



Welcome to Our Gem on the Lake



Expansion and renovation of the Outpatient Center is now complete! The facility features floor to ceiling windows, lakeside views at every turn, and colorful kid-friendly decor featuring animals that inhabit Lake Michigan.

The grand opening event in early February featured dignitaries including Illinois Deputy Governor Cristal Thomas, State Senator Kwame Raoul

and Alderman Leslie Hairston. Long-time supporters such as Jackson Park Advisory Council President Louise McCurry, along with Lieutenant Governor Sheila Simon and Congresswoman Robin Kelly, also stopped by to see the new space.

The new center is home to 18 large exam rooms that allow greater access for patients with medical complexities – especially those with mobility issues.

Designed with La Rabida's hallmark family centered care in mind, the clinic features larger and more private team meeting rooms, a procedure room, and fun waiting-room activities for our young patients including a large video screen with interactive games.

The rehabilitation gym has now reopened and the new space offers larger pharmacy and lab areas, as well as radiology. The new lobby features

a decorative lighthouse, donor "wave wall", second story views of Lake Michigan and a colorful Keith Haring facsimile greets guests in the atrium. Request a tour of the new facility online at larabida.org or call 773.256.5980 today!



Patient and Therapist Connect Over Rare Condition

Infant Development Specialist Charla Tabet was born with an omphalocele, an abdominal wall defect in which certain organs develop and remain outside of the abdomen. An emergency surgery to insert her organs was successful and she was able to go home six weeks later.

Now fate has come full circle: recently Charla treated a patient with the same rare condition. "When I heard that a baby with an omphalocele was coming in, I knew I had to be involved," she said.



Maryam, now one-year-old, was born with a large omphalocele and was an inpatient at La Rabida for six months for specialty care and therapy.

The family was very excited to meet Charla – an adult who survived this uncommon and dangerous condition. They bonded over Maryam's stay. Following weeks of training the family

for home care, Maryam had her very first birthday celebration. Best of all: *she was out of the hospital*. This was a big achievement for the family, who at times were uncertain whether their little girl would make it to age one.

Charla, along with three other therapists and nurses from La Rabida, attended the party to wish the birthday girl well and share in her special day. "I think I've been able to give the family a lot of hope," said Charla.

Making Primary Care Easier



A medical home is an approach to providing comprehensive primary care that ensures all the patient's needs are met. La Rabida offers primary care clinics for children and youth with medically complex needs. Four board-certified primary care pediatricians, along with nurses, therapists and other clinicians provide routine check-ups, immunizations, urgent care and coordinate other care for each patient's unique medical condition.

For generations, families with children who have physical disabilities, genetic disorders, nutrition issues, risk factors because of early birth and other chronic conditions have turned to La Rabida. Now there's a name for it: medical home.

According to the American Academy of Pediatrics (AAP), a medical home provides care that is "family centered, comprehensive, holistic, coordinated, team-driven and culturally sensitive." The pediatric care team at La Rabida works in partnership with a child and the family to ensure that both medical and non-medical needs are met.

This approach to care provides "one stop shopping" for patients and their families so that they can see their doctor, nutritionist, specialist(s) - and even stop by the pharmacy to fill a prescription - all in a single place. For patient-families with complicated medical needs, who typically would travel to several places to receive necessary care, this can mean significant time savings and favorable outcomes. The medical home is La Rabida's way of saying "welcome home."

A New Dimension in Care

La Rabida has always emphasized quality of life for all patients. That means that no matter the diagnosis or prognosis, the hospital aims to keep all patients pain free. Now our Comfort Care program, which incorporates many elements of palliative care, focuses on patient-family choice in treatment, pain management and end-of-life preparations.

The program is educational for staff, essential for patients and therapeutic for families, according to Ruby Roy, MD, who launched the program with Nancy Richer, RN. Educational rounds for nurses, doctors, social workers, infant development and child life specialists, are given weekly. Attendees are informed of each patient's prognosis; the patient and family's feelings of hope, pain and denial; and how to discuss these topics with families.

Roy and Richer created the program through a grant from the Coleman Foundation. A hospital-wide pain policy offers families options and helps alleviate pain, discomfort and fear during treatments.

The Comfort Care Cart, which contains items for pain relief, distraction, relaxation and diversion, is used for potentially painful procedures such as IV insertion and removal, vaccines, dressing changes for burn victims, g-tube changes and blood draws. Pain management tools, such as the "Buzzy®," a device that numbs the skin before an injection, then buzzes to distract the patient during the procedure, is just one of many useful tools.



London Gets Casted



London, a two-year-old patient with cerebral palsy, underwent a seven-month course of serial casting at La Rabida to improve her range of motion. Serial casting is a noninvasive procedure in which casts are applied and removed weekly to gradually increase

the range of motion in the affected joint(s). This painless procedure also reduces the chances of abnormalities forming near the joint and may minimize the need for surgical intervention later.

Kim VanKlombenberg, PT, Molly Swenson, PT, and Amanda Fraats, rehab aide, were impressed with the progress London made during her casting series. Over the course of the many weeks, the thera-



pis decorated her casts with watermelons, nature scenes, nautical-themed anchors, Halloween jack-o-lanterns, and even dressed her legs as "minions" from *Despicable Me!*

London became very close to her therapists during her 75-minute weekly sessions, often greeting them with a sassy, "Hey, girlfriend!" and ending her sessions by giving each member of her team an enthusiastic hug.

"London made great progress, showing 24 degrees of change in her right foot and 17 degrees in her left foot since we started casting," said Amanda.

London even stood on her own for the first time during her final appointment. Way to go, girlfriend!

Preemie Takes First Unaided Breaths

Sanaa and her sister Mikayla were born prematurely at 24 weeks and admitted to the neonatal intensive care unit (NICU) at a Chicago hospital for their lungs to mature. Eventually, Mikayla responded to the treatment, but Sanaa remained in danger. Attempts to wean her from the heart and lung machine resulted in a brain hemorrhage – and even worse – heart and lung failure.

“After she ‘coded’ three times in one night, we knew her heart and underdeveloped lungs weren’t going to be able to work on their own, and Sanaa was given a tracheostomy in order to stabilize her breathing,” said the girl’s mother Asia.

Eight long months later, Sanaa was able to transfer to La Rabida to wean her from many medications, ensure she remained stable and prepare the family for life at home caring for the fragile, ventilator-dependent infant.



“I’d never heard of La Rabida so was a bit anxious,” said Asia. “We pulled up to the beautiful lake location, and as they wheeled her down the hallway, past all the friendly faces and into a clean, spacious room that had everything needed to care for Sanaa, I knew we had made the right move.”

One of the family’s favorite staff members was Rosalva, a nurse case manager, who ensured that the family had the knowledge and confidence they needed to get Sanaa home and keep her there. That education came in handy when on two different occasions Sanaa’s trachea was perforated and the family had to rush her back to the La Rabida Acute

Care Clinic. “We live 40 minutes from the hospital. It would’ve been quicker to take her to a local hospital but I didn’t feel comfortable that they had the specialty skills necessary to care for such a tiny baby dependent on technology,” Asia said. The experts at La Rabida stabilized Sanaa and later transitioned her to outpatient care.

The first follow-up visit was with Ruby Roy, MD, who had seen Sanaa during her impatient stay, “I literally didn’t recognize her. She was so lively and had made strong cognitive progress. Clearly the home environment had made a big difference,” she said.

The family recently experienced another of many milestones along Sanaa’s arduous path to wellness when her trach tube was removed, leaving Sanaa to breathe on her own for the first time in her short life. Roy continues to see her on an outpatient basis in our medical home program.

A Gift Set in Stone



Make a donation that will last a lifetime. La Rabida is selling engraved brick pavers to commemorate the opening of our beautiful new Outpatient Center. Now is the

time to make your mark on this moment in La Rabida history.

Bricks are 4”x8” in size. Each can fit up to three lines with 20 characters per line including spaces. Price: \$100 each. The bricks will be placed in front of the new

Outpatient Center. Requests for specific placement cannot be honored.

Bricks can be ordered all year long; however, only bricks ordered by May 30 will be dedicated at the summer ceremony. Those ordered afterward will be installed at a later date.

Order your brick(s) online at: www.larabida.donationbricks.com or use the form below. Please complete one form per brick and make all checks payable to La Rabida Children’s Hospital. Mail in the enclosed donation envelope.

Please print your inscription IN CAPITAL LETTERS on the lines below

LINE 1 _____

LINE 2 _____

LINE 3 _____

Enclosed is my CHECK made payable to La Rabida Children’s Hospital in the amount of \$ _____.

Name _____ Phone _____

Address _____ City, State, Zip _____

Email _____

To pay by CREDIT CARD:

Name _____ Phone _____

Address _____ City, State, Zip _____

Email _____ Amount \$ _____

Card # _____ Expiration _____



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Mr. John Doe,
Director of Medical Services
E. 65th Street at Lake Michigan
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2014 Save the Dates

5/15

Corporate Advisory Board's Cocktails for a Cause

Where Philanthropy and Networking Meet

Thursday, May 15, 2014
Howells & Hood

8/4

La Rabida Golf Classic

Summer Fun on the Links
Monday, August 4, 2014,
Harborside International
Golf Course

11/1

Chicago Children's Diabetes Center Fall Celebration

Free Fall Fun for Everyone
Saturday, Nov. 1, 2014
Moraine Valley Community
College

11/21

Friends of La Rabida Awards Dinner

A Luxurious Evening for a Worthy Cause
Friday, November 21, 2014
Radisson Blu Aqua Hotel
Chicago

Welcoming New Board Members



Brian Gaspardo, managing partner, O'Neill & Gaspardo, LLC, recently joined the La Rabida Board of Trustees. Gaspardo was with Arthur Andersen LLC for four years before moving into his current position at the firm that his father founded. O'Neill & Gaspardo, LLC, provides public accounting and consulting services with a specialty in litigation support.

Gaspardo was treated for asthma at La Rabida for 15 years, making his return "gratifying," he said. "I wanted to join La Rabida's Board because the place is very special to me," said Gaspardo. "I remember being a young boy there and how well I was cared for and how comfortable they made me. I never remember feeling scared and I always feeling like they were watching out for me. I can't think of a more important goal for any hospital."



La Rabida also welcomes Juliette Pryor, executive vice president, general counsel and chief compliance officer for US Foods, Inc. to our Board of Trustees. Pryor worked in private practice at Skadden Arps Slate Meagher & Flom before joining US Foods in 2005. With an extensive legal, regulatory and corporate background, Pryor makes an excellent addition to the Board.

"In learning about the great tradition and outstanding work of La Rabida, I believe the hospital is a very special place which serves a very special and vulnerable population and contributes to the richness of the city of Chicago," said Pryor. "I am pleased to be a member of the Board to help solidify its underpinnings so that it will have a long future in the city and can continue doing great work. Serving on the Board is a way to give back to Chicago, which has been so welcoming to my family and me."

Friends of La Rabida a Hit

The 27th Annual Friends of La Rabida Awards Celebration was a flurry of excitement, congratulatory remarks, generosity and friendship. The Reinsdorf Family, represented by Michael and Nancy Reinsdorf, received the Award for Family Philanthropy; Drs. Cheryl and Eric Whitaker received the Award for Community Leadership;

and Sharing Notes, a music ensemble, received the Award for Community Partnership.

The evening featured live and silent auctions, a paddle raise, a gourmet meal and dancing. **We hope you'll join us next November!**