

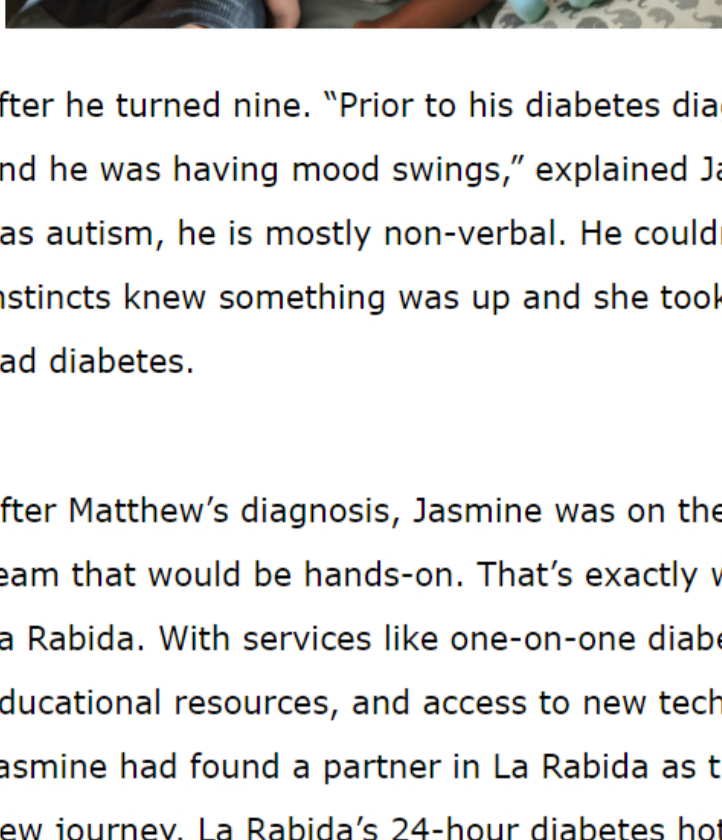


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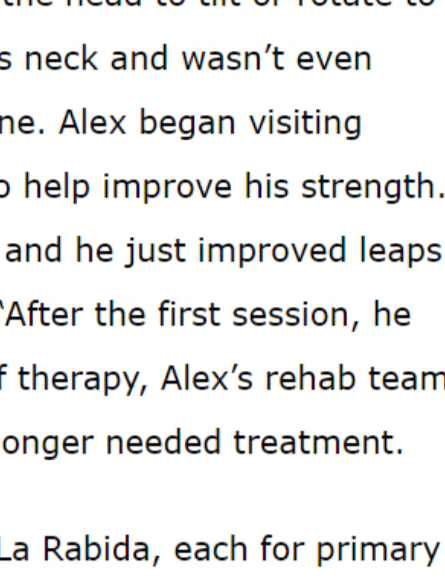
La Rabida as a One-Stop Shop – Family Receives Medical Care for Three Kids All Under One Roof



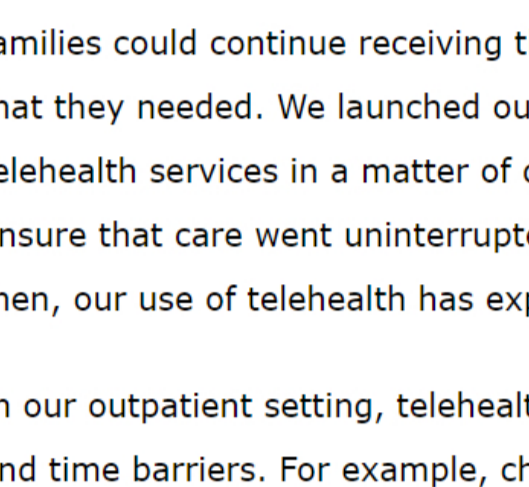
At La Rabida, we take pride in being a one-stop-shop for families. From developmental and rehabilitative therapies, specialized clinics, primary care services, among many others, we are able to give each child in the family the care they need to thrive. This is true for Matthew (15), Alex (3), and Lillian (1) who are all siblings that visit La Rabida, each for different reasons.

Matthew, the oldest sibling, was diagnosed with autism at one year old and type 1 diabetes right after he turned nine. "Prior to his diabetes diagnosis, we noticed that his behavior was changing, and he was having mood swings," explained Jasmine, mom to all three kids. "Because Matthew has autism, he is mostly non-verbal. He couldn't tell us what was wrong." Jasmine's motherly instincts knew something was up and she took him into the doctor where they learned Matthew had diabetes.

After Matthew's diagnosis, Jasmine was on the search for a care team that would be hands-on. That's exactly what she found in La Rabida. With services like one-on-one diabetes support, educational resources, and access to new technology, Matthew and Jasmine had found a partner in La Rabida as they began down this new journey. La Rabida's 24-hour diabetes hotline has also been a resource that gave Jasmine some peace of mind. "I appreciate that the team is always available. If we're at home and something happens at 10 o'clock at night, it's nice that we are able to call La Rabida and they can answer any of our questions. And we had a lot of questions, especially in the beginning," shares Jasmine.



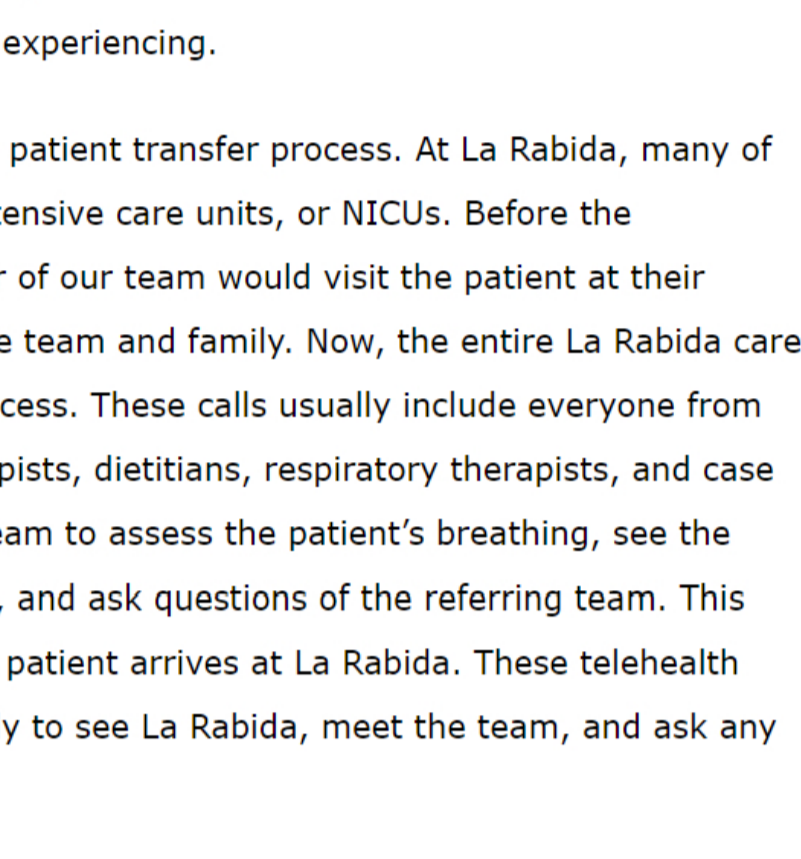
Matthew's younger brother, Alex, later came to La Rabida for rehab services. Shortly after Alex was born, he was diagnosed with torticollis, a condition that impacts the muscles in the neck and causes the head to tilt or rotate to the side. "Alex wasn't turning his neck and wasn't even attempting to crawl," said Jasmine. Alex began visiting La Rabida for physical therapy to help improve his strength. "We started going once a week, and he just improved leaps and bounds," recalled Jasmine. "After the first session, he started showing a lot of improvement." After around three months of therapy, Alex's rehab team noticed his mobility and strength had improved so much that he no longer needed treatment.



Today, Matthew, Alex, and their baby sister, Lillian, continue to visit La Rabida, each for primary care in addition to seeing Matthew's diabetes team. "It is so convenient to get everything we need all at the same place," shared Jasmine. "We love coming to La Rabida. Every time we visit, everyone is exceptionally nice to me and the kids. It's care that you can't get everywhere. It's so genuine."

How La Rabida's Use of Telehealth has Expanded

When the COVID-19 pandemic hit early last year and the world began shutting down, La Rabida quickly implemented the use of telehealth to ensure that our patients and families could continue receiving the care that they needed. We launched our telehealth services in a matter of days to ensure that care went uninterrupted. Since then, our use of telehealth has expanded, and we are now using the tool in a variety of ways.



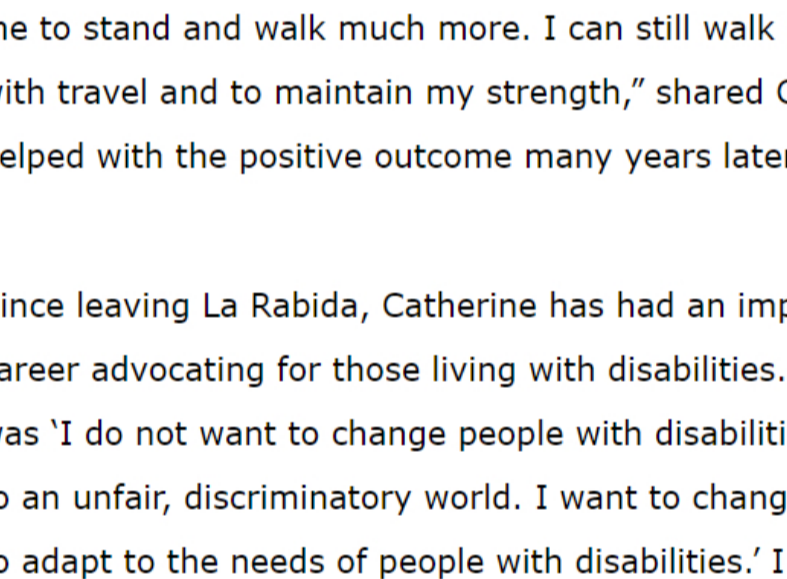
In our outpatient setting, telehealth has been a valuable resource for families who have travel and time barriers. For example, children who are seen in our Technology Dependent Clinic (TDC) are some of our more complex patients. Many of these kids have tracheostomy tubes and rely on ventilators, many must travel to the hospital via ambulance. Telehealth has allowed our families to connect with their care teams without having to pack up and travel to the hospital. Because telehealth appointments are conducted at home, families feel more comfortable and are often more open to sharing the things that they are experiencing.

Telehealth has also been transformative in our patient transfer process. At La Rabida, many of our inpatient kids come from area neonatal intensive care units, or NICUs. Before the implementation of telehealth, a single member of our team would visit the patient at their current hospital to meet with the referring care team and family. Now, the entire La Rabida care team can take part in the hospital transfer process. These calls usually include everyone from patient care administrators, hospitalists, therapists, dietitians, respiratory therapists, and case managers. This allows every member of our team to assess the patient's breathing, see the equipment they're using, look at their wounds, and ask questions of the referring team. This ensures our team is better prepared when the patient arrives at La Rabida. These telehealth handoff meetings also allow the patient's family to see La Rabida, meet the team, and ask any questions before they are transferred.

Our care teams have also been using telehealth to support our inpatient kids and avoid trips out to other hospitals with the use of our telehealth cart. This cart allows us to connect with specialists for video consultations and avoid bundling a child up and sending them out via ambulance with a nurse and respiratory therapist in tow. The cart can roll from room to room and is comprised of various components including a stethoscope, otoscope, and high-resolution dermatology camera that allow our team to do a complete physical exam. The team on the other end can see and hear everything in high definition. While this doesn't prevent every trip, many can be avoided with the help of this technology.

Our use of telehealth has drastically improved over the last year. We are now able to utilize the technology across the hospital to help our patients and families in a number of ways. La Rabida is grateful for The Coleman Foundation's generous support of all our telehealth initiatives.

Former La Rabida Patient Turned Her Experience Living with a Disability into Action



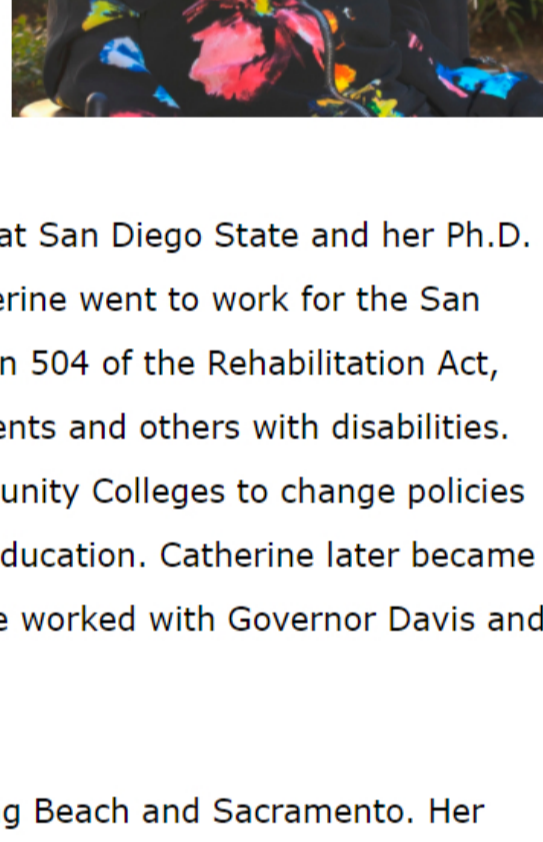
In our 125 years serving children and families across the Chicagoland area, we have touched the lives of hundreds of thousands of kids. Sometimes we are lucky enough to reconnect with former patients who are excited to share the impact that La Rabida had on their life.

Catherine Campisi was diagnosed with rheumatoid arthritis when she was 10 years old. "It was quite shocking for me to receive this diagnosis. For the first few years, I had periodic flare ups with high fevers and a great deal of pain. At one point, I became severely anemic and had to have a blood transfusion." Catherine came to La Rabida as an inpatient on several occasions, including spending the entirety of her senior year on our inpatient unit for intensive physical therapy.

When she thinks back on her time at La Rabida, Catherine recalls having an amazing experience working with Dr. Burton Grossman and Thelma Pendleton, PT. "One very memorable moment is when Dr. Grossman told me he thought I needed to start using a wheelchair. I was very resistant to the idea, but it was getting harder and harder for me to walk and distances were impossible. After his direction, I started using the wheelchair and found it truly liberated me. Although I did not want to hear it, his message gave me a life!" During Catherine's time at La Rabida, she made several friends and even got the chance to meet Prince Philip, the Duke of Edinburgh during one of his visits to Chicago.

Years later, in 1980, Catherine had both sets of knees and hips replaced. "The surgeries allowed me to stand and walk much more. I can still walk about 40 feet unassisted which has helped a lot to travel and to maintain my strength," shared Catherine. "I think the intense PT at La Rabida helped with the positive outcome many years later."

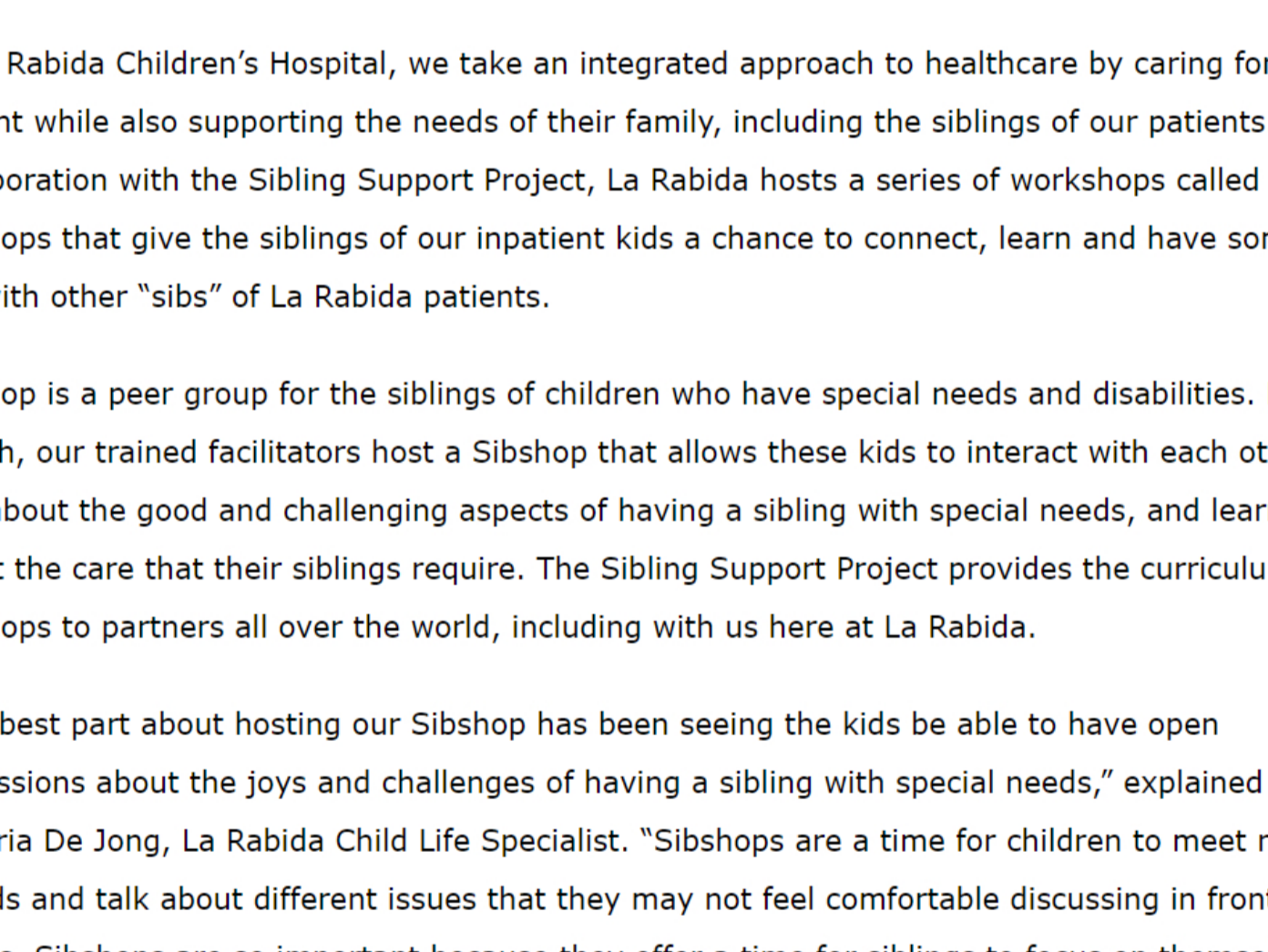
Since leaving La Rabida, Catherine has had an impressive career advocating for those living with disabilities. "My motto was 'I do not want to change people with disabilities to adapt to an unfair, discriminatory world. I want to change the world to adapt to the needs of people with disabilities.' I carried that motto for decades and still do in my volunteer work after retirement."



Catherine studied psychology at Southern Illinois University where she said she started to form a positive identity as a person with a disability. She then went on to get her Master's at San Diego State and her Ph.D. from the University of Missouri. After completing school, Catherine went to work for the San Diego Community College District helping to implement Section 504 of the Rehabilitation Act, which called for a variety of services and accessibility for students and others with disabilities. She then went to work for Chancellor's Office at the CA Community Colleges to change policies and develop programs for students with disabilities in higher education. Catherine later became the Director of the CA Department of Rehabilitation, where she worked with Governor Davis and Governor Schwarzenegger.

Catherine is now 73, married, and splits her time between Long Beach and Sacramento. Her husband, Ralph, is an attorney and has been blind nearly his whole life. Pre-pandemic, they loved to travel together – visiting places like Europe, New Zealand, South Africa, Fiji.

Supporting the Siblings of La Rabida Patients



At La Rabida Children's Hospital, we take an integrated approach to healthcare by caring for the patient while also supporting the needs of their family, including the siblings of our patients. In collaboration with the Sibling Support Project, La Rabida hosts a series of workshops called Sibshops that give the siblings of our inpatient kids a chance to connect, learn and have some fun with other "sibs" of La Rabida patients.

Sibshop is a peer group for the siblings of children who have special needs and disabilities. Each month, our trained facilitators host a Sibshop that allows these kids to interact with each other, talk about the good and challenging aspects of having a sibling with special needs, and learn about the care that their siblings require. The Sibling Support Project provides the curriculum for Sibshops to partners all over the world, including with us here at La Rabida.

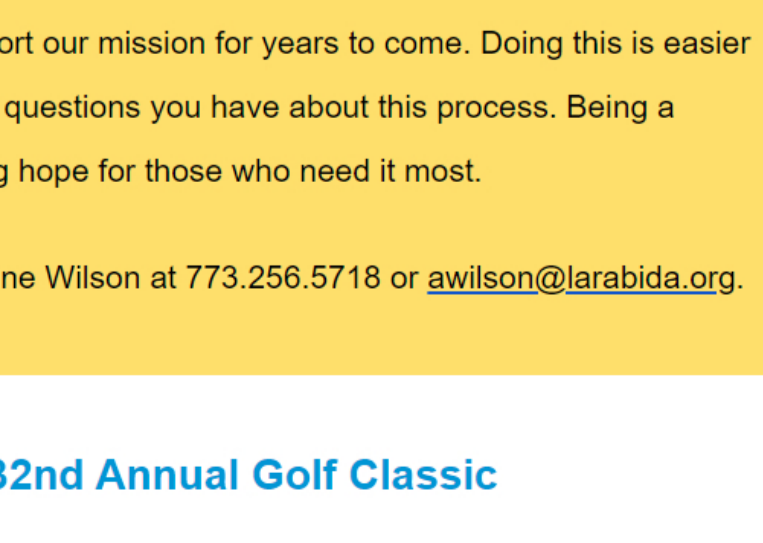
"The best part about hosting our Sibshop has been seeing the kids be able to have open discussions about the joys and challenges of having a sibling with special needs," explained Viktoria De Jong, La Rabida Child Life Specialist. "Sibshops are a time for children to meet new friends and talk about different issues that they may not feel comfortable discussing in front of others. Sibshops are so important because they offer a time for siblings to focus on themselves and above all, to have fun with other children they can relate to."

Typically, Sibshops are conducted in person and consist of gross motor activities and team building exercises. Due to COVID-19, our Sibshops have been virtual for the last year. "I have been able to continue meeting with the siblings of our patients virtually and have incorporated engaging activities that can be done virtually to keep our kids connected," shared Viktoria.

Sibshops are for the 8 to 13-year-old siblings of any patients with special developmental needs or other health concerns. Our Sibshops are taking a break for the summer and will begin again this fall. If you have a question about a sibling's eligibility, please reach out to Viktoria de Jong at 773-256-5749 for more information.

Dr. David Soglin Recognized by American Academy of Pediatrics

Dr. David Soglin, La Rabida's Chief Medical Officer, was recently presented with the Special Achievement Award from the American Academy of Pediatrics for his leadership and advocacy throughout the course of the COVID-19 pandemic. The Special Achievement Award is given to individuals who have dedicated their work to improving the health of children in their state. Dr. Soglin worked closely with pediatricians, educators, and school administrators to determine how to safely reopen schools and protect kids from COVID-19.



Congratulations, Dr. Soglin! Thank you for all that you do to help not only our patients here at La Rabida, but kids across the state of Illinois.

Take Part in CAB's Steps Challenge



Make your steps count this spring during La Rabida's Corporate Advisory Board's (CAB) first ever Steps Challenge. Simply move, track your steps, and fundraise for children with complex medical conditions. The 3-week challenge began on Sunday, May 23rd and ends on Sunday, June 13th. You can sign up now or anytime during the challenge to participate. Click [here](#) for more information.

Plan Today for a Brighter Tomorrow

There are so many ways to make a difference to children in need. One way is to become a member of the La Rabida Legacy Society, which impacts the lives of future generations. By leaving La Rabida in your will, you will join a dedicated group committed to the health and wellbeing of thousands of children. This thoughtful gift won't affect your lifestyle, but it will support our mission for years to come. Doing this is easier than you might think, and we are happy to answer any questions you have about this process. Being a member of the Legacy Society means you are inspiring hope for those who need it most.

If you're interested in learning more, please contact Anne Wilson at 773.256.5718 or awilson@larabida.org.

Join us for La Rabida's 32nd Annual Golf Classic

REGISTRATION IS OPEN! Join us Monday, August 2nd, 2021 at Harborside International Golf Center as we tee up for La Rabida's 32nd Annual Golf Classic. Registration and early bird specials are now open to golfers. Come out and hit the links while supporting the children and families of La Rabida. Please visit larabida.org/golf-classic for more information.