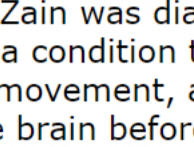
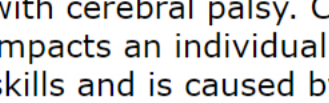


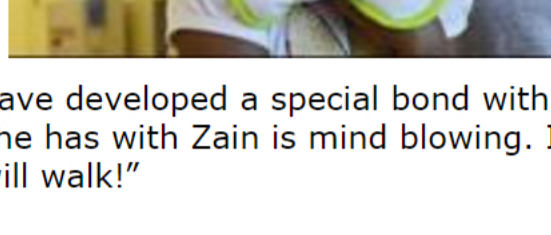
Inside this Issue:

- Meet Zain
- Helping Our Patients Through Their Most Painful Times
- Supporting La Rabida Families Through the Well Being Initiative
- Making Waves During the La Rabida Cares Diaper Drive
- Heroes Beyond the Diamond
- La Rabida Children's Hospital Receives Continued Recognition of PCMH from NCQA

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Meet Zain



As a result of being born premature, Zain was diagnosed with cerebral palsy. Cerebral palsy is a condition that impacts an individual's muscle tone, movement, and motor skills and is caused by damage to the brain before or during a child's birth.

Zain began receiving physical therapy at La Rabida when she was just three years old to help increase her strength and mobility. "Zain receives excellent care. [The team at La Rabida] ensures she has any equipment, resources, and support that she needs," shares Jozmin, Zain's mom. With routine physical therapy appointments, Zain and her mother have developed a special bond with their therapist, Jenny. "Jenny is awesome and the chemistry she has with Zain is mind blowing. I have no doubt in my mind that with Jenny on our team Zain will walk!"

As a result of the COVID-19 pandemic, many appointments have transitioned to telehealth. While many think that telehealth is something only beneficial for primary care appointments, La Rabida has also found success in utilizing the tool for rehab sessions. "We began using telehealth as a medium to teach mom how she can facilitate Zain during standing and walking. During the sessions, mom follows my cues on where to put her hands to give Zain just enough support to improve her ability to stand and walk. We troubleshoot things that are not working and do some trial and error to find what does work," shares Jenny Analuisa, La Rabida Physical Therapist.

With this support over telehealth, Jozmin was able to help Zain take her very first steps. "Because Jenny is so patient, observant, and diligent, she has gotten Zain to stand unassisted and encouraged me to work with Zain in a way that resulted in Zain taking her first steps," shared Jozmin. "I had no idea she would take steps, but she did. I was very happy."



It's undeniable that Zain has overcome a number of obstacles. Jozmin decided to use their experience to teach others about cerebral palsy and Zain's story. "A little boy asked me what was wrong with Zain. I don't think anything is wrong with her at all. To be honest, she is perfect in my eyes. She may need a little more help than her peers do, but I understand why one may ask that question. I didn't know how to answer that question in a way that a little boy would understand," shared Jozmin. "I wrote the book for her peers and for her. I wanted to explain cerebral palsy to small kids." Jozmin's book, titled *The Million Dollar Baby*, features Zain's journey at La Rabida. The title alludes to the amount of money that doctors said it would take to save Zain's life.

Zain has made tremendous progress over the last several months. With her strong will and determination, Zain will continue making great progress. "Zain wants to walk and run like Wilma Rudolph and I want that for her. I know she can, and she will," shared Jozmin.

Helping Our Patients Through Their Most Painful Times

Prevention and treatment of pain in pediatric patients is something our healthcare teams are devoted to improving. Enter the La Rabida Pain Committee. The Pain Committee is comprised of a team of physicians, nurses, child life specialists, phlebotomists, clinicians, therapists, and managers who all work on ways to advance the quality of pediatric pain care.

As members of the Pain Committee, two of La Rabida's child life specialists, Viktoria De Jong and Becki Logan, utilize their expertise to pinpoint coping strategies and tools to reduce pain for patients while also supporting a child's social-emotional needs. Our child life specialists help our patients and families overcome some of the most difficult days during their hospital stay. As trained members of the healthcare team, child life specialists work to decrease a child's anxiety, stress, and pain through various forms of play and education.



Assessing a patient's pain is a top priority for our healthcare teams. Child life specialists work directly with patients and also coach parents on ways to help their child deal with pain. "We work together with staff and families to find the right strategy that is unique to a patient's medical status and development," according to Becki. Decreasing pain and anxiety not only helps the child, but also helps to ease the stress of parents.

The Pain Committee works to consistently implement new strategies that will provide support to patients during painful procedures. "Working as an interdisciplinary team, we come up with what works best for each individual patient," shared Viktoria. "Typically, we do this by considering the 3 P's of pain management which are physical, psychological, and pharmacological."

By taking a physical approach, a child life specialist may recommend modifying the position of the child, utilizing hot or cold packs, or performing pediatric massages. Psychological intervention techniques used could be anything from guided imagery, distraction, and deep breathing, which has been proven to decrease acute procedural pain, distress, and chronic pain. Our team of clinicians will also use pharmacological interventions like numbing cream, cold sprays, Sweet-Ease, devices like the Buzzy, which utilizes cold, vibrating sensations to block pain receptors, in addition to medications.

By decreasing the trauma and anxiety children can feel during procedures, our child life specialists are able to help the child feel more comfortable and avoid the dread of future procedures. For children living with chronic conditions that require these procedures on a routine basis, overcoming this fear is critical.

"As child life specialists and members of the pain care team, we may not be able to get rid of all pain, but we work alongside families to make their child as comfortable as possible," said Viktoria.

Supporting La Rabida Families Through the Well Being Initiative



The COVID-19 pandemic has brought hardship for many families across our community. It has left many feeling isolated, financially stressed, and nervous about what the future will bring. Now more than ever, our families need support. To ensure our families have the assistance they need, La Rabida has introduced the Well Being Initiative.

The Well Being Initiative is a program that aims to provide support and resources to our families that will help them through these unprecedented times. Through this initiative, our talented team of care coordinators, social workers, medical assistants, access center RNs and clinical practice nurses have been connecting with each and every La Rabida family to ensure they have access to the essential goods and services that they need.

"The true intent was to ensure that our patient families know that we continue to be there for them, even though we may not have been able to physically see them in our clinic," shared Lucy Mayhugh, Executive Director, Outpatient Clinic. In total, our staff has successfully reached nearly 3,000 families.

"We've called some families that have only been seen once or a few times within the last year that were surprised La Rabida was calling. These families were amazed that La Rabida would take the time to call and check in with them when they were only seen once," shared Christina Linboom, Program Director, Care Coordination.

Whether it's connecting families to local organizations that provide essential goods to simply acting as a sounding board and offering companionship during these stressful times, La Rabida is dedicated to helping not just our patients, but their entire family.

"Our staff has assisted our families in obtaining food through food pantries and CPS. They have assisted in helping our families receive their medications by helping with refills or by giving them information on pharmacies that deliver. We have had a care coordinator that helped a soon-to-be mother acquire a crib and other necessities she would need prior to the birth of her baby. We were able to touch base with another mother who was hospitalized with COVID-19. The mother was extremely grateful that La Rabida was calling to see how she was doing and was happy to have someone to talk to while she was hospitalized," shared Christina.

"The overall initiative has been an extremely rewarding experience for all who have and been involved. Families have been very appreciative of the outreach efforts with some noting that 'La Rabida really cares about us.' Just priceless and that is why we do what we do, we serve our families," shared Lucy.

Making Waves During the La Rabida Cares Diaper Drive



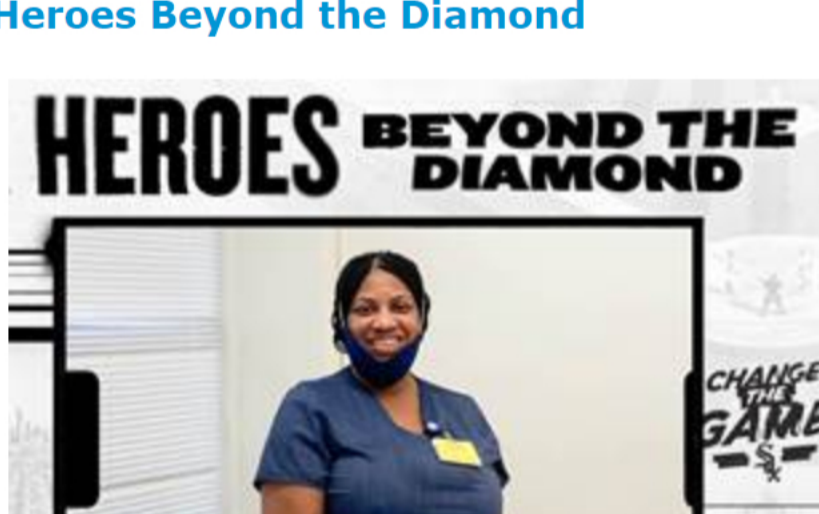
Affording diapers during normal times is a challenge for many families. Though essential, diapers are not covered by WIC or Food Stamps. Babies can use 6-10 diapers a day, adding up to be an extra expense of \$70-\$80 each month. COVID-19 has placed financial stressors on many families, hindering their ability to afford the diapers they need. With the recent temporary closures of retail stores in the community, the access to alternative options for purchasing diapers has been difficult. This month, La Rabida's staff is coming together to ensure that our patients and the families across the community have access to diapers through the La Rabida Cares Diaper Drive.

La Rabida has partnered with The True to Life Foundation to distribute donated diapers to our patients, as well as those in need across our community. The demand for diapers has increased so much, the True to Life Community Diaper Bank has transitioned from a once-a-month program to now once-a-week.

Through both monetary and diaper donations, La Rabida's staff are helping to support our community during these difficult times. We are thrilled to share that La Rabida will also be matching every donation, dollar for dollar, up to \$2,500.

It is because of the hearts of the La Rabida staff that we can continue making waves throughout our community.

Heroes Beyond the Diamond



La Rabida's very own Marilyn Clifton, Environmental Services Manager, was highlighted as a [Hero Beyond the Diamond](#) by our friends at the Chicago White Sox. Since the beginning of the COVID-19 crisis, Marilyn has gone above and beyond her normal duties to ensure that our patients, families, and staff are in a safe and sterile environment. By leading the hospital's sanitation efforts, Marilyn ensures that all who are at La Rabida during this unprecedented time are properly protected.

Congratulations, Marilyn! Thank you for your outstanding leadership and for keeping La Rabida healthy and safe.

CARES Act and Charitable Giving During COVID-19

As a response to the COVID-19 pandemic, Congress recently passed the Coronavirus Aid, Relief and Economic Security Act, also known as the CARES Act. Included in this stimulus bill are tax benefits to inspire charitable giving during these unprecedented times. With your support, we can continue providing the essential services and resources that our families depend on.

For Non-Itemizers: New \$300 Cash Contribution Deduction Available

Beginning in 2020, individuals who do not itemize their deductions (about 90% of all households) can claim a deduction for up to \$300 (possibly \$600 for a household filing jointly) in charitable giving. This new deduction (on top of the standard deduction) reduces a donor's adjusted gross income, resulting in a reduction of taxable income and tax savings.

For Itemizers: Higher Charitable Deduction Limits

Individuals who itemize are now able to deduct cash gifts of up to 100% (previously 60%) of their adjusted gross income, effectively eliminating their federal tax liability in 2020. This increase in gift deductions may be used to make new gifts or to prepay existing multi-year pledges.

It's important to note that the new charitable giving incentives only apply to cash donations made to public charities. Non-cash gifts (stock, real estate, or personal property) and gifts to donor-advised funds or private foundations will not benefit from these CARES Act provisions.

To support La Rabida, please consider [donating here](#).

La Rabida Children's Hospital Receives Continued Recognition of PCMH from NCQA



La Rabida Children's Hospital is pleased to announce that the Patient Centered Medical Home (PCMH) for Children with Special Healthcare Needs has again received recognition from The National Committee for Quality Assurance (NCQA). La Rabida was first awarded recognition from NCQA in 2011.

As the national quality standards consistently advance, La Rabida's PCMH has continued to evolve to ensure that it maintains the highest quality in clinical and care management services for its patients and families.

The Patient Centered Medical Home at La Rabida delivers comprehensive care that is family centered and holistically addresses each child's needs. By utilizing an interdisciplinary approach to care, La Rabida provides patients with access to not only primary care pediatricians, but also to care coordination services, support services and medical specialists. La Rabida's team of social workers, family advocacy specialists, nutritionists, and infant mental health and behavioral health therapists work in collaboration with the primary care pediatricians and medical specialists to ensure the child receives all the care that they need. This model allows La Rabida to provide services to children who are living with complex medical conditions, are dependent on medical technology, require rehabilitation services, or deal with challenges resulting from premature birth. These well-rounded care teams allow La Rabida to provide specialized primary care programs tailored to the specific needs of children living with medical complexities.

NCQA's continued recognition highlights the commitment of La Rabida's PCMH to providing expert-level care to our children and families.



2020 Golf Classic

La Rabida's Golf Classic has moved to a new month and date! As we continue to monitor the status of COVID-19 and stay updated on the directives from government and health authorities, the safety and wellbeing of our attendees remains our top priority. It is our goal to host the same event that you know and love, but with a new date and safety in mind.

On Tuesday, September 1, 2020, La Rabida Children's Hospital will tee up and host its 31st Annual Golf Classic at the beautiful Harborside International Golf Center. The Golf Classic is a fundraising event that invites golfers to come together for a great cause. The day will include 18 holes of golf on a championship style links course, a helicopter ball drop, auctions, contests, raffle prizes, golfer prizes, and more.

For more information about the Golf Classic, please visit larabida.org/golf-classic.

