



## A Message From the President & CEO on COVID-19



I want to take a moment to thank our dedicated staff as they have spent the past six months on the front lines, protecting the health of our children, their families and our community as we safely navigate COVID-19. I hope everyone in your household is safe, healthy and supported during this time of uncertainty.

Here at La Rabida we are continuously monitoring safety guidelines provided by local, state and federal agencies to insure the safest environment. Over the last six months we have taken a number of steps to ensure that our patients and their families receive the same high quality care and support that makes La Rabida the special place it is. When many of the restrictions began in March, our team reacted quickly and took a number of important steps:

- A mandatory mask mandate for all staff and visitors.
- Rigorous cleaning and sanitizing efforts in all areas of the hospital.
- A remote work policy for staff and a temporary suspension of the volunteer program to reduce traffic on campus.
- Transitioning 80% of outpatient visits to telehealth, ensuring patients still received the care they need.

- Launching the Well Being Initiative, reaching out to 3,250 La Rabida families to provide additional resources, including nutritional, medication, and caregiver support.

We are all committed to protecting ourselves and our loved ones against COVID-19. I thank everyone who has embraced frequent hand washing, avoiding touching your face, regular cleaning of surfaces and objects, staying home when sick, socially distancing and, of course, wearing a mask when in public.

I have also been inspired. I'm inspired by folks like you who continue to support our mission to improve the quality of life for children with complex medical conditions, disabilities and chronic illnesses. This inspiration gives me confidence that we'll get through this together and be stronger because of it.

Brenda Wolf  
President & CEO  
La Rabida Children's Hospital

## CAB's Back to School Drive

This back to school season may look different for many families, but La Rabida's Corporate Advisory Board (CAB) still wanted to find a way to help kids celebrate the start of a new year! CAB hosted a school supply drive to ensure our patients had all the tools they need to succeed.

Generous donors shopped directly from our Amazon Wishlist and others got creative by creating lemonade stands for donations and hosting shopping trips to show their support. Patients were able to pick up their backpacks full of supplies in a safe, socially distant manner as they came to the hospital for their appointments.

Thank you to everyone who contributed to this year's back to school supply drive!



## 2020 Heart of the Year



Congratulations to our 2020 Heart of the Year recipient, Dr. Izhar Qamar! Dr. Qamar has been a familiar face to our patients and staff at La Rabida for more than 20 years. He is known for providing amazing care to our patients and their families, always with a smile and an attentive ear for all around him. His spirit of collaboration, dedication to excellence, and support of his teammates is why La Rabida is celebrating Dr. Qamar.

La Rabida's Heart of the Year award is presented to a staff member who goes above and beyond in providing quality patient care, showcasing a positive attitude, and acts as a role model to those within the hospital.

## La Rabida's Unique Approach to Sickle Cell Care

Every September, La Rabida joins others around the country to recognize Sickle Cell Awareness Month and the lives impacted by this disorder. Sickle cell is a genetic disorder that affects red blood cells that deliver oxygen to the body. Those with sickle cell disease have blood cells that are formed in a curved, sickle shape. The sickle-shaped cells have difficulty passing through small blood vessels and can block blood flow, resulting in anemia, pain crises, and other complications.



La Rabida works one-on-one with families to determine the best treatment for their child. "We talk about how to manage pain at home, so they have a plan when a crisis comes. We discuss oral pain medications and how and when to use them. We also discuss non-pharmacological therapies which can include things like distraction therapies, deep breathing exercises, guided imagery, and warm baths. Sometimes despite the use of all of these tools, patients may require a higher acuity of care and we refer them to the emergency room" explained Dr. Radhika Peddinti, La Rabida's Pediatric Hematologist.

La Rabida takes a unique approach to caring for those with sickle cell by utilizing the medical home model. "We provide a patient's primary care and any social or financial support along with their hematology care," shared Tanisha Jones, La Rabida Sickle Cell Nurse Practitioner. We provide patients with access to care coordination services, support services, and medical specialists. La Rabida's team of social workers, family advocacy specialists, nutritionists, and therapists work in collaboration with their pediatricians and medical specialists to ensure the child receives all the care that they need.

Patients with sickle cell can still live happy, full lives with the proper management. Living with a complex medical condition like sickle cell can be difficult, but the dedicated team at La Rabida is here to help patients live life to its fullest. "Sickle cell is a really challenging and trying, but you can still live with sickle cell and accomplish all of your dreams," shared Tanisha.



## Yarilee's Scrapbook

Spending time inside the walls of a hospital is not something typically on a teenager's to-do list. Yarilee decided to make the most of her month-long stay on our inpatient unit by creating a scrapbook that highlighted all of her achievements and special moments while aboard the S.S. La Rabida.

13-year-old Yarilee was diagnosed with a severe case of scoliosis earlier this year. After undergoing surgery to correct the curvature in her spine, Yarilee required rehabilitative therapy. That is when she arrived at the Gem on the Lake.

At La Rabida, Yarilee received inpatient physical and occupational therapy. "During PT, we work on walking, different leg exercises, and walk up and down the stairs. My occupational therapist has been helping me learn how to get dressed, improve my balance, and stand on my own," shared Yarilee. "Therapy has allowed me to become more independent and helped me do the things that I could do before my surgery."



Yarilee shows off the finished book on her last day at La Rabida

Yarilee recognized that her time at La Rabida would leave a lasting impact on her life and was looking for a way to document it. That is why she created her very own La Rabida themed scrapbook. "I knew that coming here would be a life changing experience and I wanted a way to remember it. I wanted to have something to keep for memories and to look back on," explained Yarilee. Her scrapbook features photos with the child life specialists, from her time in therapy, and even her favorite memory at the hospital – baking funfetti cupcakes in the rehab kitchen with her occupational therapist. "I love arts and crafts. It's soothing and takes my mind off of things. This was the perfect way to spend my free time while here. Now I'll be able to look back at all of these memories."

Yarilee also used her creative side to showcase her gratitude. Before she was discharged, Yarilee surprised her care team with a thank you poster that she painted just for them. "I wanted to say thank you to all of the nurses and therapists for all of their help to get me stronger. They are my motivators and always made sure that I am safe and okay."

## La Rabida's 31st Annual Golf Classic

On September 1st golfers hit the links course for the 31st Annual Golf Classic! Despite the rain, attendees came out to support the children and families of La Rabida. This year's event would not have been possible without the generous support of our sponsors, donors and participants. A special thanks to our birdie and hole sponsors as well.





**LA RABIDA**  
CHILDREN'S HOSPITAL

6501 South Promontory Drive  
Chicago, Illinois 60649

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### You Can Help!

If COVID-19 has taught us anything, it is the power of community. With the support of our community, our team has been working around the clock to provide the services and resources that our families depend on while protecting both our patients and staff.

If you're able to support our mission, please consider donating by visiting [www.larabida.org/donate](http://www.larabida.org/donate).

## Friends of La Rabida Celebration



**THURSDAY, NOVEMBER 12**  
**7 P.M.**

Visit our website for more details: [www.larabida.org](http://www.larabida.org)

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Spirit of Children is dedicated to helping support children's hospitals across the country. This Halloween, Spirit of Children is giving back to La Rabida once again.

Spirit Halloween Superstores are offering a 10% off coupon between now and Halloween. The 10% you saved will be donated back to La Rabida's Child Life department. This offer is also available online. To redeem, use promo code **DONATE20** at check out.

