

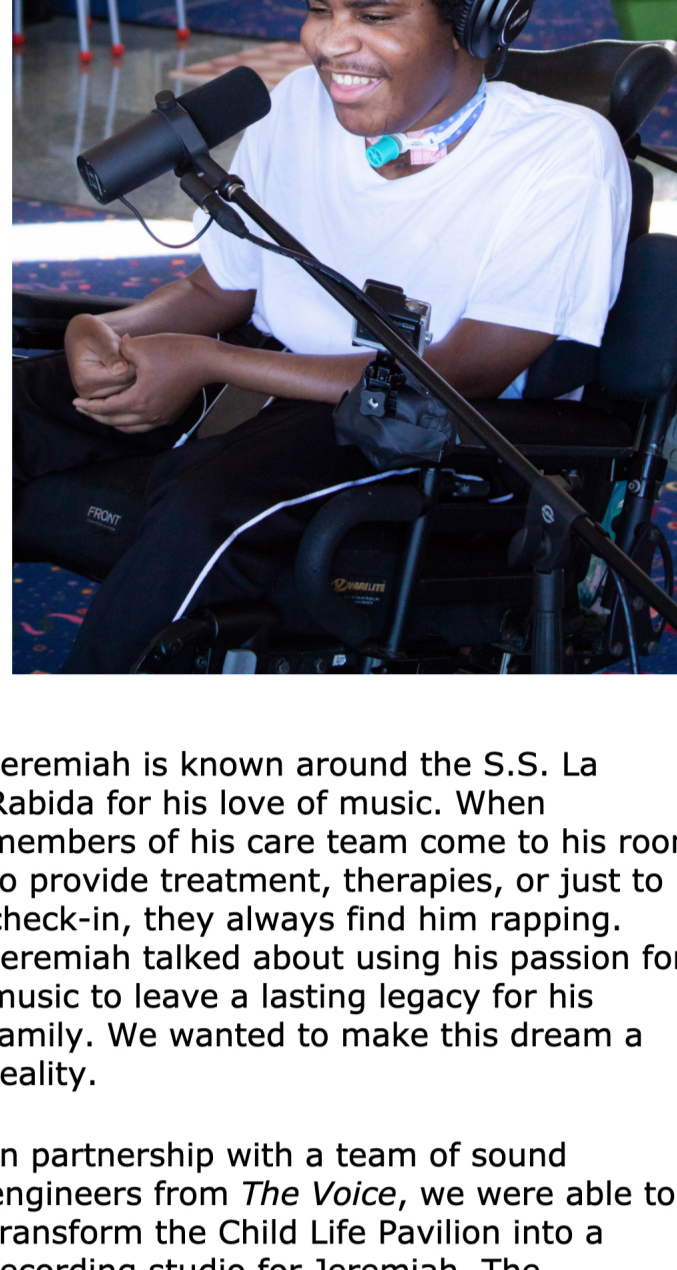


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## Meet Jeremiah



Jeremiah was diagnosed with Duchenne muscular dystrophy at five years old. As he has gotten older, his condition has continued to progress. Now 16, Jeremiah relies on a tracheostomy tube and ventilator to breathe and an electric wheelchair to remain mobile. Despite the challenges he faces, Jeremiah has not let his condition hold him back in his pursuit of becoming a rapper.

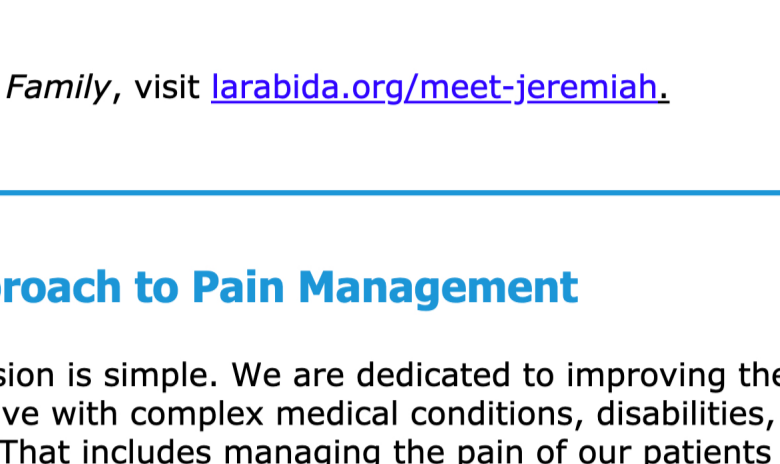
La Rabida's care teams work to integrate a patient's interests into their treatment. For Jeremiah, that meant incorporating his love for rapping into occupational therapy. "Occupational therapy is about enabling people to do the things that are important to them," explained La Rabida Occupational Therapist, Alan Minyard. "Jeremiah's main goal is to be a musician. From day one we have incorporated music into his daily occupations. I help him with the positioning, cardiovascular endurance, fine motor skills, memory, and executive functions that he needs to execute it." The treatment and therapies that Jeremiah receives at La Rabida have helped him garner the endurance and skills needed to rap for extended periods of time.

Jeremiah is known around the S.S. La Rabida for his love of music. When members of his care team come to his room to provide treatment, therapies, or just to check-in, they always find him rapping. Jeremiah talked about using his passion for music to leave a lasting legacy for his family. We wanted to make this dream a reality.

In partnership with a team of sound engineers from *The Voice*, we were able to transform the Child Life Pavilion into a recording studio for Jeremiah. The professional recording equipment was sent directly to the hospital and allowed the engineers to produce Jeremiah's debut single, *Family*, virtually.

"Other rappers talk about their feelings. They always talk about what they're going through. It made me think 'I'm going to start with my story,'" shared Jeremiah. "Through my music, I want to show the world what I can do. I want to tell people what I go through and tell them we are going through the same things."

To watch Jeremiah's story and hear his song, *Family*, visit [larabida.org/meet-jeremiah](http://larabida.org/meet-jeremiah).



## La Rabida's Unique Approach to Pain Management



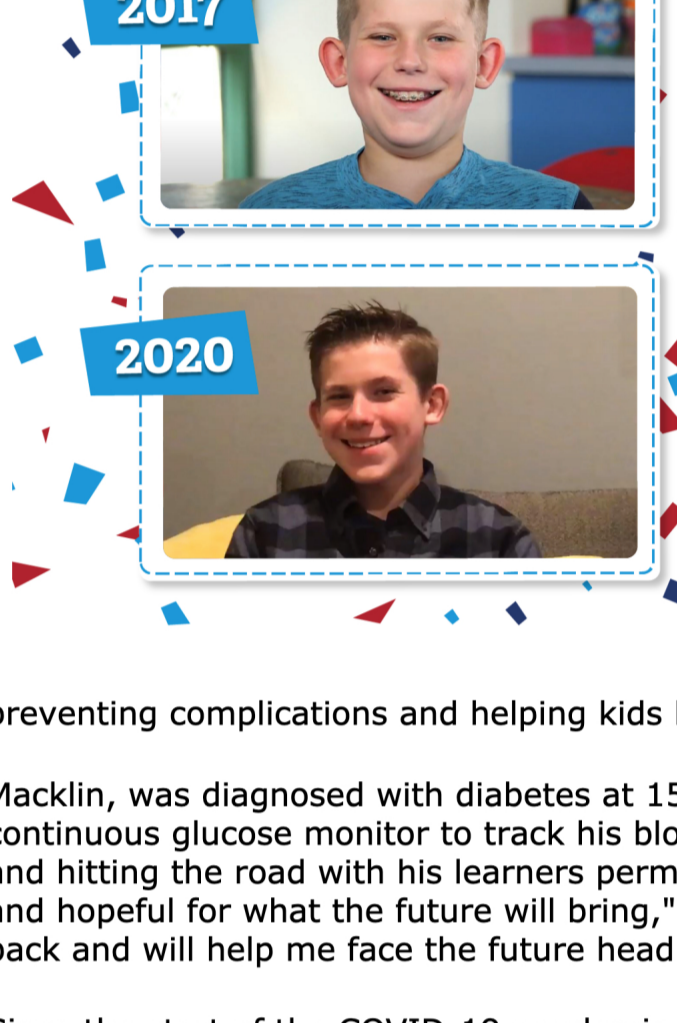
At La Rabida, our mission is simple. We are dedicated to improving the lives of children who live with complex medical conditions, disabilities, and chronic illnesses. That includes managing the pain of our patients while they're in the hospital. La Rabida's Pain Committee strives to address all of our patients' needs by acknowledging and treating pain in an appropriate manner.

"Pain is subjective and an individual's inability to verbally communicate doesn't mean he or she doesn't experience pain," explains Dr. Sarah Mitchell, Hospitalist at La Rabida Children's Hospital. "Suffering occurs when the pain becomes overwhelming and the patient may no longer feel in control of the experience." Our Pain Committee is made up of a team of physicians, nurses, child life specialists, phlebotomists, clinicians, and therapists who all work to provide patients with the tools they need to stay on top of pain management. This interdisciplinary team uses a variety of physical, psychological, and pharmacological interventions to help patients manage their pain.

Pain doesn't look or feel the same for every child, and it is essential that the course of action meets each patient's unique needs. "Pain comes in many different forms, all of which we see at La Rabida given the complexity of our patients," says Dr. Mitchell. "Pain may be classified according to its duration, type of pain receptor involved, or specific diagnosis. Each pain experience is unique to the patient and requires a tailored approach to best achieve relief and minimize the associated trauma."

From the time of admission, La Rabida's care teams work directly with our patients and their families to find a treatment plan that is best suited to the patient and their needs. "We empower parents to advocate on behalf of their child's well-being regarding pain and symptom management," shares Dr. Mitchell. "We hope to help our patients and families develop resilience and also improve the quality of life of our patients."

## National Diabetes Month



November is Diabetes Awareness Month, and as one of our core specialties, La Rabida delivers important care to thousands of patients and their families dealing with type 1 diabetes each year.

Type 1 diabetes, which accounts for about 5-10 percent of all diabetes cases in the U.S., is caused when the pancreas no longer produces insulin. Insulin is a hormone that lets the sugar in your blood enter your cells where it can be used for energy. Without insulin, the sugar will continue to build up in the bloodstream, damaging the body and leading to serious complications, including death if untreated. People with type 1 diabetes require artificial insulin, typically given with an injection or insulin pump.

La Rabida's diabetes education classes, paired with recent advancements in technology have allowed for huge gains in

preventing complications and helping kids be kids.

Macklin, was diagnosed with diabetes at 15 months old. Now 15, using an insulin pump and continuous glucose monitor to track his blood sugar in real-time, he is focused on high school and hitting the road with his learners permit. "The technology is amazing, it leaves me excited and hopeful for what the future will bring," said Macklin. "I know the team at La Rabida has my back and will help me face the future head on."

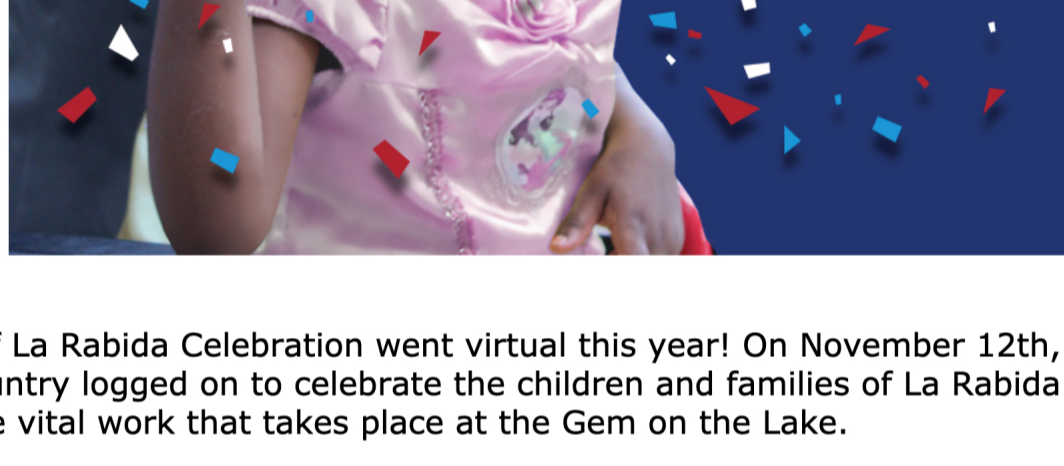
Since the start of the COVID-19 pandemic, La Rabida has worked hard to move many diabetes education, technology and nutritional classes online. These programs, now hosted via Zoom are offered regularly and focus on the patient, their family and caregivers, and occasionally staff and teachers from the child's school.

La Rabida also offers:

- **The ABC's of Diabetes:** Offered every other month, this 3-hour virtual class covers the basics of care, meal planning, insulin dosing, exercise, glucose checks, treating highs and lows, sick care and school care.
- **Intro to Insulin Pumps and Sensors:** Offered every other month, this hour long virtual class helps families and patients stay up to date on the rapidly changing technology that helps manage diabetes. The class outlines the types of insulin pumps and continuous glucose monitors available and what they can and cannot do to help manage diabetes.
- **School Nurse Conferences:** Typically held in the fall, La Rabida also offers classes to equip school health professionals with everything they need to know to help manage diabetes during the school day.

La Rabida's patients, parents, and caregivers recognize the education and work needed to balance, insulin, snacks, exercise, school, and technology to successfully manage this life-long disease. According to Macklin, "Sometimes I think I have more responsibilities than an adult!"

## 2020 Friends of La Rabida Virtual Celebration



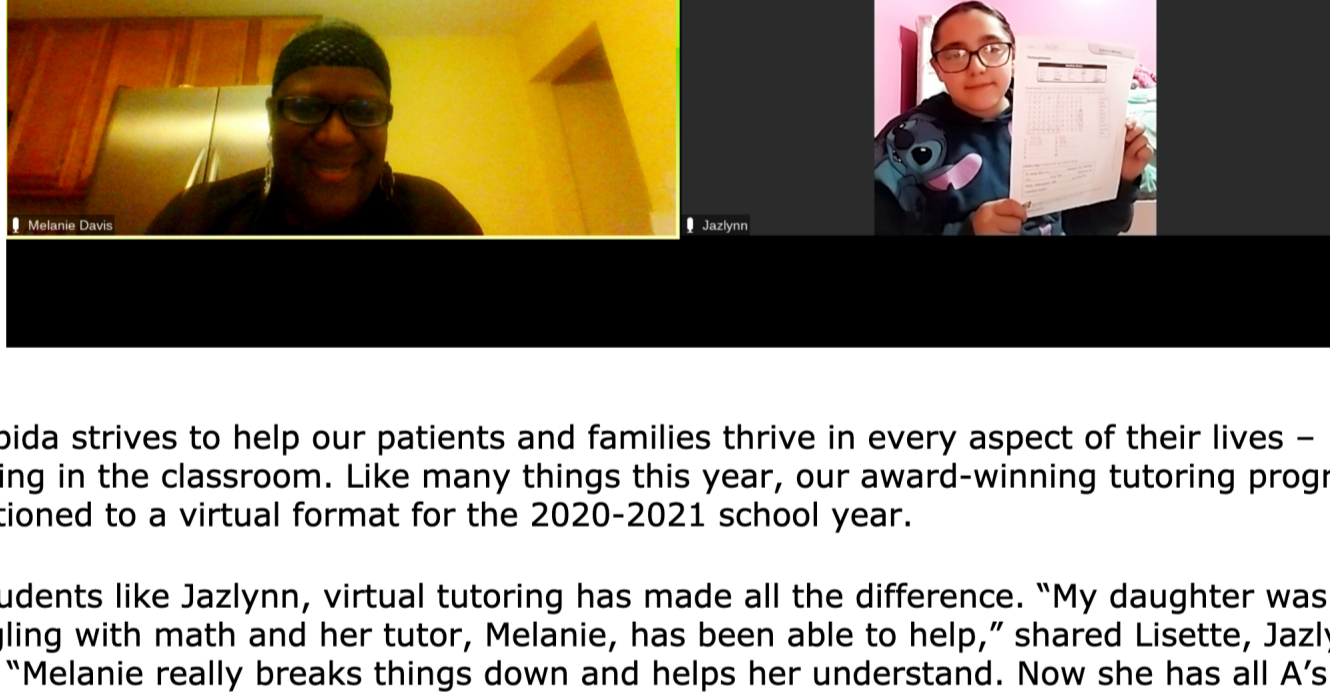
The Friends of La Rabida Celebration went virtual this year! On November 12th, friends from across the country logged on to celebrate the children and families of La Rabida while supporting the vital work that takes place at the Gem on the Lake.

Ravi Baichwal of ABC 7 Chicago was our host for the evening as we checked in on a couple of patients and families who were featured at past galas, took a behind-the-scenes look at how La Rabida's heroes overcame the challenges brought forth by COVID-19, and even helped make Jeremiah's dream of becoming a rapper come true. Attendees also heard from special guests including White Sox play-by-play announcer Jason Benetti, Senator Dick Durbin, and Chicago State University President Z Scott.

This year's virtual event would not have been possible without the support of our benefactors and sponsors. A special thank you to our host sponsors: Berglund Construction; The Joseph & Bessie Feinberg Foundation; Peggy & William Gann; Kutchins, Robbins & Diamond, Ltd.; and Dan & Susan Real.

It is because of the generous support of our attendees that we are able to continue providing the care our children and families depend on. Thank you for supporting La Rabida's mission!

## La Rabida's Tutoring Program Has Gone Virtual



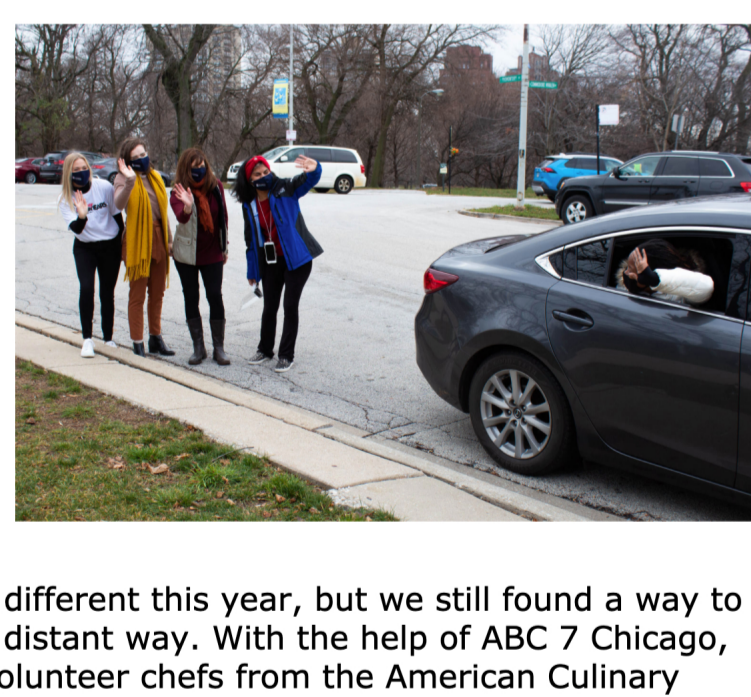
La Rabida strives to help our patients and families thrive in every aspect of their lives – including in the classroom. Like many things this year, our award-winning tutoring program transitioned to a virtual format for the 2020-2021 school year.

For students like Jazlynn, virtual tutoring has made all the difference. "My daughter was really struggling with math and her tutor, Melanie, has been able to help," shared Lisette, Jazlynn's mom. "Melanie really breaks things down and helps her understand. Now she has all A's and B's."

Jazlynn has been working one-on-one with Melanie for about a year. Even though the format has changed since they first started working together, Jazlynn and Melanie are still able to connect over Zoom to work on assignments. "We miss in-person tutoring, but virtual tutoring has been a really great alternative," said Lisette. "This program has been great. We are so appreciative"

By working together on a weekly basis, Melanie is able to provide consistent academic support to Jazlynn. "Virtual tutoring is flexible and allows students to work at their own pace. It can help students develop organizational, test taking and even time management skills," shared Melanie. "Students are receiving one-on-one support tailored to their academic needs. They can practice skills that might be challenging and learn strategies to help them become more successful."

## Happy Thanksgiving from the Gem on the Lake



Thanksgiving festivities may have looked a little different this year, but we still found a way to help our families celebrate in a safe and socially distant way. With the help of ABC 7 Chicago, La Rabida's Food Services team, and local and volunteer chefs from the American Culinary Federation, La Rabida hosted a drive-thru Thanksgiving Day celebration.

La Rabida families were invited to pick up boxed meals at the hospital to bring home and enjoy. The carefully crafted meals were filled with traditional Thanksgiving dishes including roast turkey, mashed potatoes and gravy, green beans, dressing, rolls, cranberry sauce, fruit and cheesecake for dessert. Our inpatient kids and families were also treated to the same festive dinner that they enjoyed in their cabins.

Thank you to all of our staff, volunteers, and sponsors for making this Thanksgiving Day celebration special for our families. While this year has been challenging, we are so thankful for all of the individuals who help make La Rabida a special place.

This year's festivities would not have been possible without our generous sponsors: American Culinary Federation, ABC 7 Chicago, The Walt Disney Company, Whittingham Meats, Testa Produce Inc, Eli's Cheesecake, Tzuco, Mid-America Club, Basic American Foods, Gonnella Bakery, PepsiCo, and All Occasions Balloons.

## LA RA IN THE NEWS



At the start of the pandemic, Zain - a patient with cerebral palsy at La Rabida - and her mom, Jozmin were concerned that the progress she had made through in-person physical therapy sessions would come to a screeching halt. Thanks to La Rabida's telehealth program, Zain was able to continue working with her physical therapist, Jenny, and even reach new milestones. "My daughter took her first steps — just based off of Jenny observing her through the virtual chat and giving me suggestions," Jozmin said. Hear their full story from WBEZ [here](http://wbez.com).

ABC 7 Chicago highlighted the drive-thru Thanksgiving Day Feast at La Rabida in their roundup of holiday community support efforts across Chicago. Check it out [here](http://abc7.com).

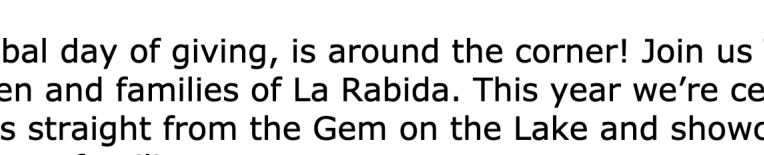


## How You Can Help Make the Holidays Special for Our Patients

Looking for a way to help support La Rabida this holiday season? Consider shopping our Amazon Wishlist. With over 90% of our patient population relying on Medicaid, we want to ensure that all of our families have the ability to celebrate the holidays with presents that make them feel special, and you have the power to help us do that. By visiting our Amazon Wishlist, you can ensure that each of our patients has a gift to open this holiday season.

Shop our Amazon Wishlist [here](http://amazon.com).

## Celebrate with La Rabida this Giving Tuesday



Giving Tuesday, the global day of giving, is around the corner! Join us Tuesday, December 1st in supporting the children and families of La Rabida. This year we're celebrating on social media by sharing stories straight from the Gem on the Lake and showcase how your support can make an impact on our families.

Follow us on Facebook, Twitter, Instagram, and LinkedIn!

