



Mt. Washington
Pediatric Hospital

Handprints

WINTER 2021

WHAT'S INSIDE

Pages 1-2

Rising Above a Diagnosis

Page 2

Upcoming Events

Page 3

President's Message
Where Are They Now?



Page 4-5

Employee News

Page 5

Mythbusters
A Day In The Life

Page 6

A Spoonful of Storybook
Celebration

Page 7

Employee Assistance Fund
In The Community



Page 8

Patient Parent Perspective
Kudos



C.A.R.E.S. Value Spotlight Efficient

- Trust, support and assist your co-workers
- Work cooperatively
- Contribute to a positive work environment
- Take ownership of problem resolution
- Find a way to say "YES"

Rising Above a Diagnosis

This teen with type 1 diabetes doesn't let anything slow her down



At eight years old, Casey Brown's life changed forever when she received the news that she was among the 187,000 children and adolescents nationwide who have type 1 diabetes. In people with type 1 diabetes, the body's pancreas doesn't make enough insulin, which means that the body can't use glucose from food effectively. It's a serious condition with no cure—but thanks to Casey's indomitable spirit, strong support from her family, and expert care from MWPH, Casey doesn't let her diabetes slow her down.

Casey remembers the moment she decided that diabetes would not define her. "When I was in the hospital, my parents took my hands and said, 'This isn't going to stop you from doing anything you want to do.' And we've held each other to that standard."

That attitude is crucial to Casey's success. She recognizes that diabetes is an important facet of her life, but that it should always come second to her goals and aspirations. Casey credits her parents and MWPH nurse practitioner and diabetes educator Ellie Kagan, CRNP, CDE for supporting her and

“When I was in the hospital, my parents took my hands and said, ‘This isn't going to stop you from doing anything you want to do.’”

continued on next page >>

DEC
20

DRIVE-THRU TOY SHOP

Sunday, December 20 • 1:00 – 4:00 p.m.

MWPH Campus
1708 W. Rogers Avenue
Baltimore, MD 21209



It's time to spread some holiday cheer!

Each year, the MWPH Holiday Toy Shop brings the holiday experience (and BIG smiles) to MWPH patient families. Patient parents and families experiencing hardship choose brand-new, unwrapped, donated toys for their children and their siblings, for FREE.

PLEASE NOTE: This event is open to benefit MWPH patients and siblings living in the household only. At this time, we are unable to accommodate toys for our community members.

Due to mandatory COVID-19 restrictions, this is a contactless event and will follow all COVID-19 safety precautions.

All families must stay in their vehicles, and all participants must wear masks.

For more information, visit mwph.org/toyshop

Rising Above a Diagnosis *continued*

making sure that she is more than her diagnosis—even when it's not easy.

For the past four years, Casey has seen Kagan in MWPH's outpatient diabetes clinic, where she has learned to manage her disease. She has focused on the constant blood sugar checks, insulin injections, and careful balance of food, hydration, and activity that it requires.

"Ellie has been instrumental in building Casey's confidence in her ability to take care of herself and her ability to reach beyond herself. It's a part of the way she gives care," said Diane Brown, Casey's mom. "She meets us where we are, and she is guiding us as we are transitioning to Casey owning her own care."

"MWPH is at the core of how I approach managing diabetes. Even though diabetes is constantly changing and difficult to manage, Ellie has helped me see that I can do it," Casey said.

Today, 16-year-old Casey is taking the world by storm. The Friends School junior is currently attending the School for Ethics and Global Leadership in Washington, DC, a semester-long, away-from-home program focused on teaching students how to approach and affect ethical problems that face the world. She is one of 24 students from across the nation chosen to attend this prestigious program.

Casey intends to use this experience as she looks ahead to college, where she plans to study foreign affairs with a specialization in global conflict resolution.

She loves to stay active and has participated in a range of competitive sports, including

“It gets better...here I am now, living on my own, independently managing my diabetes.”

track, volleyball, and karate. She is currently playing soccer and softball. Each summer, she attends Lions Camp Merrick, a week-long camp where all the campers, and most of the counselors, have diabetes.

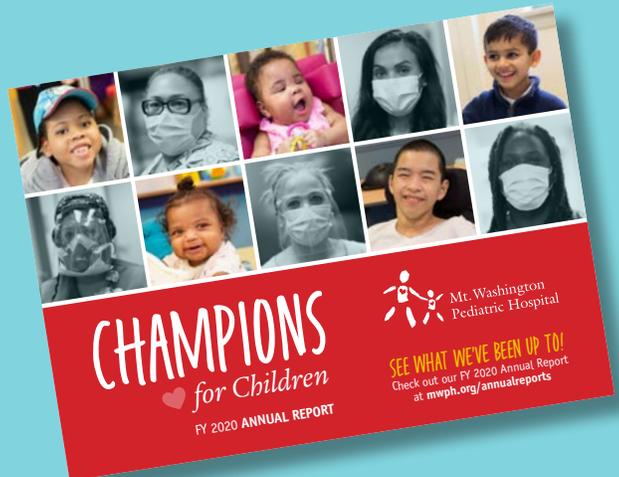
Inspired by her experience at the School for Ethics and Global Leadership, Casey is engaged in creating "One Conversation Closer," an educational program she plans to launch at Friends to raise awareness of ableism and show what it's like to have a disability. She also started an after-school club that creates furniture designed for people with physical disabilities, helping people navigate a world that wasn't made for them. Casey is part of the William Penn Fellows, a school group dedicated to raising money and awareness in support of social justice issues.

As she continues to step forward into her future, Casey continues to learn from MWPH's diabetes program and connect it to her life. "At MWPH, there is a conscious effort to develop your child's confidence, find where your child excels, find what works for your family, and define how you approach diabetes every day," Diane said. "Although you never get a break from diabetes, it's only one aspect of who your child is."

Casey's advice for other children and adolescents facing a diabetes diagnosis? "It gets better. It was terrifying at first, but here I am now, living on my own, independently managing my diabetes. It may be hard to see now, but it is possible to do everything you want to do." ♥

OUR 2020 ANNUAL REPORT IS NOW LIVE!

MWPH.ORG/ANNUALREPORTS



Mr. Washington
Pediatric Hospital

SEE WHAT WE'VE BEEN UP TO!
Check out our FY 2020 Annual Report
at mwph.org/annualreports

Message from the President

Dear Friends,

During this holiday season, in the midst of COVID-19, we at MWPH have much to be thankful for. I am grateful to our outstanding staff for continuing to comply with all precautions and safeguards to protect our patients and each other. We will continue to be vigilant throughout this winter to prevent the virus from spreading.

I am delighted to announce that MWPH has once again received full three-year CARF accreditation for our inpatient rehabilitation program. Our College of American Pathology lab inspection was also successful, with excellent results. Thank you to everyone, and congratulations on this achievement.

We are counting the days to the opening of the new Rosenberg outpatient expansion. The entire MWPH team is looking forward to expanding our service capacity, enabling us to treat and care for more patients. Thanks to everyone at the hospital—both staff and patient families alike—for your patience during the construction process. We're all happy that the disruption, necessary though it is, will soon be over. The building's new section will be opening at the end of this month. Throughout the winter, we will continue to renovate and upgrade the building's existing areas.

Next, we turn our focus to the Ability Center, which will expand our outpatient rehabilitation capabilities with a new and

expanded space. Plans are underway to prepare the design and construction drawings for the new center, and we hope to break ground in the next 12 to 18 months.

I send my warmest holiday wishes to each of you and your families. My wish for the new year is that 2021 is a less challenging, less stressful year for all. In the meantime, happy holidays to everyone.



Sincerely,

Sheldon J. Stein,
President & CEO

Where Are They Now?—Sophie Crown

During her kindergarten year, Sophie Crown's teacher recommended that she be assessed for a potential learning disability in the area of reading. "Sophie liked school, but her teacher could tell that she wasn't reading at the same level as some of her classmates were," said Cindy Crown, Sophie's mom. "It was difficult for her."

Sophie's older sister had received testing through MWPH several times over the past few years, so Cindy reached out to Jill Gatzke, PsyD, senior psychologist at MWPH and clinical coordinator of the MWPH's Learning Assessment Center (LAC). The LAC offers comprehensive psychoeducational evaluations for children and adolescents.

First, Dr. Gatzke met with Cindy to determine what tests would be best for Sophie's specific situation. "I really appreciated how thorough Dr. Gatzke was. She sat down with me and explained everything in layman's terms. She took a lot of time to follow up



and made sure I understood the process," Cindy said.

Then, Dr. Gatzke met with Sophie to administer the tests. "She made the process really comfortable for Sophie, who was tentative at first but warmed right up to Dr. Gatzke. It was a very positive experience for us," Cindy said.

After the testing analysis, Dr. Gatzke met with Cindy to discuss the findings, which Cindy shared with Sophie's teachers. After some tutoring, Sophie was able to close the gap.

Today, Sophie is a second grader who is succeeding at school—and reading at or above grade-level benchmarks. Her favorite

book series include *Magic Tree House* and the *Magic Attic Club*.

"She is thriving and doing an excellent job with reading. She is much more confident, and she tells me she loves to read now," Cindy said. ♥

EMPLOYEE NEWS

GET TO KNOW OUR STAR EMPLOYEES

October



Name: Cpl. Duane Whorley

Title: Security Officer

Department: Security

How long have you worked at MWPB: 6 years

What is your favorite thing about your job: Meeting wonderful people, parents, and kids. I'm just honored to be part of their lives and to see them grow.

Name one thing that most people don't know about you: I love to help people when they are in need. I love to make people smile even when they don't feel like it.

November



Name: Sidney Williams

Title: Outpatient Financial Counselor

Department: Outpatient Department

How long have you worked at MWPB: 10 years

What is your favorite thing about your job: I love seeing and serving our patients and families face-to-face. I have the opportunity to help families and staff in all areas of financial assistance, such as concerns of how services are billed. All of that helps the patient experience.

Name one thing that most people don't know about you: Many do not know I used to be in the broadcasting field of radio and TV and have a broadcasting degree.

CONGRATULATIONS KAYLA!

Please join us in congratulating Kayla Kupfer, RN, in her official role of nurse manager for the outpatient department. Kayla has served in an acting capacity for the last four months and has been a strong resource and problem solver for the outpatient team.



She is an essential player in the Rosenberg renovation and is the lead for ensuring staff and providers have the resources needed to care for patients through each phase of construction. Kayla was unanimously chosen for her initiative, her ability to improve processes, and her dedication to staff and patients.

In her four years at MWPB, Kayla has shown strong clinical and leadership skills, serving as charge nurse on CPAR before transferring to outpatient. We are excited to have her leading our clinical team and look forward to having her direction as we continue to grow.

PROMOTIONS

- **Cara Boarman** from Grad Nurse to RN
- **Rebecca Cohen** from Grad Nurse to RN
- **Christine Janak** from Grad Nurse to RN
- **Kayla Kupfer** from RN to Outpatient Nurse Manager
- **Raychelle Laureano** from Grad Nurse to RN
- **Radhika Parekh** from Pre Doc Intern to Post Doc Fellow
- **Monique Wiseman** from LPN to RN

SHARING GOOD NEWS!

Our psychology internship program will continue to be accredited by the American Psychological Association through 2029. The internship is the final year of clinical training before a psychologist completes their doctorate. We have been accredited since 2008 and our total of about 75 intern graduates work in hospitals, universities and private practices all across the country. Kenny Gelfand, PhD is the training director of the program and Brad Schwimmer, PsyD and Danielle Raines, PsyD also play key leadership roles. **Congratulations!**

MYTHBUSTERS



Myth busted by
Tammy Burgunder, MD, FAAP, pediatrician at MWPH

MYTH: My kids don't need to be vaccinated. They'll get the natural illness and then have better immunity.

FACT: Vaccines are the greatest gift to global health after clean water and sanitation. Why is this? Vaccines decrease your child's risk of suffering the effects of a vaccine-preventable disease. Vaccines cause an asymptomatic infection that allows your child to benefit from natural immunity—the difference is that your baby does not have to suffer the consequences of natural infection.

When the immune system sees a virus or bacteria particle, it doesn't know if it comes from the natural world or the lab. It sees something foreign and it learns how to protect your child from it. The natural illness does not provide "better" immunity later on than a vaccine does.

Health care professionals don't want your child to pay the high price of developing pneumonia with chickenpox or liver cancer from a hepatitis B viral infection. With vaccines, you can reap the benefits of getting immunity without the risky side effects of natural infection. Get your child vaccinated according to the CDC's recommended vaccine schedule. I did.

A Day In The Life of Ilde Fischbach



Ilde Fischbach is a nutrition analyst for MWPH. She works as part of a team that also includes registered dietitians and nutrition assistants, all of whom work to make sure all MWPH patients have optimal nutrition. We followed along with her on a recent Friday.

- 6:00 a.m.** – Conduct breast milk census, compare it with the daily census and checklist, and make changes as needed.
- 6:45 a.m.** – Collect breast milk from patient rooms, stopping by every room to make sure parents have what they need.
- 7:02 a.m.** – Talk with the previous night shift's charge nurse to learn about any issues with formula or breast milk that emerged overnight.
- 7:45 a.m.** – Check older patients' breakfast trays.
- 8:12 a.m.** – Mix customized formula servings for patients.
- 10:36 a.m.** – Prepare breast milk by adding nutrients to fortify it, individualized for each patient.
- 12:12 p.m.** – Deliver formula and breast milk to the floor.
- 12:34 p.m.** – Answer patient parent questions.
- 1:08 p.m.** – Prepare menus for lactating mothers.
- 2:14 p.m.** – Handle patient needs for discharges and new admissions.
- 2:52 p.m.** – Call parents whose babies are low on breast milk.

CONGRATULATIONS

*An Interdisciplinary Developmental
Clinic that Works*



Our Developmental Evaluation Clinic is now available at our Rogers location, in addition to our services at our Prince George's location. This clinic works in a coordinated fashion to provide detailed assessment of your child's overall abilities and synthesize an approach that is tailored to your child's needs. Using a holistic approach with a team of experts, our clinic integrates separate discipline approaches to formulate plans to ensure the best possible outcome for your child. We see children from birth to age five, including NICU graduates, PICU graduates, infants with poor or delayed language skills, children with poor or delayed gross or fine motor skills, those with developmental delay, and those "at risk" for developmental delay.

Feel free to reach out to any of the team members if you have any questions as to suitability of referrals. The Developmental Evaluation Clinic's Rogers location team members are: Ajoke Ajayi-Akintade (developmental pediatrics), Antonia Girard (psychology), Rebecca Gorman (speech-language pathology), Brendan Russell (occupational therapy), and Nicole Sanchez (physical therapy).

MWPH Hosts “Spoonful of Storybook” Virtual Celebration



When COVID-19 first began to spread back in March, MWPH made the tough decision to postpone its Mary Poppins-themed 7th Annual Storybook Gala until November. But, when it became clear in September that large gatherings would still not be safe, the gala team got creative. As a solution, from November 19 to 21, MWPH held a weekend-long virtual celebration, called, fittingly, “A Spoonful of Storybook Celebration.” The event raised more than \$390,000 from hundreds of generous donors.

“We did have to pivot with everything going on, but we are just delighted with the way the event went and how people supported MWPH—even virtually,” said Alison Cohen, MWPH’s Storybook Gala chair.

The celebration included a virtual auction and dance party, with all proceeds going to the hospital’s soon-to-be-constructed Ability Center. The center will enable MWPH to serve more

rehabilitation patients with the warm, personal attention and clinical excellence we are known for.

The auction included 135 packages donated by sponsors and supporters. Some items, like tickets, were extended into next year so that people could use them. The team also included new items that reflected the pandemic’s reality, including home workout equipment and outdoor items.

The highlight of the weekend was a dance party with music by DJ Kopec. Earlier this year, DJ Kopec began donating his talents to worthy organizations, raising more than \$1 million with his virtual dance parties since the coronavirus hit. MWPH’s virtual gala was a special event he agreed to DJ, as he is a former patient parent.

“It’s the hospital’s single largest fundraiser for the whole year—doing nothing was never an option,” said Liz Glass, the hospital’s event coordinator. “In a year in which nothing went according to plan, we’re thrilled that A Spoonful of Storybook Celebration was such a great success.” ♥

Be part of MWPH’s special fundraising events at [mwph.org/giving/events](https://www.mwph.org/giving/events).

MWPH Family Helps Each Other with the Employee Assistance Fund

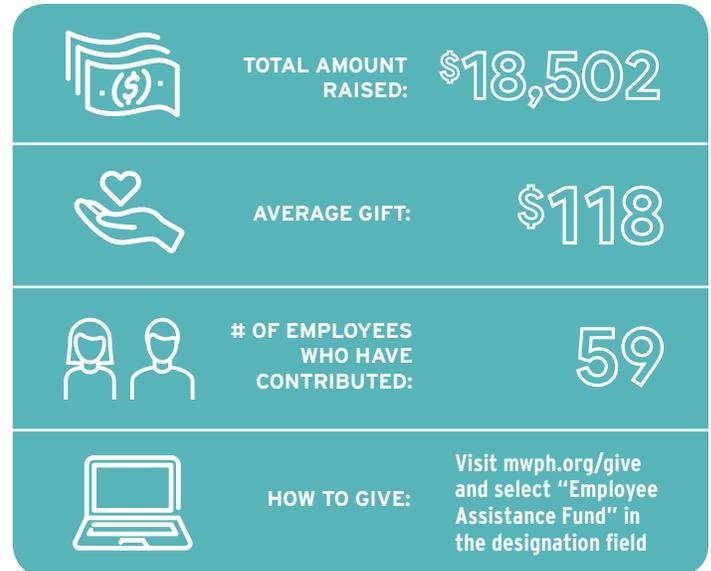
MWPH is a small hospital where employees feel like family. When COVID-19 hit, it brought challenges on every level, from navigating new ways of working to dealing with personal struggles. To ease colleagues' stress and anxiety, MWPH established the Employee Assistance Fund to provide emergency financial assistance to MWPH team members.

"In addition to supporting employees' mental health and well-being, we must also look to team members' financial well-being," said Tom Ellis, MWPH's vice president of human resources. "The Employee Assistance Fund is a way to support each other not just emotionally, but financially as well."

The fund was established through a gift from the Nora Roberts Foundation, and it is wholly sustained through employee donations. Employees have given amounts ranging from \$10 to \$1,500, through payroll deductions and one-time contributions alike.

The fund is available to help anyone at MWPH who is facing a financial emergency, from an unexpected car repair or higher-than-normal childcare expenses to lost wages or the threat of eviction. Funding decisions are made by a multidisciplinary employee committee with members from departments across the hospital. All applications are kept confidential throughout the evaluation process.

"The committee evaluates the request, but there is no identifying information about the individual who submitted the application," said Knickkia Johnson-Hall, the manager of the outpatient prior authorization department who serves as the chair of the Employee Assistance Fund committee. "It's a wonderful program, especially in the time of COVID-19. There are so many things that can impact employees at work, so giving people access to assistance is great."



In November, an MWPH team participated in the MOVE Maryland fundraising event, with all proceeds benefiting the fund. Thanks to MOVE Maryland, another \$4,625.25 was contributed. Additionally, a portion of the hospital's Giving Tuesday donations this year will also go into the fund.

"I'm very proud that this fund exists, and that it's totally employee-driven. It's very touching that we have such caring employees," said Jill Feinberg, vice president of development and external affairs at MWPH. "Our focus now is making sure that our employees continue to replenish the fund with donations so that we can continue to make gifts to help our fellow MWPH team members." ♥

MWPH: IN THE COMMUNITY

Harvest Time!

MWPH's community benefit team joined the Arlington community one Saturday this fall to harvest the Arlington Inspired Community Garden. Community members came together to help, and KT's Kitchen used the fresh veggies from the garden to make soup to feed the community. Along with their soup, neighbors also enjoyed apple cider and hot chocolate.

The remaining harvest was distributed to the surrounding community and was greatly appreciated. We're so grateful for our community partnerships and the impact we're able to make during such a difficult time.





Patient Parent Perspective

Carye Everett

Carye Everett is a mom of 18-year-old twins, Brittany and Victoria, and a 25-year-old son, Zachary.

How did your family first connect with MWPH?

Victoria has been coming to MWPH since she was five years old, both as an inpatient and an outpatient. She has complex medical needs, including hydrocephalus, a compromised immune system, heart problems, GI issues, and low muscle tone, as well as other diagnoses.

Brittany and Zachary have participated in sibling support groups at MWPH for years. In 2012, Brittany suffered a spinal stroke and received rehabilitation services at MWPH. Last year, Victoria and Brittany both went on MWPH's Abilities Adventures trip to Utah.

What other services has your family received at MWPH?

From recovering from surgery as inpatients to ongoing physical and occupational therapy, MWPH has provided the high-quality care Victoria and Brittany need, combined with a personal touch.



We're grateful to the whole team. Dr. Katz has truly been a godsend to us—he has been there by our side through everything, whenever I've needed him. He has been an active part of our whole family.

What stands out about MWPH?

They care. They genuinely care not just about

the patient, but about the family as well. They make sure that the families are okay and are always willing to go that extra mile. Whenever my children are at MWPH, I know that they will be okay.

What advice would you give to parents coming to MWPH for the first time?

Know that you're not alone. There are other parents who have been through the same things you are going through. The staff at MWPH is going to do everything that they can possibly do to ensure that your child gets better.

KUDOS for our Caring Staff

Helping my child succeed

"We love Dr. Schwimmer and Dr. Harris! We feel like we have a great team—and I love how well they work with my son and me also to come up with the best plans for my child to help him succeed and be the best he can be!"

— Sara Hardesty, patient parent

Attentive, kind, and helpful—and very efficient

"Upon entering the security gate, the officer was clear, professional and very helpful. When we entered the Rosenberg building the staff was attentive, kind and helpful—very efficient. During times like these when people are confused and stressed I heard 'good morning,' people laughing and I saw teamwork! Good Job! "

— Robin McKeon, patient parent

For information or questions about *Handprints*, contact **Katie Yeager**, Communications Coordinator at katharine.yeager@mwph.org



Mt. Washington Pediatric Hospital

Where Children Go to Heal and Grow

An affiliate of University of Maryland Medical System and Johns Hopkins Medicine



"Like" us on Facebook



Follow us on Twitter



Follow us on YouTube



Follow us on Instagram @mwphstories