

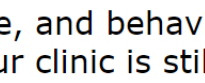
e-Currents

Inside this Issue:

- Meet Mason
- SaveMoneySaveLife Partners with La Rabida's CFC During COVID-19
- Telehealth: A New Way of Medical Care
- To Our Nurses: Thank You
- Mental Health Awareness Month


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COVID-19

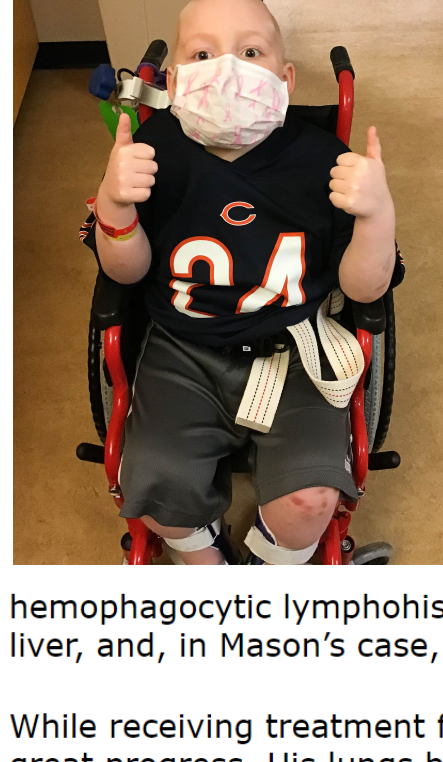


As we all are coping with the impact that COVID-19 has placed on our communities, businesses, schools, and healthcare systems, La Rabida Children's Hospital remains committed to supporting our children and families in need. We continue to monitor the impact of the virus and are taking the necessary steps to keep our patients and families safe.

When possible, primary care, specialty care, and behavioral health services are being conducted utilizing telehealth technology. However, our clinic is still open for wellness visits and vaccination appointments when needed. By taking the proper precautions, including pre-screening for illness, universal masking, careful hand hygiene, and limiting the number of people in the exam and waiting rooms, our patients and families should feel comfortable continuing to visit La Rabida for these necessary appointments.

At La Rabida, we are here for our children and families during the highs and the lows. Whether it's speaking directly to a clinician about their child's condition or providing support and resources to make it through this difficult time, La Rabida is here to support our families in every way possible. Not just today, but every day.

Meet Mason



Mason was like every other five-year-old; very active, loved to be silly and chose eating chicken nuggets over anything else. But late last year, Mason's behavior shifted. "His dad and I started to realize that he wasn't acting like himself," shared Kendra, Mason's mom. "He was very pale, lost a lot of weight, and had big splotchy bruises all over his body just from laying around on the couch." That's when Kendra's motherly instincts kicked in. "I just knew something wasn't right." After a number of visits to the doctor, Mason was diagnosed with acute lymphoblastic leukemia and immediately started treatment.

After Mason's first round of treatment, he went home. About two weeks later, he was hospitalized again – this time with problems relating to his liver. He was admitted to the ICU where he was later intubated. "His liver was shutting down, his kidneys were shutting down, and he was super inflamed," shared Kendra. It was then that Mason was diagnosed with HLH, also known as acquired hemophagocytic lymphohistiocytosis. HLH is an immune system disease that impacts the spleen, liver, and, in Mason's case, the lungs.

While receiving treatment for HLH in the ICU, Mason began making great progress. His lungs began clearing out and he was getting stronger all around. No longer needing treatment for HLH, Mason was then moved out of the ICU. After being bedridden for two months, not moving much at all, his body took a toll. Mason needed to build up his strength to safely go home. "Because he was sitting so long, they were worried that his lungs would get funky again. He needed to be up and moving to help clear them out," shared Kendra. "They said the only way to get him strong fast was to get intense inpatient physical therapy. La Rabida was the place to do that and would help him be able to come home to us."

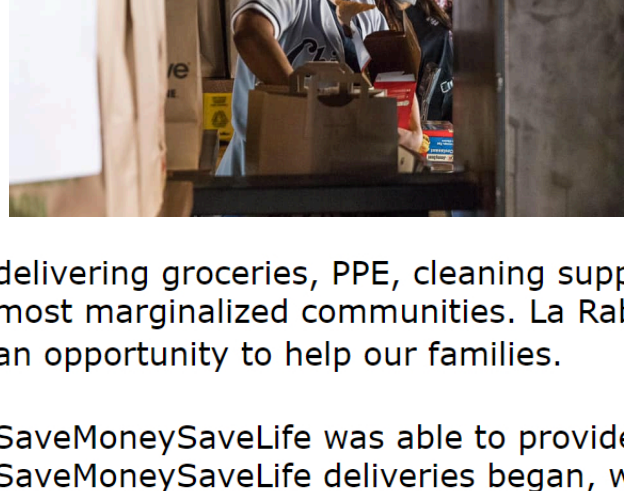


When Mason arrived at La Rabida, it was clear that his mobility had been severely impacted. The lack of movement while in the ICU hindered his abilities. The inpatient physical therapy that Mason receives at La Rabida is helping to reverse those effects. "Every single day he makes huge strides," shared Kendra. "I can't believe it – I want to cry every single day because he's standing now. It's unbelievable how much progress he's made."

With physical therapy sessions daily, Mason and his team of therapists are working together to build up his stamina and strength. "Every day he's hopping up on the bed, moving his legs more, and he's able to really stand and walk. It's incredible the way that just a couple weeks ago he couldn't stand on his legs without buckling his knees. Now he's doing fantastic."

"This whole year has been a whirlwind," shared Kendra. "Mason's doing amazing, though. He has a few more weeks of therapy and another round of treatment coming up, but he's a strong kid. He is doing fantastic."

SaveMoneySaveLife Partners with La Rabida's CFC During COVID-19



The Child and Family Connections (CFC) team at La Rabida Children's Hospital is dedicated to advocating for our families every single day, but especially during these challenging times. As the COVID-19 crisis began to hit the community, the CFC was looking for ways to provide additional support to our families in need. With a little help from Vic Mensa, a Chicago-based rapper, and his non-profit SaveMoneySaveLife, we have been able to extend the reach of our support.

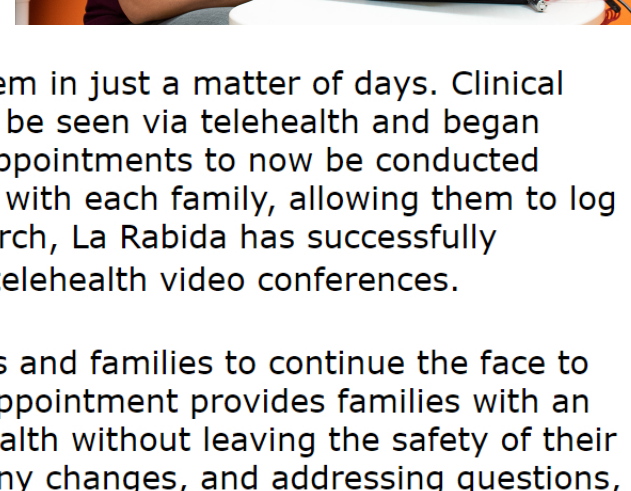
Shortly after the stay-at-home orders began, SaveMoneySaveLife and its team of volunteers began delivering groceries, PPE, cleaning supplies, diapers, and personal care products to people in the most marginalized communities. La Rabida's CFC connected with the nonprofit to see if there was an opportunity to help our families.

SaveMoneySaveLife was able to provide supplies to over 200 La Rabida families. "Since the SaveMoneySaveLife deliveries began, we've had several families call to thank us for the supplies. Many have reported receiving PPE kits, diapers, fresh fruits and vegetables, water, and so much more," shared Jasmine Molina, a Lead Service Coordinator at La Rabida's CFC.

Thank you, SaveMoneySaveLife for helping to make sure that our families have the resources and supplies they need!

Telehealth: A New Way of Medical Care

While many things about our everyday lives have changed, one thing has remained the same. Our patients who are living with some of the most complex medical conditions still need routine, top of the line care. At the onset of the COVID-19 crisis, it was imperative that La Rabida remained accessible to our families. Without our services, many of our patients would have nowhere else to go for medical care. In an effort to ensure our services were still available, La Rabida introduced a new way of providing care through telehealth.



With the support of our Information Services team, La Rabida was able to seamlessly roll out our telehealth system in just a matter of days. Clinical teams worked together to determine which patients could be seen via telehealth and began working with families to reschedule upcoming in-person appointments to now be conducted virtually. Prior to the appointment, a unique link is shared with each family, allowing them to log in and virtually meet with their child's physician. Since March, La Rabida has successfully transitioned over 70% of our outpatient appointments to telehealth video conferences.

The use of telehealth technology has allowed our clinicians and families to continue the face to face conversations they are accustomed to. Each virtual appointment provides families with an opportunity to address any concerns about their child's health without leaving the safety of their homes. By working through treatment plans, evaluating any changes, and addressing questions, our physicians can provide the guidance and care our patients depend on.

The implementation of telehealth appointments has allowed La Rabida to continue providing the services our children need while reassuring families that their care teams are still here and ready to support them in any way that they need.

To Our Nurses: Thank You



La Rabida wouldn't be the special place that it is without our hardworking team of nurses. While our nurses go above and beyond on a daily basis, their dedication to protecting our children and families has been amplified throughout the course of the COVID-19 pandemic.

While we are grateful for the work of nurses every day, we show some extra appreciation each May during National Nurses Week. Celebrating the occasion this year may have felt a little different, but the gratitude our community has given our nurses has been felt more now than ever.

The nurses of La Rabida are the heart and soul of the hospital. Our dedicated team of nurses show up for our kids and provide the highest quality of care with empathy and compassion every single day. Their hard work on the front lines gives our patients and families hope for a happy and healthy future.

Whether they're administering medicine, advocating for a patient and family, or serving as a shoulder to lean on, our nurses do everything they can to provide the care and support that our children deserve.

These may be uncertain times, but one thing is for sure. Our nurses are there for our patients no matter what. Thank you to our dedicated team of nurses who show up to each shift ready to help change the lives of our patients and families. Join us in celebrating the commitment of our healthcare heroes!



Northwestern University's Baseball and Softball Fundraiser

Calling all college baseball and softball fans! The Northwestern University Baseball and Softball Student-Athletes are hosting a philanthropic event on behalf of La Rabida Children's Hospital.

The Baseball and Softball fundraiser, spearheaded by sophomore baseball player Tommy D'Alise and Joseph W. Feinberg, Chairman of the Joseph & Bessie Feinberg Foundation, will support the children and families of La Rabida as well as the frontline heroes who are working

tirelessly to ensure that our patients are safe and healthy.

Due to the generosity of the Joseph and Bessie Feinberg Foundation, all donations up to \$10,000 will be matched dollar for dollar. Your gift will have double the impact!

Please help us reach our goal and [give today](#).

MENTAL HEALTH IS ESSENTIAL HEALTH



Mental Health Awareness Month

During Mental Health Awareness Month each May, The Kennedy Forum encourages communities to take part in conversations surrounding mental health. This year, La Rabida's Behavioral Health Department and Chicago Child Trauma Center (CCTC) are working to ensure that our patients, families, and staff all have the mental health resources they need to face a number of unprecedented challenges.

Providing Resources to Our Staff

While we are always advocating for our patients and families, it's also important to make sure that the staff who provide that care have the resources and tools they need to manage stress and uncertainty. "A lot of folks are struggling during the COVID-19 pandemic with anxiety, loneliness, a change in their sense of purpose, a shift in roles in their household or family, and they may think they're alone or they aren't sure what they can do about it," shared Dr. Arianna Timko, Clinical Psychologist and Trauma Therapist at La Rabida. "We want people to know their stress is valid, even in the midst of communities suffering directly with COVID-19 illness and death, and that there are things that can help."

As a part of The Kennedy Forum's A Seat at the Table for Mental Health initiative, La Rabida's Behavioral Health department hosted a virtual discussion for staff in an effort to reduce the stigma and advance the conversation about mental health.

"All of our mental health has taken a toll in one form or another. Having a sense of community where others feel the way you do or understand what you're going through can make the feelings more manageable," shared Teresa Bernard, Behavioral Health Therapist at La Rabida. "Being open and connecting with others regarding mental health is a way to continue to decrease the stigma of something that is prevalent in all of our lives, especially now."

This event served as a resource for staff to learn how to stay socially connected to one another, better understand the emotions they may be feeling, and allowed for attendees to share their own experiences during the pandemic. "Normalizing stress and anxiety are always a focus for our department but having the opportunity to connect with colleagues is a great way for us to continue to shed light on the importance of taking care of one another and ourselves," shared Teresa.

Supporting our Community

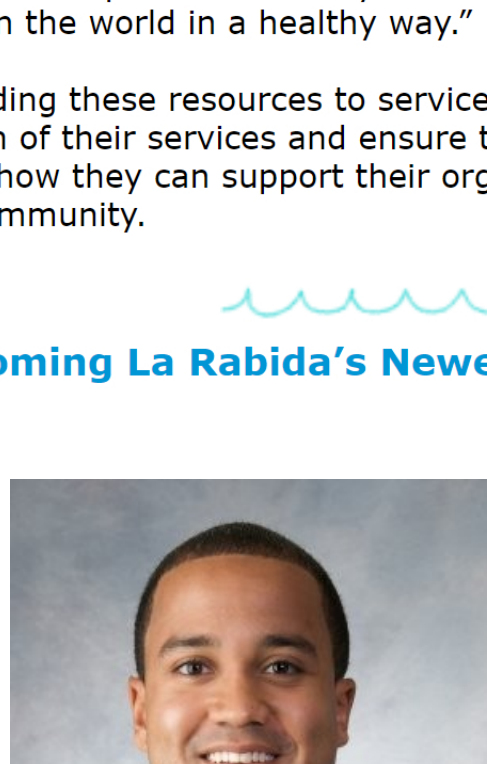
This month, La Rabida's Chicago Child Trauma Center (CCTC) hosted a virtual discussion with service providers on Chicago's South Side to discuss the impact that trauma can have on an individual and their communities.

The event discussed how violence and trauma are impacting the community and provided attendees with solutions and support that can help reduce the effects, especially for children. "We believe that by bringing people together to engage in a conversation about an important topic, we increase the amount of collective wisdom and work towards learning, creating change, and helping find a solution," shared Theresa Valach, Clinical Director of the CCTC.

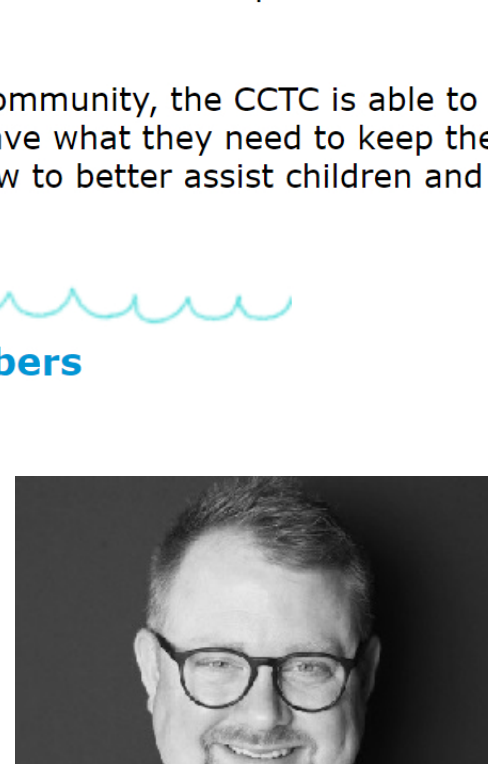
"We hear about the direct impact of violence on an individual, but for entire communities who are regularly exposed to violence, the impact on the families and children is huge," shared Teresa. "Trauma can impact healthy social and emotional growth. It can impact one's ability to focus and learn. It can impact one's ability to feel safe in the world and therefore impact their ability to engage in the world in a healthy way."

By providing these resources to service providers in the community, the CCTC is able to extend the reach of their services and ensure these individuals have what they need to keep themselves healthy, how they can support their organizations, and how to better assist children and families in the community.

Welcoming La Rabida's Newest Board Members



La Rabida welcomes Grant Sanders, Vice President, Investment Banking at Loop Capital Markets, to the Board of Trustees. Serving corporate, governmental, and institutional entities worldwide, Loop Capital is a full-service investment bank, brokerage, and advisory firm. Sanders has been a longtime member of the La Rabida community, both as a volunteer and a member of the Corporate Advisory Board. Sanders has proven his passion for helping the children and families of La Rabida and we are delighted to welcome him as a member to the Board of Trustees.



Andy Roscoe, Eastern Regional President at Project Management Advisors, has also joined La Rabida's Board of Trustees. Project Management Advisors is a real estate consulting firm that specializes in providing project management, development management, and investment representative services. After collaborating with La Rabida on a number of building projects, Roscoe connected with the hospital's mission. We are thankful for Roscoe's support over the years and are thrilled to welcome him as a Trustee.