



2010: A Year of Caring

Mt. Washington Pediatric Hospital

Annual Report



“ My child was transferred here from another hospital. I would recommend Mt. Washington to any parent looking for the *best care* for their child. ”

Joseph Diaz, Jr.



Our Mission

Mt. Washington Pediatric Hospital is dedicated to maximizing the health and independence of the children we serve.

Dear Friends,

We are fortunate to live in Maryland. Despite the challenges of the current economic climate we are still seeing growth in many areas. As our region grows, so do the needs of our community and of the children and families who come to Mt. Washington Pediatric Hospital for specialized medical care. Our goal is to provide the best care available in a warm, friendly, and family-focused atmosphere.

With your help this past year, our caregivers and support staff were able to bring better health to more patients than ever before—nearly 7,000 children, a six percent increase over the previous year.

We began a new customer service program called CARES, so that our community—patients, families, staff, and the public—identifies Mt. Washington Pediatric Hospital with high-quality care. The acronym stands for Considerate, Attentive, Respectful, Efficient, and Safe.

The CARES program provides support and positive reinforcement to all staff members, encouraging them to exceed our customers' service expectations. Indeed, we already see staff affirm these values on a daily basis as they relate to patients, families, the community and to each other.

In the following pages, you will see examples of CARES in action. We hope it prompts you to take the opportunity to visit our hospital and see it for yourself.

In addition, we'll tell you about plans for the multi-million dollar renovation and expansion of our Center for Neonatal Transitional Care (CNTC). Our goal is to create one of the most advanced facilities of its kind in the nation. We made sure to gather input from clinicians, support staff, families of patients and experts from other hospitals so we could create the best and most family friendly care unit possible.

The need is there: in recent years, we have seen a dramatic increase in demand, as more babies are born prematurely—often with serious medical conditions. Our neonatal center will take care of children referred from our two parent institutions, the Johns Hopkins Health System and the University of Maryland Medical System, and from regional community-based hospitals.

Under the extraordinary leadership of Mt. Washington Pediatric Foundation trustee Carole Sibel, the capital campaign steering committee has raised close to \$8 million since June 2008 toward the campaign goal

of \$9.2 million for CNTC expansion and renovations, and to increase the hospital's endowment.

You'll see how our successful Feeding Day Program also continues to grow, serving young children who, for physical or behavioral reasons, are not eating enough to get the nutrition they need. Over the next few years, this program is expected to double the number of patients treated.

Throughout the past 90 years, Mt. Washington Pediatric Hospital has also played an active role in the community. This past year, we laid the groundwork for an official Injury Prevention and Community Outreach program to address child safety issues. Our staff will educate parents and the public about risks such as unsafe car seats, burns, traumatic injuries to the brain and body, and other health concerns. We will be in the community more than ever before, providing education, training, and partnerships with other organizations to advocate for greater awareness of child safety issues.

We are confident that Mt. Washington Pediatric Hospital will meet and address its challenges and continue to grow and prosper, because our staff CARES for each and every child.

In closing, we thank you, our devoted supporters, for helping our mission through your philanthropy, your volunteer activities, and your advocacy on behalf of the hospital. Mt. Washington Pediatric Hospital's position as a leader in pediatric specialty health care is truly enhanced by your enthusiastic commitment to our mission—maximizing the health and independence of the children we serve.



Sheldon J. Stein

Sheldon J. Stein
President and CEO



Lawrence C. Pakula, M.D.

Lawrence C. Pakula, MD
Chair, Board of Trustees

Caring for Carlee: *The Feeding Day Program*



Left to right: Program Manager Ellen Wingert, Carlee, Dawn, Ashlee, and Joe Aluise

Ask 7-year-old Carlee Aluise what her favorite food is and she answers “I like macaroni and cheese!” But it wasn’t always that way. In fact, when it was time to introduce solid food, she refused to eat. This continued for months. By the time she was a year old, her mother Dawn became alarmed when Carlee received a diagnosis of failure to thrive. She contacted the county infants and toddlers program to see if their nutritionists would be successful. Still no luck.

“When anyone tried to feed her, she would scream and scream. It was horrible,” Dawn says, adding there was “a lot of gagging.” Ultimately, doctors inserted a feeding tube so Carlee would receive more nutrients.

“Carlee first arrived at MWPH’s feeding clinic when she was 17-months-old,” says Feeding Day Program Manager Ellen Wingert. “She was only at the 15th percentile for weight and the 10-25th percentile for height. A naso-gastric tube was giving her the majority of her calories.” To determine the problem’s cause, doctors performed an endoscopy, with a biopsy of her esophagus. The findings indicated Carlee suffered from Eosinophilic Esophagitis. Eosinophils are a type of white blood cell that infiltrate the esophagus causing swelling, nausea and vomiting. EE is often triggered by food allergies.

Further tests determined Carlee was allergic to a host of foods like eggs, corn and oats. She was referred to pediatric gastroenterologist Dr. Richard Katz, also VP of Medical Affairs at Mt. Washington Pediatric Hospital. Dr. Katz recommended she come to the Feeding Day Program for treatment. There was a problem.

“I wasn’t ready,” says mom Dawn. “Because she screamed so much when we tried to feed her, I didn’t want her to be gone all day and go through that.” As time went on, the Aluises visited the doctor and the emergency room numerous times when the feeding tube fell out, all the while fearing dangerous infection. Ultimately, they concluded the Feeding Day

Program was the only solution. And they never looked back. “We wouldn’t have been able to do it without Mt. Washington Pediatric Hospital. The team here is wonderful. There is a very positive, upbeat atmosphere,” Dawn says, adding “there was a lot of consistency and tons of support.”

Carlee smiles and giggles as she remembers Miss Ellen. “When I first met Carlee, she was so quiet and refused anything except a few sips of juice,” Ellen says. “Now, when she comes for follow-ups, she’s excited to tell me about the new foods she’s added to her diet. I’m so proud of her.”

So, when did Dawn and her husband Joe realize Carlee was on the road to recovery? “We had a cookout at the house,” she says. “Carlee had a whole plate of chicken nuggets and French fries and I said ‘Wow!’”

Carlee still comes for checkups. She’s outgrown her dairy allergy. Her weight is now in the normal range. She gets 100 percent of her nutrients by mouth. “I never thought this day would come,” says Dawn, adding that Carlee forgot to mention one of her new favorite foods: pizza.

For more information on the Feeding Program, call 410-367-2222 or visit www.mwph.org.



Ellen Wingert and Dr. Richard Katz show 4-year-old Sandia Baskota of Nepal how to use a stethoscope.



6-year-old Noah Tulloch shows Dr. Katz a favorite toy.

“ We’d like to thank the wonderful nurses who took care of our grandchildren, Anthony and Gianna Sanzone. I was amazed at their dedication and concern and we often felt that they were part of our family. I would like everyone to know I thank them from the bottom of my heart. ”

Cathy Shimek



SPECIAL EVENTS: FISCAL YEAR 2010



Fashion Fever 2010

Our Fashion Fever fundraiser made a big return in 2010. The sold-out crowd at Grey Rock Mansion saw local celebs work the catwalk, a silent auction, local fashions, jewelry and beauty products. Shown at left are WJZ-TV’s Adam May and Weijia Jiang with the Ravens’ Melanie LeGrande.



23rd Annual Covenant Guild Walk of Love

For over two decades, the Covenant Guild has held the 3.5 mile walk to support Mt. Washington Pediatric Hospital’s patients and programs. The event has raised almost \$200,000 to help children get the treatment they need.

Caring Donor: *Phyllis Meyerhoff*

When Phyllis Cahn Meyerhoff reminisces about her time as a patient at Mt. Washington Pediatric Hospital, she looks back to when she was just four years old and spent nine months here. Back then, it was called Happy Hills Convalescent Home. The year was 1938 and she was here to recover from rheumatic fever. For young Phyllis, as for many children in those days, the doctor ordered complete bed rest, a difficult cure for an active little girl.

Once recovered, Phyllis returned to her family. She grew up in Baltimore, graduated from Forest Park High School, and spent two years at Hood College before getting married and becoming the mother of three daughters. For many years she worked in the fashion industry at some of Baltimore's finest stores. And, throughout her life, Phyllis has been involved in creative endeavors—as a student of art history, a collector of antiques, and an avid gardener. In 2004, she married Harvey Meyerhoff.

Phyllis decided to do whatever she could to help these children and the caring staff who provide such excellent treatment. At first, that involvement meant making charitable contributions. Soon, she was asked to serve on the committee for the hospital's *Building for the Future of Every Child* capital campaign—the initiative to fund the renovation and expansion of the Center for Neonatal Transitional Care and to augment the endowment. Phyllis's dedication and energy in this assignment enabled her to introduce new supporters to the hospital and raise awareness of MWPH to the community at large.

Now, a new chapter in Phyllis' relationship with the hospital is about to begin, as she joins the Board of Trustees of the Mt. Washington Pediatric Foundation. As a trustee, she will confer with fellow board members in making recommendations for funds to support new patient programs, staff development initiatives, and major capital equipment acquisitions.



6-year-old Phyllis Cahn in 1940



Harvey and Phyllis Meyerhoff in a recent photo

Now, many years after her own hospitalization, Phyllis has dedicated herself to helping sick and injured children who come to MWPH. Her involvement began in 2008, when she accepted the invitation of Mt. Washington Pediatric Foundation trustee, Sandra Hess, to come for a tour. Because of renovations throughout the years, the hospital looked much different than when Phyllis was a patient here. The new Mt. Washington Pediatric Hospital made “a huge impression” on her.

“The welcoming environment, the quality of care, and the loving kindness with which the staff treat the children touched me profoundly,” she says.

Phyllis is dedicated to charitable endeavors not only at Mt. Washington Pediatric Hospital, but at the Baltimore Museum of Art, where she also serves as a trustee. And, she has shown a lifelong commitment to philanthropy through her leadership in The Associated: Jewish Community Federation of Baltimore and as a volunteer at Sinai Hospital.

Mt. Washington Pediatric Hospital is fortunate to have a friend and supporter in Phyllis Meyerhoff, who as a child was able to recover here from a serious illness and who now demonstrates her devotion and caring for others with her time, talent, energy, and philanthropy.

“I have always had a soft spot in my heart for Mt. Washington Pediatric Hospital.”

For more information on how you can become a donor, contact
Brigid Kernan, Director of Development at 410-578-5315.

Our Staff CARES: A Gift from the Heart

You could call Earnie Standley a real fixture at MWPH. He's been Director of Plant Operations since the late 1980s and is the go-to guy for anything involving facilities management, capital improvements, maintenance, housekeeping, and security. And little did he know that he would also be that "go-to guy" when it came time to save a close friend's life.

That friend is longtime girlfriend and former employee Amanda Callanan. Six years ago, Amanda was diagnosed with kidney disease. She started dialysis three times a week—a machine performing the job her kidneys could no longer do. Each session lasted four hours. It was obvious to Amanda's doctors that she desperately needed a new kidney.

"These treatments often made Amanda weak. Our life together revolved around dialysis." Earnie says. "Watching someone you care about suffer was difficult," Earnie says. So, he decided to get tested to see if he were a possible match for Amanda. Soon, the call came in—he was a match. "There was unbelievable joy," he says. Amanda was completely shocked that after a four-and-a-half year search, her kidney donor was right by her side the whole time. "I find it miraculous that we could be a match, but we were," she says.

The Mt. Washington Pediatric Hospital community supported Earnie's decision to become a living organ donor. "We are very proud of Earnie—he exemplifies the CARES philosophy, and everyone here wishes both him and Amanda a very healthy future," says MWPH President and CEO Sheldon Stein.

"On September 16, 2009, the day of the transplant, I felt completely at ease walking into the operating room," Earnie says. Even though it posed some risk, he says had no reservations,



8-year-old patient, Dakerra Smith, enjoys a game with Director of Plant Operations, Earnie Standley

adding: "the surgery wasn't as painful as you'd imagine." Both he and Amanda have nothing but praise for the doctors and nurses at the University of Maryland Medical Center.

"Through this experience, I have learned to be thankful and grateful," explains Earnie. "I am now a better friend and manager, and I recognize that everyone plays a part in helping each other." After the transplant, life has been good for Amanda and Earnie, who both enjoyed a successful recovery. Amanda is much healthier, has more energy, and the couple is able to spend more time doing the things they enjoy.

To find out more about the University of Maryland Medical Center donor program, or to make an appointment, visit www.umm.edu/transplant/overview.htm or call 410-328-5408 or 1-800-492-5538.

SPECIAL EVENTS: FISCAL YEAR 2010



Baltimore Firefighters Hold Toy Drive for MWPH Kids

Baltimore firefighters show they are not only heroes when fighting fires—they are heroes every December, when they host a toy drive and bring crates of new dolls, games, and fun crafts for our inpatients—like Talon Gilbert-Candeloro, shown here with Captain Mike Hineline.



Melvin and Gisel Mora Sports Zone

Former Oriole Melvin Mora, and wife, Gisel, at the Mora Sports Zone. Melvin and Gisel are two of the hospital's biggest benefactors. Their quintuplets were treated at MWPH several months after they were born prematurely.

Mt. Washington CARES...in the Community

Our mission to maximize the health and independence of the children we serve extends outward too.

Health Fairs

We believe in promoting healthy lifestyle choices, and that belief plays a key role in the care we provide at the hospital. Throughout the year, our clinical professionals take part in local conferences and health fairs and speak at area schools. The goal is to provide families with essential information so they can make healthy choices in their lives. Some of the topics we provide information on include lead poisoning prevention, proper nutrition, infant care, and parenting skills. In collaboration with UMMS, we also take part in events like *Spring into Good Health* and *Fall Back into Health*.

Sibshops of Maryland

Mt. Washington Pediatric Hospital is the lead agency for Sibshops of Maryland, an interagency effort to offer counseling and support to brothers and sisters of children with special needs. At Sibshops, sessions include high-energy games and a chance to connect with other children in similar family situations and with similar needs. You can find Sibshops locations at MWPB, in Baltimore, Harford, Montgomery, Howard, and Anne Arundel counties.

Camp NOAH

To address the region's nursing shortage, MWPB has launched the Camp NOAH (Nursing and Other Allied Health) program. The week-long program targets Baltimore City high school students (ages 15-18) interested in pursuing a health care career. Participants have the opportunity to observe care practices while working directly with nurses, respiratory therapists, child life specialists, and other health care professionals. The students receive education in first aid, CPR, and hygiene, and even learn the right way to put on scrubs and use a stethoscope.

Precious Cargo: The Child Safety Seat Check



At MWPB, we believe in "safety first" and want all children to be secured properly in appropriate car seats. Experts agree that child safety seats save thousands of lives each year—when they are installed properly. That's why every year, we host the Child Safety Seat Check. MWPB-Certified Passenger Safety

Technicians (CPSTs), representatives from Safe Kids Baltimore, Maryland Kids in Safety Seats (Maryland KISS), Baltimore City firefighters and area police officers inspect seats in dozens of vehicles. MWPB has both English- and Spanish-speaking technicians available to provide instruction on the best way to install a child safety seat.

Meet **Melissa Stokes**, our new Community Advocacy and Injury Prevention Coordinator. If you attend health fairs and community meetings in the Baltimore area, chances are you will run into Melissa. She will also serve as liaison between collaborating organizations and will monitor issues in Annapolis and Washington, D.C. related to children's health care.



For more information on Community Outreach, contact Melissa at 410-664-3078 ext 5065 or mstokes@mwph.org.

SPECIAL EVENTS: FISCAL YEAR 2010



Rebels with a Cause: Motorcycle and Corvette Enthusiasts Visit

We heard those motors running over the summer, as Shift'n' Steel Sport Riderz and The National Corvette Restorers Society-Mason-Dixon Chapter showed us their hot wheels. Both groups let patients get behind the wheel, like 8-year-old Victoria Everett, at left.



The Markakis' Right Side Foundation Arranges Visit to "The Castle"

Oriole right fielder, Nick Markakis, and his wife, Christina, invited Mt. Washington patients to Baltimore Ravens practice at training camp. This great *Fun for 21* outing was courtesy of their Right Side Foundation.

“ My son was overweight and the Weigh Smart® program has truly helped him in what he eats and how he exercises. It has shown us how to eat, exercise, and so much more.

Thank you again for a wonderful program! ”

Abby Scherr



SPECIAL EVENTS: FISCAL YEAR 2010



A Generous Spirit in the Air!

Through their Spirit of Children program, the wonderful employees of Spirit Halloween Stores brought fun costumes and spooky crafts, hosting an annual Halloween party to lift the spirits of children spending time in the hospital.



The Melvin and Gisel Mora Charity Golf Tournament, October 2009

Vice President of Outpatient Operations, Jennifer Harrington (left), and former board chair, Tracy Coster (right), begin the drive over for the golf tourney's shotgun start.

Barbara Dent: *Two Decades of Caring*



When Barbara Dent began volunteering at MWPH over two decades ago, she was struck by how certain things most people take for granted can mean so much.

“A girl with cerebral palsy thanked me for brushing her hair. I helped a young car accident victim, who had suddenly become a paraplegic, reach for a toy,” she says. “These little things made a big impact.”

Barbara, a former preschool director who had just finished a graduate degree, began volunteering because she had a little extra time. Also, the hospital was only four miles from her home. However, she quickly realized that she was making a big difference in the lives of the children she worked with.

Barbara’s fondly remembers Debbie, a patient with severe disabilities affecting her vision and hearing. “We would hold hands outside and take walks through the hospital grounds. We looked forward to spending time together,” Barbara recalls.

Debbie was eventually discharged and adopted by a local foster family, who kindly invited Barbara to their home. “How gratifying it was for me to see Debbie thriving in a new loving environment. This is one of many success stories I have had the pleasure to experience.”

Barbara has received a special honor from MWPH for her many years of devoted

service to the children and hospital staff, but says that she never expected how much her volunteering would make a difference in *her own life*, as well.

“My priorities were changing—I was changing,” she says. “I felt appreciated at the hospital and grateful that I had the opportunity to provide comfort to children and families, as well as respite to the staff.”

The only gap in Barbara’s volunteering was three years ago, when she received a cancer diagnosis that required several months of treatment. But, she worked with her oncologist to set goals that would enable her to return to volunteering on a regular basis. And she credits the MWPH patients and families for providing the inspiration to cope. “I am convinced they helped me in my cancer battle and strengthened my fortitude to heal,” she says.

And when friends ask if it’s depressing at the hospital? “On the contrary,” she says. “There is so much hope and many children’s lives improve. It has been a gift, helping me keep perspective on what is important in my life.”

Barbara is marking three years as a cancer survivor. She smiles, with a glimmer in her blue eyes: “I encourage people who have a little time to volunteer—you receive so much more than you can ever imagine.”

THANK YOU TO OUR MT. WASHINGTON PEDIATRIC HOSPITAL VOLUNTEERS!

Toni Adleberg	Kaitlin Kerins
Monica Atkinson	Mary Pat Kerrigan
Dorothy Ball	Melanie Kimmel
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Lauren Kelly	Christine Webbter
Caitlin Kennedy	Cheri Young
	Evelyn Zulver

To learn more about volunteering, contact Angie Wenman, Volunteer Administrative Coordinator at awenman@mwph.org or 410-578-5067, or visit www.mwph.org/volunteer/index.htm.

Spotlight On: Concussions

Jacob Finglass of Owings Mills planned to try out for captain of his high school lacrosse team. However, everything changed for the 17-year-old on April 1, 2010, when he collided with another player and his head snapped back violently. Suddenly, he suffered a severe headache and nausea. But his pediatrician determined he was fine to go back to school.

Days later, Jacob's headaches and nausea wouldn't let up. A good student, he suddenly had difficulty concentrating in class. It was later determined this had been the second concussion he had suffered within a week.

After consulting several other specialists, Jacob's mother, Esther Finglass, took him to neuro-psychologist Brenda Elliott, head of MWPH's new Concussion Assessment and Management Program (CAMP). One of Dr. Elliott's tools is the ImPACT test. Developed by two Pittsburgh neurologists and used by the NFL and a growing number of other athletic organizations, ImPACT is neuro-cognitive computer software that helps determine the effects of a concussion.

Dr. Elliott diagnosed Jacob with Second Impact Syndrome, ordering immediate brain rest, and instructing him not to return to school: he would need plenty of rest to allow his brain to heal.

Jacob still suffers from severe headaches and cognitive issues and currently attends school part-time. He also speaks out to community



groups about concussion awareness. Jacob remains hopeful that he'll recover enough to play lacrosse again in 2011.

For more information, call the Concussion Assessment and Management Program (CAMP) at 410-578-5261 or visit www.mwph.org.



Weigh Smart® Grows

The new MWPH Center for Pediatric Weight Management and Healthy Living offers comprehensive, multidisciplinary, family-centered weight management programs for treating pediatric overweight and obesity conditions. **Weigh Smart Jr.®** and the adolescent bariatric evaluation and follow-up program now augment **Weigh Smart®** and provide continuity of care for children of all ages, with both medical and surgical treatment options now available to the larger community.

Expanded Diabetes Clinic

The number of children diagnosed with diabetes continues to rise at an alarming rate. To answer the call, Mt. Washington Pediatric Hospitals's endocrinology clinic has expanded into a multidisciplinary team including two endocrinologists, Dr. Ines Guttman-Bauman of

Johns Hopkins Hospital, and Dr. Debra Counts from the University of Maryland Medical Center. With those physicians and six other clinicians we are able to see patients more frequently.

Orthopaedic Hand Clinic

The Orthopaedic Hand Clinic offers evaluation and occupational therapy for children with injuries to the hand, or who have congenital arm concerns. These patients may benefit from surgery, therapy, and/or splinting.

Programs & Services

Center for Neonatal Transitional Care

Center for Pediatric and Adolescent Rehabilitation (CPAR)

Center for Pediatric Weight Management and Healthy Living

Concussion Assessment and Management Program (CAMP)

Developmental Evaluation

Diabetes Management

Endocrinology

Feeding Evaluation and Treatment

Gastroenterology

Gynecology

Infusion

Lead Poisoning Treatment

Neurology

Neuropsychology

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Orthopaedic Hand Clinic

Orthopaedics

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Rehabilitation

Sleep Testing and Evaluation

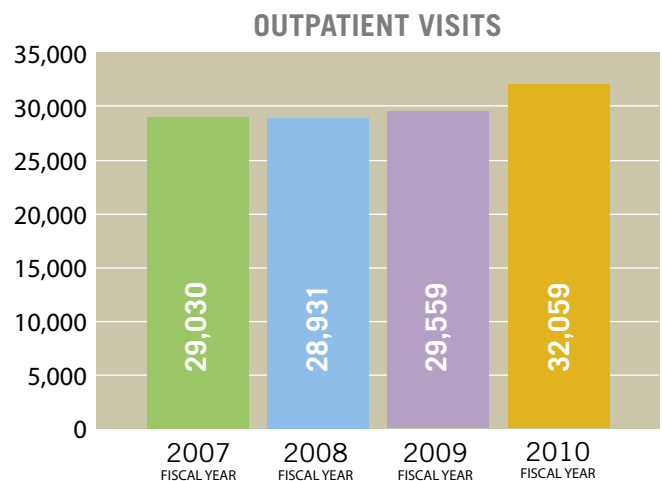
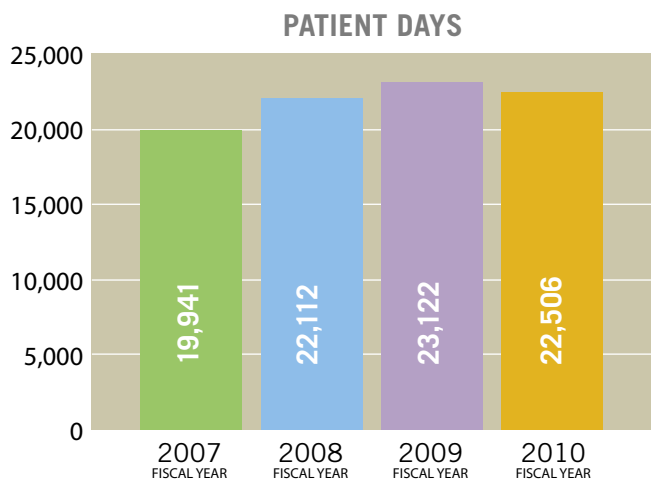
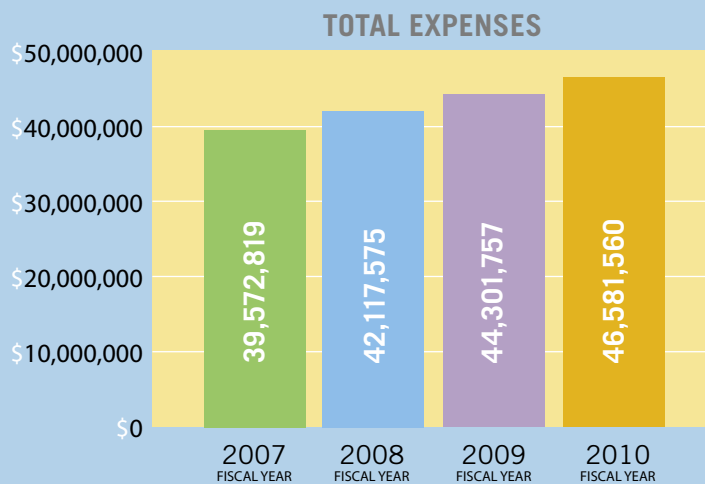
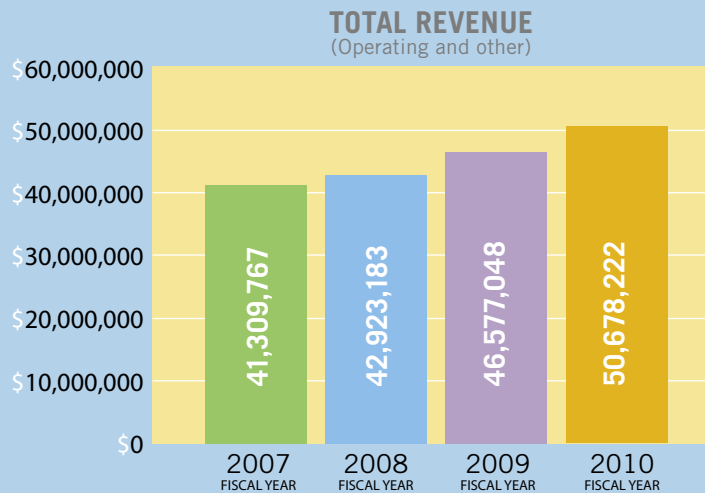
For more information, contact Outpatient Services: 410-367-2222 or 800-999-9442.

Inpatient Services: 410-578-8600.

Or visit www.mwph.org.

Mt. Washington Pediatric Hospital

Fiscal Report: 2007-2010



Building for the Future of Every Child: The Campaign for Mt. Washington Pediatric Hospital

Building for the Future of Every Child is our campaign to raise funds to renovate and expand Mt. Washington Pediatric Hospital's Center for Neonatal Transitional Care (CNTC). Funding will also go toward the hospital's endowment, which supports initiatives such as new patient care programs, staff training, and major equipment purchases.

The CNTC is where MWPB cares for its youngest and most fragile patients—children under the age of two. Many are premature infants, some as young as 25 weeks gestation, with serious medical complications. Others are infants born at full term, but with congenital conditions that require extended care.

As the only facility of its kind in the mid-Atlantic region, the CNTC treats infants from hospitals throughout Maryland and beyond. We also prepare patients for the transition to home, while providing caregivers with education and guidance in managing the children's complex medical needs.



We have undertaken this project in answer to the growing regional demand for more services to address this population's specific needs.

In planning the expansion, we made sure to listen to the input of everyone involved: patient families, hospital clinical and administrative staff, and medical experts from other hospitals. Construction is set to begin in mid-2011, with projected completion in 2013.

So how are we doing? So far, our capital campaign has raised nearly \$8 million toward the \$9.2 million goal. We salute Mt. Washington Pediatric Foundation Trustee and Campaign Chair Carole Sibel, and her campaign committee—dedicated volunteers who have given their

time and their own philanthropic support to secure these funds. Our fundraising efforts will continue until we meet our ambitious goal.

Thank you to all of our Building for the Future of Every Child Campaign Donors!
(July 1, 2008 through June 30, 2010)

\$1,000,000+

Mt. Washington Pediatric Foundation
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For information on how you can help support the Campaign in reaching its goal, call the Office of Development at (410) 578-5040.

\$10,000 - \$99,000

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Giving is Healing.

Mt. Washington Pediatric Hospital gratefully acknowledges gifts made between July 1, 2009 and June 30, 2010. If we have made any omissions or errors, please contact us at 410-578-5040 or development@mwph.org so we can correct our records.

Gifts: \$10,000 and above

Anonymous Donor
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