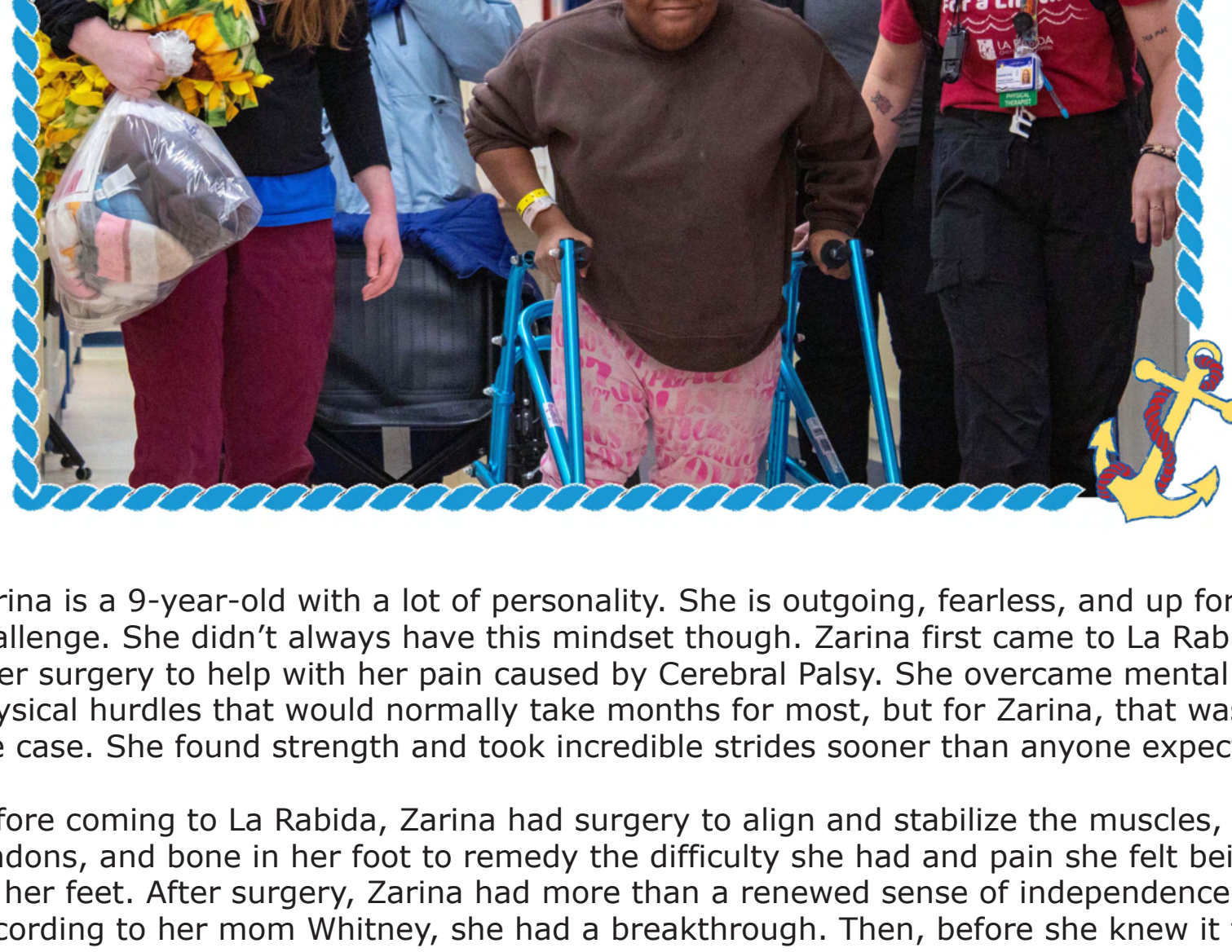


## Meet Zarina, CHEF Leadership Award, and More!

### Patient Updates

#### Meet Zarina: Strength and Courage, Every Step of the Way



Zarina is a 9-year-old with a lot of personality. She is outgoing, fearless, and up for any challenge. She didn't always have this mindset though. Zarina first came to La Rabida after surgery to help with her pain caused by Cerebral Palsy. She overcame mental and physical hurdles that would normally take months for most, but for Zarina, that wasn't the case. She found strength and took incredible strides sooner than anyone expected.

Before coming to La Rabida, Zarina had surgery to align and stabilize the muscles, tendons, and bone in her foot to remedy the difficulty she had and pain she felt being on her feet. After surgery, Zarina had more than a renewed sense of independence. According to her mom Whitney, she had a breakthrough. Then, before she knew it the work she was doing with her rehabilitation team paid off. Within two weeks, she strengthened her muscles and had stronger motor skills than before surgery. Zarina has something no one can take away from her – a new burst of confidence and courage. This new part of her personality appeared in part thanks to the care from, and genuine bonds with, La Rabida nurses, therapists, and staff who stood with her every step of the way.

[Read more about Zarina's journey here!](#)

### La Rabida News

#### National Committee for Quality Assurance Recognition: Patient-Centered Medical Home



We are incredibly proud to say, for the 11th consecutive year, La Rabida continues to maintain our Patient-Centered Medical Home recognition through the National Committee for Quality Assurance!

Maintaining this recognition reaffirms our commitment to putting our patients at the forefront of care, continuing to our patient-centered approach to care and ongoing quality improvement. As part of maintaining PCMH recognition, La Rabida must undergo an annual review and provide data and documentation covering the six PCMH concepts:

- Team-Based Care and Practice
- Knowing and Managing Patients
- Patient-Centered Access and Continuity
- Care Management and Support
- Care Coordination and Care Transitions
- Performance Measurement and Quality Improvement

By maintaining our PCMH recognition, La Rabida continues to build better relationships with our patients, enhance outpatient care quality, and improve patient experience and satisfaction, all while reducing health care costs. Our PCMH model delivers care that is family-centered, comprehensive, team-driven, and holistic.

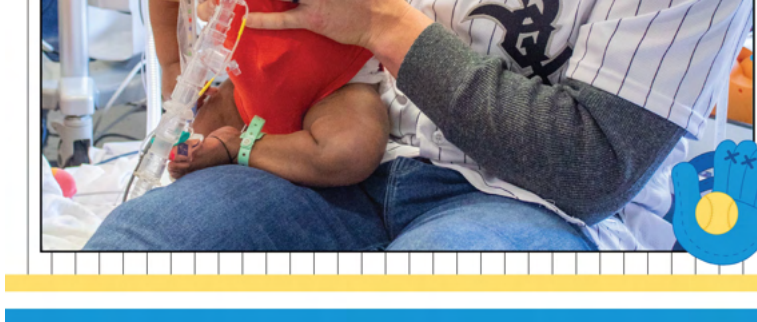
#### La Rabida Behavioral Health Earns Esteemed CHEF Leadership Award



Our Behavioral Health & Community Programs team recently received the **Chicago Health Executives Forum (CHEF) Community Leadership Award** for working to bridge the gap in the fragmentation of care and delivery of services, and promoting education as a measure to strengthen communities. This team is making a profound impact throughout Cook County by offering critical mental health services to children affected by trauma. They provide high quality, trauma-informed care that meets the developmental and emotional needs of vulnerable children across five specialized programs. We are grateful for their dedication to providing care and services to our patients and community and proud of their well-deserved recognition.



#### Chicago White Sox and Andrew Vaughn Return to La Rabida



What an incredible visit from our fellow Southsiders, the Chicago White Sox and first baseman Andrew Vaughn, who knocked it out of the park with our annual opening day celebration! Vaughn and his wife Lexi visited La Rabida for the second year in a row to help kick off this season and get everyone geared up for opening day. As long-time supporters of our mission, we wish the White Sox and Vaughn the best of luck this season! GO SOX!

#### Giving Food Insecurities a Shelf Life

It started as an initial donation of some non-perishable items. Within two years, the La Rabida food pantry runs barren quickly – but not for lack of support. Many families who come to us for our medical care are also trying to keep their children nourished. At La Rabida, we have two food pantries, in the outpatient lobby and inpatient family room to help our families find their next meal. And, in just the last two years, our food pantries have served **818 families including 3,605 adults and children.**



Christina Linboom, Program Director for Inpatient Care Management and Outpatient Care Coordination Programs & Social Work says, serving our families is more than just medical care.

"This is an extension of who we are, what we do, we care. We can provide more than just health services."

Linboom says worrying about basic needs can be a reason a family may not make it to the child's appointment. Our team is always looking for more ways to support our families beyond just their health care, and this is just one way we help lighten their load, even if it's just a little bit.

*Thanks to the Dunkin' Joy in Childhood Foundation for helping support a portion of costs to replenish the food pantries*

### Support Our Mission

#### Then and Now: Roberta Cronwall

She can only describe it as being on "death's door" fighting rheumatic fever draining all her strength. Roberta Cronwall recalls the day she came to La Rabida as an 11-year-old girl, very sick, contagious, and in the beginning stages of kidney failure.



Roberta's four-month stay started out in isolation with two other girls in a three-bed hospital room and was an uphill climb to recovery. At La Rabida Roberta got the medical care she needed, including daily penicillin shots, blood transfusions, and an aspirin regimen. Even with all the pain and discomfort, she eventually adapted to the level of care her team provided.

Roberta also fondly remembers Mrs. Casey, a social worker who made her feel a bit more at ease when she had to get blood transfusions. Roberta says she recalls Mrs. Casey's kindness and patience when explaining the process of the procedure.

First on strict bedrest, then only able to be active an hour at a time, Roberta says the best part of getting back on her two feet was when Dr. Diamond finally gave her permission to be fully active again. From reading and movie nights to taking in the lake and harbor views, Roberta says La Rabida became like home.

"They saved my life. If I didn't get there when I did, I wouldn't have made it."

Roberta is a married and has a daughter and a granddaughter, both of whom are nurses. She is retired from Little Company of Mary Hospital as a billing administrator. The vivid memory of her time at La Rabida is a reminder of not just her own determination, but also those who she still believes saved her life. She says it's important to her to support La Rabida, so it is always here for children who need it of special care and comfort, as she sought out many years ago.

Are you a former La Rabida patient or family? We'd love to hear from you. You can reach out to us at [publicrelations@larabida.org](mailto:publicrelations@larabida.org) any time.

**SAVE THE DATE**

**LA RABIDA'S 36TH ANNUAL GOLF CLASSIC**

**AUGUST 4, 2025**

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CHICAGO, IL 60628

Make plans to join us **FORE** a great day of golf to support our amazing kids and families. Sponsorship opportunities and general registration information to come.

For more information, contact Michele Wysoglad at 773.753.9606 or [mwysoglad@larabida.org](mailto:mwysoglad@larabida.org).

### Life at La Rabida

Love seeing photos from La Rabida? We've created a new [Flickr album](#) so we can share even more special moments with you. Take a look at what's been happening so far in 2025, and come back regularly for new photos, too!



#### Connect With Us

