to have something to do after retirement," said Penny, the Education Program's sole volunteer. "For me, I really wanted to be involved with helping children."

Penny enjoys being back in the classroom and exposing the children to science, math, social studies and other Standards of Learning objectives. She also looks forward to the days when they play games like Uno, one of her favorites.

"Penny's very involved in the hospital and everything we do," remarked Ruth. "The kids love her and light up when she comes in."

In the three years since her retirement, Penny has learned to appreciate the flexibility she has over her time. When she's not volunteering, she enjoys reading, attending craft and decorating shows, participating in activities at church and visiting out-of-town family and friends with her husband of 24 years.

"I really have enjoyed going to Children's Hospital," said Penny. "You just learn a lot through going there each week. I see it as an opportunity to brighten the children's days."



Luke Gregory (left) and Emma Loderick (center) were the top fundraisers, each raising \$350, at the Children Fore Children Golf Tournament. Pictured with them is Stephanie Allan, Special Events Coordinator.

Golfing Fore Kids

The Children Fore Children Golf Tournament was held May 17 at The First Tee of Chesterfield. Luke Gregory and Emma Loderick were the top fundraisers, each securing \$350 in sponsorships. Luke won a Wii, and Emma received \$250 in Walmart gift cards, which she plans to use to purchase an Xbox.

Twenty-three teams helped net more than \$17,000 for Children's Hospital Foundation. Hosted by the hospital's Senior Board, the seventh annual event was sponsored by champion sponsor Davenport & Company, LLC, title sponsors Williams Mullen and Max Specialty Insurance Company and food and prize sponsor Walmart.



Five-year-old Jordan Seigler got into the bunny spirit during the annual Bunnies for Babes event in April.

Bunnies for Babes

More than 900 bunnies arrived at the hospital in style on April 4 as part of the 14th annual Richmond Corvette Club's Bunny Run/Bunnies for Babes event. The bunnies, which were distributed to the Dental Clinic, Therapy Centers, Children's Feeding Program and Transitional Care Unit, were delivered in more than 40 corvettes during the afternoon event.



HAPPENINGS

School Break Brings Spring Fun

Twenty-seven Transitional Care Unit residents spent their spring break visiting various attractions around Richmond as part of Spring Break Camp coordinated by the Recreation Therapy Department. During the week of April 6, children took morning trips to Lucky Lakes Gem Mining of Virginia, the Sports Center of Richmond, Harrison Lake, Bogeys Sports Park and Kings Dominion to enjoy activities designed to stimulate their senses. Children returned to the hospital in the afternoon for craft projects and caricature drawings.

At left, Shayveona Canada (right) and Michelle Palik, CTRS, Recreation Therapist, played miniature golf at Bogeys Sports Park as part of the Spring Break Camp activities in April.



Spring has Sprung

Twenty-eight children from the Transitional Care Unit and Children's Feeding Program enjoyed a spring celebration on April 3 on the hospital's playground. Bunnies, pony rides, an egg hunt and refreshments were included in the lunchtime celebration highlighted by beautiful spring temperatures.

At right, five-year-old Virginia Taylor rode Rascal the miniature pony, with help from Erin Hargan, CTRS, Recreation Therapist, at the Spring Celebration.



Tagalongs, Thin Mints & More

Girl Scouts Lauren Bradley (far left) and Sarah Brubaker helped sell 605 boxes of cookies during their annual sale in March.

Members of Girl Scout Troop 580 sold 605 boxes of cookies during their annual sale in March. Started through the Recreation Therapy Department in Oct. 2006, the hospital's Girl Scout Troop meets on Tuesday evenings to earn badges and have fun. This year, the Troop has five members – four TCU residents and one outpatient.



HAPPENINGS

Health & Safety Days Share Information with Kids

The Fredericksburg and Richmond Health & Safety Days brought safety messages to more than 1,350 children from local schools and daycare centers this spring. Funded by a gift from the Kohl's Cares for Kids® program, the events featured interactive booths where children learned about various health and safety issues including fire safety, nutrition and dental hygiene.

Approximately 350 children attended the Fredericksburg event on March 11 at the Fredericksburg Field House. Representatives from the Spotsylvania Fire & Sheriff's Departments, Blue Ridge Poison Center, Rappahannock Regional Library, Children's Hospital's Dental Program and Fredericksburg Therapy Center, Community Health Center, Rappahannock Electric Cooperative, SPCA, Fredericksburg Field House and Spotsylvania Schools Transportation Department shared information and conducted activities about personal and animal safety for the young guests.

The Richmond event was held on April 21 on the hospital's front lawn. Representatives

from area fire and police departments, Anthem HealthKeepers, YMCA, American Family Fitness and the American Red Cross used a variety of games and exhibits to teach the 1,000 attendees how to keep themselves and their families safe and healthy.

The Fredericksburg and Richmond Health & Safety Days are two of several outreach opportunities sponsored by Children's Hospital and Kohl's. Four times a year Kohl's offers special items for sale with 100 percent of net profits donated to designated children's hospitals across the country, including Children's Hospital of Richmond.

Young guests learned about disaster preparedness from the American Red Cross during the Richmond Health & Safety Day.



Participants at Health & Safety Day learned about visiting the doctor to stay healthy.



As part of the Champion Medal Ceremony at the Children's Miracle Network Celebration in Orlando, Matthew McMillen received his own medal from country singer Mark Willis (left) and Miss America Katie Stam for his bravery and triumph in dealing with his medical challenges.

Children's Miracle Network Richmond Corner

Eight-year-old Richmond resident Matthew McMillen toured the White House and met President Barack Obama and Virginia's senators and congressmen while participating in Champions Across America presented by Walmart and Sam's Club in March. The program recognizes the 17 million children treated each year at Children's Miracle Network hospitals across the country. Champions represent each state as well as Canada, Ireland and the United Kingdom. As part of the program, Matthew also visited Disney World in Florida to share his story this spring.

"The most touching moments were at the Medal Ceremony in Florida," said his mom, Jennifer. "Matthew was called out to get his medal while his favorite song, 'My Wish' by Rascal Flatts, played. To be in the room with some of the strongest and bravest children ever was a pretty humbling experience."

Matthew, the first Richmond area Champion in more than 10 years, was born with a rare heart defect and had heart surgery at Virginia Commonwealth University Children's Medical Center when he was nine hours old. He was later diagnosed with high-functioning autism and cerebral palsy and has received physical, occupational and speech therapy at Children's Hospital.

WAYS TO HELP

Mark your calendar for Dairy Queen's Miracle Treat Day on Aug. 13. Visit www.miracletreatday.com to find a participating location near you. All monies raised by Children's Miracle Network Richmond are used locally to support its member hospitals, Children's Hospital and VCU Children's Medical Center. For more information, call 804-228-5929 or visit www.childrensmiracletreatment.net.

Children's Hospital Foundation recently received gifts from the following:

- The Emily S. and Coleman A. Hunter Charitable Fund - \$10,000 to support Children's Feeding Program for medical and food-related items
- Roof Services Corporation - \$8,757
- Suwyn Family Foundation - \$5,000 to support activities related to the Feeding Families Comfort Hour
- Cox Radio - \$3,369 from Rock'n Stock'nz online auction
- Maintenance Technology of Virginia, Inc. - \$3,000
- Richmond Royals - \$2,000 from hockey tournament
- Delta Dental - \$1,500 to help fund the Dental Outreach Program
- Independent Container Line - \$1,500
- Gottwald Foundation - \$1,000
- Six Burner, LLC - \$1,000
- Loyal Order of Moose - Manchester Lodge - \$1,000

Be Your Own Event Planner -

AND MAKE A DIFFERENCE IN OUR CHILDREN'S LIVES

Sell Children's Hospital Icons to family, friends, neighbors and co-workers to benefit Children's Hospital Foundation.

For an Icon Project Kit, contact Stephanie Allan at **804-228-5827** or **srallan@chva.org**.



GIFTS

Food Lion to Support Upcoming Safety Programs

Food Lion recently donated \$5,000 to Children's Hospital Foundation to support the hospital's four annual safety programs during the next fiscal year. Fire Prevention Day held in Richmond each fall and three Health & Safety Days in Richmond, Petersburg and Fredericksburg will be funded through Food Lion's gift.



"We're excited to welcome Food Lion as the sponsor for Children's Hospital's annual safety programs," said Stephanie Allan, Special Events Coordinator. "It was great having them as a participant in this spring's Richmond Health & Safety Day, and we're looking forward to building on this partnership in the coming year."

Funding Information Added to Online Donation Page

Donors wishing to make an online gift to Children's Hospital Foundation can now get more information about how their gift will help the hospital's young patients. Individuals visiting the "Ways You Can Help" section of the hospital's web site can find details about Children's Hospital Foundation, the different types of gifts that can be made, programs funded through community gifts, fundraising event and program ideas, volunteer information and more.



STAFF NEWS

Sharing Knowledge

Josie Castaldi, PhD, Licensed Clinical Psychologist, discussed positive behavioral strategies on Feb. 3, and **Elizabeth Bortell, DDS**, Director of Pediatric Dentistry, spoke about early childhood dental health on March 20 on CBS 6's "Virginia This Morning."

Leslie Wyatt, RN, MS, President/CEO, presented "Grading Performance - Effectively Telling Your Story" at the National Association of Children's Hospitals and Related Institutions, Specialty Hospitals Annual Meeting on March 21 in Nashville, Tenn.

Expanding Knowledge

Laura Allan, BSW, Infant Service Coordinator, attended the 18th annual Young Child with Special Needs conference March 23-24 in Las Vegas.

Michelle Bartz, MA, CCC-SLP, Speech Language Pathologist, completed the Hanen Certification Workshop, "It Takes Two to Talk - The Hanen Program for Parents" Dec. 11-13, 2008 in Seattle.

Joyce Carter, BGS, Infant Services Coordinator, attended the annual Autism Conference March 11-13 in Richmond.

Valarie Payne, RRT, Respiratory Therapist, passed the registry exam offered by the National Board of Respiratory Care to become a registered respiratory therapist. 🌟



Growing leaps & bounds

Like a young child, Children's Hospital has had a major growth spurt over the last year. The Hospital has grown by leaps and bounds to better serve our patients. We have expanded the Transitional Care Unit to 47 inpatient beds, renovated the playground and education areas, added additional space to our West Therapy Center and opened a new Therapy Center in Petersburg. This growth would not be possible without the help of the many donors who give to Children's Hospital throughout the year.

For over 85 years, Children's Hospital has made sure our patients have the support they need to grow stronger and live life to the fullest. Watching each child who comes through our doors grow stronger and more independent is how we measure success. Whether it's teaching a premature infant how to eat by mouth, taking a ventilator dependent child to the beach or helping a young adult with cerebral palsy live independently, these children are growing in their own way by leaps and bounds.

Our recent expansions and renovations will allow us to see more children than ever before. By being a resource and provider of specialized medical and therapeutic services customized to meet the specific needs of children and their families, Children's Hospital is helping children across Central Virginia grow physically, emotionally and mentally.

Our Pediatric Therapy Program serves more children than any other in the region and does so with five area locations to meet the needs of the families we serve. Our 47 bed Transitional Care Unit provides developmentally appropriate inpatient care for children and young adults with complex medical needs, within a supportive, family centered environment. The Multispecialty Clinics bring together numerous disciplines at one time, allowing families

to get the expertise they need for their child's care all in one place. Children in need of dental services, whether just a routine cleaning or more elaborate work requiring outpatient surgery, attend our Dental Program. And, our Children's Feeding Program is one of only a few programs of its kind in the entire country. In addition to our core programs, Children's Hospital hosts numerous outreach programs to educate children in our region about health and safety, fire prevention, nutrition and dental hygiene.

Children's Hospital is a special place where we nurture our children and their families so that they can grow and reach their full potential. The growth of Children's Hospital and the children who come here is made possible by continued support from our community. Over

6,800 children were treated in our inpatient and outpatient programs last year totaling almost 60,000 visits. Whether that was for a short term need or a lifetime condition, with your help, the care we provide can make dreams come true. Please contribute to Children's Hospital of Richmond. Your donation can make a big difference in the life of a child.

To make a gift online using Visa or MasterCard or learn how your donation will help our children, visit www.childrenhosp-richmond.org

For information about making a gift or donation, contact Chris Broughton-Spruill, President, Children's Hospital Foundation, at 804-228-5814 or cbroughton-spruill@chva.org.

For information on volunteer opportunities, contact Dede Vass, Volunteer Coordinator, at 804-228-5920 or djvass@chva.org.



SPECIALTY SERVICES FOR CHILDREN

Physician Services

- Cerebral Palsy
 - Muscular Dystrophy
 - Physical Medicine & Rehabilitation
 - Spasticity
 - Spina Bifida
- Therapy Services
Transitional/Specialized Long-Term Care
Dental Program
Children's Feeding Program

CHILDREN'S HOSPITAL THERAPY CENTERS

FREDERICKSBURG
Lee's Hill Medical Center
10530 Spotsylvania Ave.
Suite 102
Fredericksburg, VA 22408
540/891-4485

PETERSBURG
321 B Poplar Dr.
Suite 4
Petersburg, VA 23805
804/733-7233

SOUTH
2925 Polo Parkway
Midlothian, VA 23113
804/323-9060

WEST
The Forum, Building 2
10124 West Broad St.
Suite P
Glen Allen, VA 23060
804/273-6656

Children's Hospital
PEDIATRIC SPECIALTY CARE OF RICHMOND, VA
Young at heart

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**American Family Fitness
10K/5K**

Saturday, Oct. 10

9 a.m. 10K/9:15 a.m. 5K

Starts & finishes at Children's Hospital

\$25 before Oct. 1 - \$35 after that date

Kid's Mascot Mile

8:30 a.m.

on the grounds of Children's Hospital

\$10 before Oct. 1 - \$15 after that date

Registration and details at

www.amfamrace.com

Benefits Children's Hospital Foundation