

## Sunny Summer Days at La Rabida

### The Joy of a Canine Cuddle



Therapy dogs offer unconditional love, companionship, and comfort to children. The presence of a friendly dog can create a positive and soothing environment. Those that visit La Rabida provide our patients with emotional support, distraction, entertainment, physical and cognitive stimulation, social interaction, and stress reduction.

Interacting with therapy dogs can serve as a welcome distraction from the medical procedures, discomfort, and anxiety associated with a clinic visit or hospital stay. Playing, petting, and engaging with a dog helps patients focus on something enjoyable, lifting their spirits and improving their overall well-being.

In addition to the emotional and social support they provide, therapy dogs can motivate our patients to engage in physical activities such as walking, throwing a ball, or brushing the dog, which can promote mobility, coordination, and exercise.

Recently, our furry friend, Maddie, helped motivate and support Henry to walk down the hallway on our inpatient unit. With the assistance of his physical therapists, Henry continues to rebuild his strength. During his walk, he held the dog leash the entire time and loved the experience.

Some of the dogs that visit La Rabida are part of a partnership we have with the Cook County Sheriff's Office. Over the past year, the Sheriff's Office has brought therapy

dogs to La Rabida's outpatient unit every Tuesday, providing positive distractions to patients as they navigate their physician visits and therapy sessions.

Additionally, Jamie Kreisman, who has been a nurse in our employee health department for almost two years after nursing on our inpatient unit for six years, recently started bringing her 3-year-old therapy dog, Maddie, to visit with patients through the Rainbow Dogs program. "I loved being a pediatric nurse and I love dogs," says Jamie. "I wanted to bring those worlds together after seeing the smiles therapy dogs brought to patients' faces." Every Monday either Maddie, or her friend Fonzi, come to share their love and do tricks for patients.

Not only do these amazing pets support our patients, but they also offer invaluable comfort to our staff. Especially after the world started to emerge again after the COVID pandemic.

### Nutrition Education



At La Rabida, we provide care and support to the entire patient family. A big part of what we do is educating parents and caregivers about how to care for their child and practice therapies at home, as well as navigate everyday life living with the child's diagnoses.

It's no secret that good nutrition leads to better health outcomes, which is why we love it when the folks from Just Roots Chicago come to visit! Every other week, its Fresh Food Farmacy comes to La Rabida to provide patients and their families with freshly harvested produce from its farms, paired with cooking demonstrations, nutrition guides, health and wellness classes, and more.

Additionally, once a month, Chef Shawana from Common Threads offers cooking demonstrations designed to help kids and families better understand the connection between nutrition and health outcomes. She shares skills and resources to help them learn to use healthier foods with simple recipes.

### Donations Make the Magic Happen




So much of what makes La Rabida special wouldn't be possible without the generous contributions and donations we receive from our supporters. They help provide all the things that are not covered by Medicaid or private insurance (more than 90% of our patients are insured through Medicaid). This month, our friends at Bookwallah delivered 500 books to La Rabida. Patients, families, and volunteers will find these books all over the hospital in Magic Crates decorated by our patients. Bookwallah has donated more than 1000 books to La Rabida since we first partnered with them in 2019.

**Want to be part of the magic? Visit our Amazon Wish List to support our school supply drive.**

## Back to School Supply Drive

**July 5 - Aug. 9**

La Rabida's Corporate Advisory Board (CAB) is hosting a **back to school supply drive** and we need your support! Help make sure our patients and their siblings have a great start to the school year with new supplies!



LA RABIDA CHILDREN'S HOSPITAL

### Celebration Time

#### Happy 4th of July

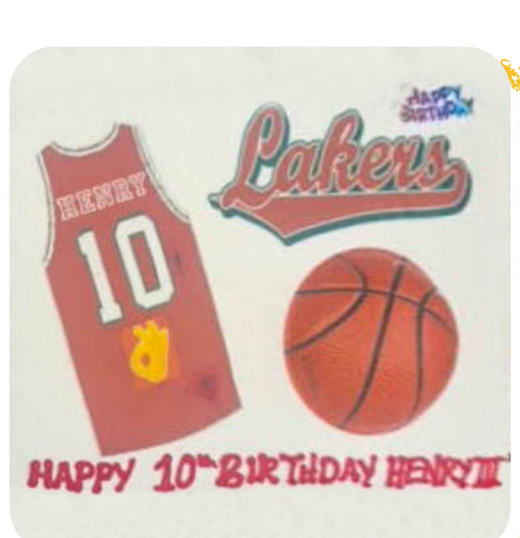


Our patients Chaya and Cashtyn decked out in red, white and blue for 4th of July.

#### Happy Birthday



Henry celebrated his 10th birthday earlier this month with a party, surrounded by family and fun.



## Help Us Help Our Kids

At La Rabida Children's Hospital, our mission is simple: we're dedicated to improving the quality of life for each of our patients who live with complex conditions, disabilities, and chronic illnesses. Children don't choose their circumstances, and we never let those circumstances impact the care children receive. We treat patients regardless of their family's financial circumstances. We are able to do this because of the support of individuals like you.

Help support our mission today by visiting [larabida.org/donate](http://larabida.org/donate).

DONATE TODAY

### Save the Date: 2023 Friends of La Rabida Awards Celebration



## FRIENDS OF LA RABIDA AWARDS CELEBRATION

November 16, 2023 • The Ritz-Carlton, Chicago

Honoring  
Ariel Investments  
Alvin H. Baum Family Fund