

You are part of these exciting stories at Children's

In my role with Children's Foundation, I am fortunate to encounter people every day who are grateful for Children's expertise and who have been touched by the care and kindness of its professional staff. The stories are uplifting, inspiring, and motivating.

And you make them possible.

As a donor to Children's, you play an indispensable role in supporting the programs that are making a difference in the lives of children and their families.

You support programs like Children's Integrative Medicine — a national leader and one that gives parents innovative and effective options as they seek to give their children the best, most comprehensive care possible.

You support Children's Teen Age Medical Services, which plays a critical role in the health and well-being of our community's adolescents and teens.

And you support Children's long-term follow-up clinic, which ensures the care and expertise extended to preemies and their families does not end when they are discharged from the neonatal intensive care unit.

From these vital programs to Children's leadership in educating the community about H1N1 online (www.childrensmn.org/flu) and in the media, to the exciting expansion of our Minneapolis and St. Paul campuses, your support is at the foundation of Children's ability to deliver next generation care.

On behalf of the patients and families who have benefitted from your contributions, thank you for your generosity.

Theresa Pesch, RN
Executive Director of Children's Foundation
Vice President of Development



Ryan Weness and Crunch from the Minnesota Timberwolves in the private patient room prototype at the Mall of America

Giving children a better place to heal, one room at a time

Any family with a Children's story understands the stress of having a sick child. That stress only grows when a family is asked to share a hospital room or watch their child in a ward or bay setting. The frequent moves and lack of privacy add even more stress.



The Fill a Room with Care program has a goal of funding private patient rooms which will eliminate much of that stress by allowing families to stay together during their entire stay with less frequent moves and more privacy.

For more information on how you can "Fill a Room with Care," please call (651) 855-2800 or visit www.fillaroomwithcare.org.

The Fill a Room with Care program was introduced at a Sept. 26 event at the Mall of America. At the event, an anonymous donor pledged \$1 million to match gifts to the program. At right, Jack, Molly, and Clare Robinson.



Constellation of Caring

The Foundation of Children's Hospitals and Clinics of Minnesota Fall 2009



Inside, read about how you've touched the lives of children and families in our community.

Children's
Hospitals and Clinics
of Minnesota

Delivering Next Generation Care

One-of-a-kind service provides much needed care for adolescents

Emily Scribner-O'Pray isn't sure where teenagers would go for help if Children's Teen Age Medical Services (TAMS) didn't exist. Fortunately, for the last 40 years, due in large part to the generosity of donors, it has been a question that hasn't required an answer.

"We offer care to adolescents regardless of their insurance status or ability to pay," said Scribner-O'Pray, community services supervisor for TAMS, the adolescent outpatient program of Children's Hospitals and Clinics of Minnesota. "The teen-specific nature of our clinic also offers the confidentiality and trust that are critical elements of effective adolescent health."

The program, which is funded almost exclusively through the generosity of individual and foundation donors, offers services including general and acute medical care, reproductive care, nutrition and mental health counseling, health education, outreach services, and peer education.



Julia Bailey (front) and the TAMS peer educators

Making a comfortable connection

"I like being able to help kids and my peers understand important information about issues like adolescent health," said Julia Bailey, 17, one of 18

peer educators with TAMS who provide both one-on-one counseling and classroom presentations in junior high and high schools.

"When we talk to kids, they're always smiling, laughing, and engaged in the conversation. They're more comfortable and more likely to talk to us about these issues than to an adult," Bailey added.

The peer educators are just one reason the program, which is located in a house one-half block north of Children's - Minneapolis, is able to connect with adolescents who are considered hard to reach.

"We have a very comfortable atmosphere," Scribner-O'Pray said. "Many kids who come to us view us as their primary care provider and we become like family to them."

95 percent of patients in poverty

The program, which is celebrating its 40th anniversary in 2009, is believed to be the only adolescent clinic in the country with a hospital affiliation — a distinction that enhances its effectiveness.

"In the process of helping a teen with the issue they came to see us about, we may discover other issues — things like an unhealthy relationship or another medical condition," Scribner-O'Pray said. "In those cases, we can bring in a social worker or medical specialist to help them get the comprehensive care they need."

Without TAMS it is unclear where, if anywhere, these adolescents would receive the care and attention they need. More than 95 percent of the 2,000 adolescents the program serves annually are below 200 percent of the poverty level.

"I don't think kids would know where to go if it wasn't for TAMS," said Bailey, a senior at Minneapolis Southwest high school. "Beyond even the financial issues, we talk about subjects that are pretty taboo, so I suppose they would just go to their friends. And that's where a lot of problems arise."

Integrative medicine provides welcome options for patients, parents

Fourteen-year-old Karly Theroux is like most patients undergoing chemotherapy: she is often tired, sore, and nauseated.

But because she is at Children's while undergoing treatment for rhabdomyosarcoma, a cancerous tumor that originates in the soft tissues of the body, Karly is actively addressing those symptoms.

Following her chemotherapy treatments, Karly also receives massages at Children's Integrative Medicine department.

"The first time Karly received a massage at Children's was a few days after she had surgery and she was really sore and very stiff," recalled Karen Theroux, Karly's mother. "But after getting the massage, it was instantly gone — there was no pain or anything. It was amazing what it did for her. It's made just a huge difference."

The largest pediatric program in North America

Integrative Medicine is an approach that draws on a variety of healing traditions, blending the best of conventional and complementary therapies, including massage, aromatherapy, mind/body skills, healing touch, acupuncture/acupressure, biofeedback, psychotherapy, energy therapies, and herbals and botanicals.

"Studies show that anywhere between 50 and 85 percent of kids with a chronic illness report using complementary



Aroma therapy treatment session



Massage therapy session at Children's

medicine, so it's very clear that parents want this kind of medicine for their kids," said Tim Culbert, MD, medical director of Children's Integrative Medicine.

Children's integrative medicine program, which is made possible through the generosity of donors, offers the largest, longest-running pediatric, clinical integrative medicine program in North America. It is the only comprehensive pediatric inpatient integrative medicine consult service of its kind.

High satisfaction

Culbert said the program's success at seamlessly complementing the conventional care offered at Children's is one of the reasons why it has received such high marks from parents.

"Parents really appreciate that we combine the best of conventional care with the best of complementary care," Culbert said. "And because we're well grounded and very safe in what we do with conventional care at Children's, they feel very good about our complementary role in their child's care."

Complementary and alternative medicines offer less invasive options and work to facilitate the body's own natural healing properties. The self-care aspect of many therapies is customized for each patient and allows children to be a more active participant in their own health and wellness.

"The chemo treatments are pretty rough," said Karly, who will soon add aromatherapy to her integrative medicine treatments. "But the massages help me to move better and help me relax. I haven't thrown up as much because of it. It really, really helps me a lot."

Long-term follow-up clinic extends Children's care to NICU patients

Last January, after spending almost five months in the Children's - Minneapolis neonatal intensive care unit (NICU) following the birth of her daughter, Machaela, at 24 weeks gestation, Marleen Meyer was thrilled to bring Machaela home.

But issues with Machaela's digestive tract and eyes made for a trying transition to her new home. "After receiving such great care at Children's, it was frustrating to not know what issues were affecting Machaela," recalled Meyer. "So I called the NICU and they didn't hesitate — they told us to come in and they welcomed us with open arms. I felt like I was home again."

Today, 13-month-old Machaela, who weighed less than a pound at birth, is doing well and Marleen and her husband, Jeff, are grateful that Children's care does not end when its patients leave the hospital.

Clinic follows development of at-risk preemies

Children's invites all infants born at less than 27 weeks gestational age, those who weighed less than 1,000 grams at birth, or those who had complex medical conditions to participate in the long-term follow-up clinic.

The clinic offers its services without charge to the more than 700 patients it sees each year. Its multidisciplinary team coordinates care, conducts developmental testing and physical assessments, and develops personalized development plans for each child.

"The children invited to take part in the long-term follow-up clinic, because of the circumstances of their birth, are at risk for developmental delays and other health issues," explains Lois Gilmore, RN, the program's coordinator. "If a developmental delay presents itself, we refer them to early intervention programs at school or specialists, including those at Children's."

The clinic, which is supported in large part by philanthropy, typically performs developmental testing annually beginning at age one and, depending on the child's health and development, continuing through a pre-school screening around age five.

"The visits give parents a chance to ask questions and discuss any observations or concerns they have about their child's development," Gilmore explained. "But, as in Marleen's case, they know they can call us at any time when something doesn't seem quite right."



Marleen Meyer with daughter Machaela