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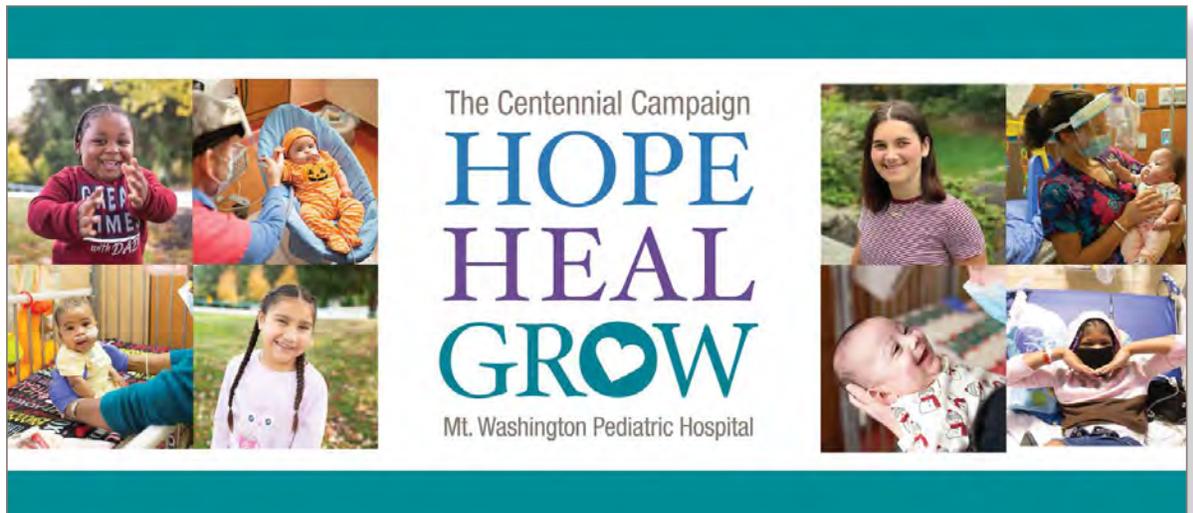
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MWPH Launches Historic HOPE HEAL GROW Centennial Campaign



As Mt. Washington Pediatric Hospital (MWPH) prepares to celebrate its 100-year anniversary in 2022, the hospital's mission—to maximize the health and independence of every child MWPH serves—is more important than ever. That's why on November 30, MWPH launched HOPE HEAL GROW: THE CENTENNIAL CAMPAIGN FOR MWPH, the largest and most ambitious fundraising campaign in the hospital's history.

During this campaign, the hospital aims to raise a total of \$15 million to support the hospital's growth and ensure it has the capacity to continue providing the suite of unique programs and services that sets our hospital apart. It has already been a big success: if the campaign ended today, the hospital would already have raised more money than it ever has.

In fact, the hospital raised \$13.5 million—a full 90

percent of the campaign's total goal—before the campaign's public launch on November 30, 2021.

The campaign has also had a record number of total donors and a record number of first-time donors to MWPH. The campaign's unprecedented level of support shows how important MWPH is to the community it serves.

“For me, what's so exciting is to be a part of a campaign that is raising more money than the hospital has ever raised,” said Lauren Perlin, co-chair of the hospital foundation's board. “We set our sights high, and to have raised this much money, and to have more donors than we've ever had, shows that the community has confidence in us and trusts that the organization is going to spend that wisely.”

continued on next page >>

THE CAMPAIGN HAS THREE MAIN PRIORITIES:

1 The Rosenberg Outpatient Center Expansion and Renovation

The expansion was completed and opened in June 2021, extending the center's clinical space from 14,000 square feet to 20,600 square feet and allowing for 16,900 additional patient visits each year.

2 The Ability Center Design and Build

In the spring of 2022, MWPH will begin construction on the Ability Center, a newly designed 4,000+-square-foot, technologically advanced rehabilitation center. The Ability Center will meet the growing demand for medical and rehabilitation services in the region, addressing pediatric and adolescent patients who have sustained multiple traumas, have congenital or acquired disabilities, or need intensive postsurgical rehabilitation.

3 The MWPH Children's Fund

The fund will help grow opportunities to invest in priorities that propel MWPH forward, including programs, equipment, capacity building, research, community benefit, capital improvements, and innovation.

"This wonderful, multifaceted campaign has made our strategic plan a reality. We have been able to raise funds for two major construction projects and the Children's Fund, which helps support our programming," said Shelly Stein, MWPH president and CEO.



This wonderful, multi-faceted campaign has made our strategic plan a reality.

—Shelly Stein



"We're so grateful to our donors, particularly to our lead donors: the Jack & Mae Rosenberg Charitable Trust, Roslyn and Leonard Stoler, the Eliasberg Family Foundation, the Joseph & Harvey Meyerhoff Family Charitable Funds, Lawrence C. Pakula, MD/Louis H. Gross Foundation, and the Bunting Family Foundation, Inc. Such a high level of support creates a lot of positive momentum for the future."

From art therapy and the Spirit Halloween costume shop to innovative pain management technologies and the annual Abilities Adventures trip to Utah, the Children's Fund helps the hospital bridge the gap between ordinary and extraordinary. These specialty programs, which are proposed and developed by MWPH staff, are part of the warm atmosphere and personalized attention that, in addition to our clinical excellence, sets MWPH apart.

Gifts to the Children's Fund will become part of the hospital's endowment, which is a way for donors to maximize the impact of their dollars.

The foundation's endowment gives the hospital the stability it needs to pursue continued innovation in pediatric specialty care. "Endowments, in general, are important because they allow organizations to sustain themselves. Our foundation's endowment gives us the flexibility to take advantage of innovations as we have in the past—from our simulation lab to the Vecta pain machine," Perlin said. "We don't know what other innovations will be developed in the future, but we do know that with an endowment, we'll be able to take advantage of those innovations for the benefit of our kids."



Endowments, in general, are important because they allow organizations to sustain themselves.

—Lauren Perlin



The hospital's cadre of dedicated volunteers is a key part of the campaign's success so far. "Our volunteers are the lifeblood of the hospital and have been for more than 99 years," Perlin said. "Not only are they helping in the hospital day to day, but they are also making connections and bringing people into the hospital to become the next round of donors. Our volunteers have been a really powerful and successful way to reach new people in the community."

Of course, MWPH would not be the organization it is without its dedicated staff. Staff support of this campaign has made it an exceptional success. "I would particularly like to highlight our staff's contributions to this campaign," Stein said. "Our staff's high level of participation shows that the staff not only supports MWPH with their expertise and their time, but also with their dollars to make sure the hospital is successful in its mission. It's a great testimony to the belief and trust the staff has in MWPH."

The campaign will run through December 2022, when the centennial celebrations conclude. With such strong community support, everyone at MWPH is energized and ready for another 100 wonderful years of providing exceptional care to children with medical complexities and their families.

To learn more about HOPE HEAL GROW: THE CENTENNIAL CAMPAIGN FOR MWPH, visit mwph.org/hopehealgrow. ♥

UPCOMING EVENTS

MONTHLY FAMILY DINNERS

Please check signage around the hospital for dates.

Questions? Please call Michelle Hanover at 410-578-2651

JAN 15

NATIONAL BAGEL DAY SUPPORTING MWPH

All Towson Hot Bagels (THB) locations
Free bagel with purchase, and all sales will go directly to MWPH.



STAY TUNED
FOR INFORMATION ON CENTENNIAL EVENTS THROUGHOUT THE YEAR!

Message from the President

Dear Friends,

One of the things that makes MWPB so special is our dedicated employees, many of whom have spent 20 years or more at the hospital. I want to highlight three of those employees, all of whom are moving on or retiring after long, successful careers here at MWPB:



- In November, **Lois Bower**, manager of the child life and therapeutic recreation department, moved on to her next career adventure.
- In December, **Steven Band, PhD**, retires. As the psychology department's director, Steve grew our capabilities tremendously by any measure, including scope of services, treatment sites, telepsychology, and the number of providers.
- **Susan Dubroff**, director of rehabilitation services, retired at the beginning of this month. During her tenure at MWPB, Susan started so many high-impact programs, including the rehab and feeding day service, offsite satellite, and a number of specialty clinics.



Lois, Steven, and Susan, I thank you all for your years of service, during which you supported and cared for many thousands of children. I wish you the very best in your next chapters.

Congratulations to the staff of MWPB's Capital Region location on their successful Joint Commission survey after the move to the new facility in Largo. The survey results were very positive, and everyone did a fantastic job.

Among our hospital's notable recent improvements will be the relocation of two sleep study rooms from the Meyerhoff unit so that they are next to the current sleep rooms, enabling smoother workflows and better patient care. And we're only a few weeks away from breaking ground on the new Ability Center, which will provide more than 4,000 square feet of state-of-the-art outpatient rehabilitation treatment space.

I wish each of you a joyous holiday season and all the best for a bright and happy new year.



Sincerely,

Sheldon J. Stein,
President & CEO

Where Are They Now?—Antwan Hudson

Antwan Hudson has spina bifida with hydrocephalus, among other medical complexities. He lives with his dad, Rowland, and he is close to his grandmother as well. He has been an inpatient at MWPB twice to treat pressure ulcers.

His first hospitalization at MWPB was in 2019, when he was just eight years old. Each time, he spent about five months undergoing wound care at MWPB.

"It's wonderful at MWPB. They do a really good job," said Antwan's grandmother, Sonia Lee. "I don't want to take him anywhere else. They care for the kids so well at MWPB."

While at MWPB, Antwan also received tube feeds to help him gain weight. Today, he continues with outpatient physical therapy at MWPB, and his family is working on



Antwan with Dr. Morrow

transferring his occupational and speech therapy to MWPB as well.

In November, Antwan celebrated a milestone—his tenth birthday. His wounds are healed, and he is back to eating with enthusiasm. "Before, he only ate a little bit of this, a little bit of that. Now, you have to try to get him to slow down," Sonia said.

Like many kids his age, Antwan loves to spend time enjoying games and YouTube videos on his iPad and going on errands to Target or Walmart with his dad and grandmother. He looks forward to returning to school with nursing support soon.

"The staff at MWPB is just a '10' all the way around. Everyone is great there," Sonia said. ♥

EMPLOYEE NEWS

GET TO KNOW OUR STAR EMPLOYEES

The STAR employee award honors those employees who personify our CARES values—Considerate, Attentive, Respectful, Efficient, Safe. These honorees are recognized as outstanding role models in our hospital.



Name: Kalina Hurley, PhD
Title: Pediatric Neuropsychologist
Department: Psychology
How long have you worked at MWPB:
 I started in September 2020, so about a year.
What is your favorite thing about your job:
 I love learning more about each child I work with and getting to know them and their families. I feel like each neuropsychological

November

evaluation is an opportunity to capture a child's unique strengths to help them learn and grow.
Name one thing that most people don't know about you:
 I am originally from Bulgaria and still speak Bulgarian. I was born there and came to the U.S. when I was two years old. My extended family is all still in Bulgaria, and I love going back to visit them.

CONGRATULATIONS



Please join us in congratulating **Agnes Ihediohanna** on her recent promotion to SN II. Agnes has been a registered nurse for 38 years, with 30 of those years dedicated specifically to pediatrics. Agnes became a valued member of the MWPB nursing department in 2001.

In 2021, Agnes was an honored recipient of *Baltimore* magazine's Excellence in Nursing award and was recognized as a Top Nurse out of many candidates throughout the region. Congratulations, Agnes!

PROMOTIONS

- **Shamont Carter** from EVS Team Leader to EVS Manager
- **Alexis Griffey** from PCA to RN
- **Hannah Polasik** from PCA to RN
- **Jeanna Richardson** from RN to Nursing Supervisor

Child Life and Therapeutic Recreation News



Congratulations to **Lindie Ashman**, CTRS, CBIS, CPST, who was recently promoted to manager of child life and therapeutic recreation. Lindie has worked at MWPB for 16 years and has been a great support to our children. Her dedication and willingness to assume new responsibilities has been admirable. She has been a great support to the rehabilitation team, and she and Babs will continue to provide the highest quality care that we have come to know from her and the other child life and therapeutic recreation therapists.



Congratulations to **Jen Langezaal**, CCLS on her promotion to Clinical Specialist within the Child Life and Therapeutic Recreation program. Jen will be an advocate for best practice as it relates to the care of premature infants and their families.



Congratulations to **Sarah Beale**, CCLS for completing all of the coursework and clinical hours to become a Certified Educator of Infant Massage (CEIM). She will be working with patients and families at our Rogers Avenue location and at Capital Region. Great job, Sarah!

MYTHBUSTERS



Myth busted by
Kirsten Russo, PhD,
pediatric psychologist

MYTH: Kids will always be afraid of injections, and there is nothing we can do to make vaccinations and blood draws less stressful.

FACT: There are a number of behavioral strategies that have been demonstrated to reduce anxiety, stress, and pain during needle pokes.

Fear of injections, also known as trypanophobia, is estimated to occur in approximately two-thirds of youth. Parents of children who experience injection fears may delay or avoid well child exams, annual flu shots, or other important vaccinations for their children. Children who miss appointments or vaccinations are more vulnerable to preventable diseases, undertreatment, or missed diagnoses.

With the recent CDC recommendation that children ages 5 to 11 receive the COVID-19 vaccination, it is more critical than ever to prepare children for vaccination appointments. Before vaccinations, parents and medical providers should be honest with children about the experience of momentary pain. The most effective statements for youth exhibiting anxiety should convey both empathy and confidence in a child's ability to face fears (e.g., "This is scary, and I know you are brave and can handle it").

Research has indicated distraction (watching a video, singing a song, reading a book), relaxation (deep breathing), comfort positioning (allowing child to sit on a parent's lap or in a safe, comfortable position), numbing creams and sprays, and vibration on the skin can all change how the body interprets and processes pain. MWPH clinicians employ many of these as well as other pain management techniques. Providing children with choices can increase a child's sense of control, which may also lower anxiety. When anxiety becomes too difficult to manage, some children and parents may benefit from treatment with a pediatric psychologist.

A Day In The Life of Clarissa Whitacre

Clarissa Whitacre, LCSW-C, is the social work team leader for MWPH. She has worked at MWPH for more than 25 years and enjoys learning from the multiple disciplines with which she works. We followed her on a recent Thursday.



8:03 a.m. – Before heading to work, return texts to families that have accrued since the previous evening.

8:58 a.m. – Arrive and check on potential discharges, messages, and social work coverage for the day.

10:12 a.m. – Update the Maryland Department of Social Services (DSS) with expected discharge dates for children who are in DSS custody or whose families are being investigated for abuse or neglect.

10:30 a.m. – Read through nurse liaison information about that day's admissions.

11:04 a.m. – Coordinate with supervisor by phone, then meet with staff about any coverage issues.

11:33 a.m. – Select supplies from the Share Baby closet for a family, then stop by a patient's room to give meal tickets to a patient's mother.

12:37 p.m. – Consult on a case with RN care managers for a patient parent needing emotional support.

1:11 p.m. – Update social work notes.

1:44 p.m. – Train a newly hired social work team member.

2:02 p.m. – Participate in an interdisciplinary team meeting.

3:22 p.m. – Conduct an update meeting with a patient's family.

4:33 p.m. – Connect with DSS and return emails in the office.

5:04 p.m. – Complete social work assignments for the next day before heading home.

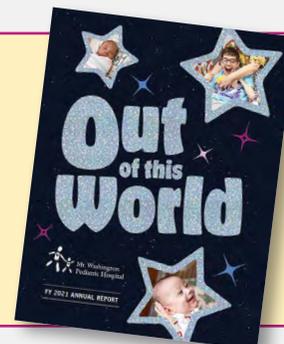


A MWPH Campus sign was recently erected along I-83, establishing MWPH's location and commitment to the community.

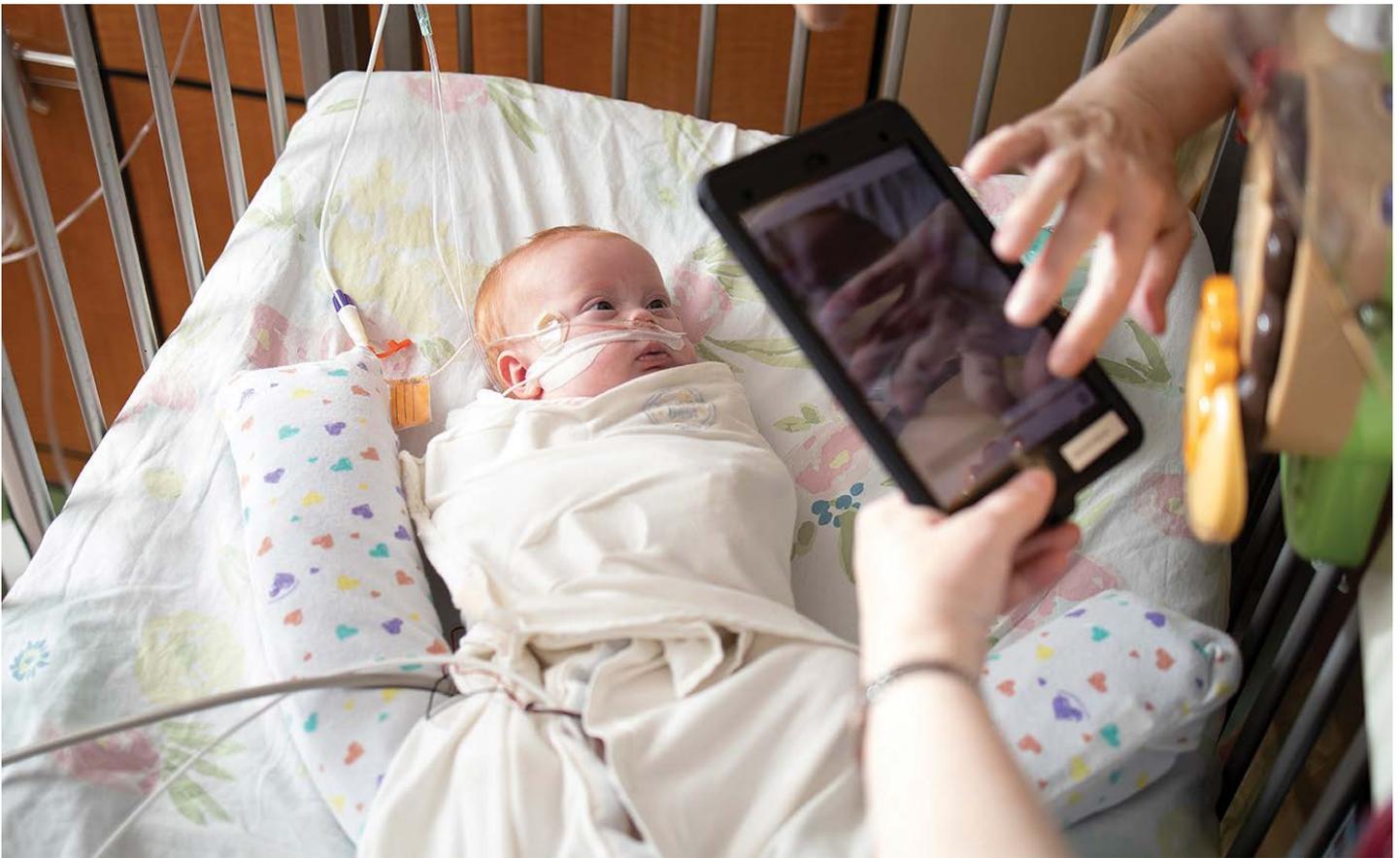
**MWPH IS
OUT OF
THIS WORLD!**

Our FY21 Annual Report is now live, and this year's theme highlights the hospital's continued growth, both in physical space and in the stellar health care services we provide to children. Check out the report and find stories about great expansions and big moves, plus coverage of new programs and innovative techniques.

mwpb.org/annualreports



All About AngelEye



BEING AWAY FROM YOUR CHILD CAN BE TOUGH and it's especially difficult when your child is in the hospital. Yet, parents who live far away, have full-time jobs, or have other children at home can't spend every moment at the bedside. That's why MWPH invested in AngelEye, which went live in July.

AngelEye is a one-way communication platform that allows hospital staff to send photos, videos, and text messages to patient families. It's an effective way to help families feel connected to what's going on in their child's world.

"Staff can use AngelEye to capture a small moment or milestone, from wearing a cute outfit to finishing an entire bottle," said staff nurse 3 Joan Geckle, MSN, RN-BC.

Each unit at the Rogers Avenue location has an AngelEye, and the hospital's Capital Region location also has one. The communication platform is secure and HIPAA compliant. It is designed to keep families engaged as key members of their child's health care team, increase bonding, and reduce anxiety.

The platform is also useful for patient education. Staff can post PDF files or videos to the platform for parents to access. Topics include welcome information, medication FAQs, car seat safety

guidelines, and diagnosis-specific content. Parents can flag information if they have a question or can mark it complete when they have reviewed it. MWPH staff follow up on parent questions by phone.

The platform's simplicity and convenience earn high marks from patient families. "The feedback from parents has been really positive. They love it," Geckle said.

“ The feedback from parents has been really positive. They love it. ” —Joan Geckle

MWPH staff members have been getting used to the AngelEye platform and incorporating it into their workflows. In October, for example, staff on the Pakula unit sent 280 communications to parents through AngelEye. That's 280 videos, photos, and text messages that are keeping parents updated and connected to their child's progress, even when they can't be right by their child's side. ♥

MWPH TO OPEN NEW EARLY DETECTION CLINIC FOR CEREBRAL PALSY

CEREBRAL PALSY (CP)

is the most common motor disability in childhood, affecting half a million American children today. CP is caused by a brain injury or abnormal brain development before, during, or right after birth. It causes problems with motor function, including movement, coordination, and balance. Previously, a diagnosis of CP could not be made until a child was about 2 years old. But now, there are tools that can be used to assess infants and identify children at high risk of CP a year earlier. MWPH's Early Detection Therapy (EDT) clinic, opening in the first half of 2022, aims to do just that.

"With these new assessment tools, supported by high-quality MRI scans, we can look at a child's movement patterns and make some very good predictions about what that child's risk is for developing CP in the future," said Ajoke Ajayi-Akintade, MD, FAAP, MWPH's assistant medical director.

Early detection can make a real difference. "Identifying early means initiating services early, and we're able to support the family early on as well," said Stephen Nichols, MD, FAAP, FAAPMR, senior attending physician, rehabilitation services at MWPH. "The earlier we know, the earlier we can start CP-specific treatment. This gives us the potential to make a real impact" on a child's



Ajoke Ajayi-Akintade, MD, FAAP



Stephen Nichols, MD, FAAP, FAAPMR



Nicole Sanchez, PT, MPT

long-term outcomes. With early intervention, children can maximize their independence and minimize the chance of developing additional CP-related medical challenges.

Because children with CP often have other medical complexities, such as feeding issues, ADHD, seizures, and other challenges, the interdisciplinary EDT clinic takes a holistic approach.

The team, consisting of Dr. Akintade, a neurodevelopmental pediatrician; Dr. Nichols, a pediatric rehabilitation medicine physician; and Nicole Sanchez, PT, MPT, a physical therapist, sees each patient together. All of the team members are certified in CP assessment, and each brings unique expertise to help the child and family navigate the way forward.

In addition to assessing the child for CP, the team educates families, provides counseling about treatments needed, and gives families a roadmap of what to expect as they manage this lifelong condition. Families leave the EDT clinic with an assessment, a gameplan, and whatever referrals to additional support, resources, and services they may need.

"We make sure the family is connected to services that are tailored to exactly what they need," Sanchez said. "Our goal is to encourage and support the patients to become as independent as they can be." ♥

MWPH: IN THE COMMUNITY

MWPH's community benefit team held its first-ever Community Toy Shop on Saturday, November 6 at Arlington Elementary. It was a huge success. Partnering with Baltimore City Public Schools, Park Heights Renaissance and Association, H.E.Y. Hub, and At the House, Inc., MWPH provided thousands of toys to children and families in our community.



TOY SHOP BY THE NUMBERS:



6,642
toys
distributed



738
children and
246
families served



42
volunteers
from MWPH and
the community,
including
foundation board
members



Patient Parent Perspective

Bailey Susic



Bailey Susic and Craig Rauser share one daughter, Mila, who is four years old. Born at 38 weeks, Mila weighed less than four pounds at birth. Her slower-than-average growth had her doctors concerned during her infancy, but when she turned one year old, around the time she was diagnosed with hip dysplasia and preparing for surgery, Mila stopped eating altogether.

How did your family first connect with MWPH?

It was a very stressful time for us, but the first time I connected with someone from MWPH by phone, I felt able to exhale. They walked me through every step in the process. At Mila's first appointment, we were met by a team of three people, including a coordinator, a nurse practitioner, and a therapist. For the first time, Mila's care actually felt collaborative. They spoke with me like we were all a team working together to help Mila.

What other services has your family received at MWPH?

Mila participated in the outpatient feeding program for about a year. She went on to have some outpatient speech therapy and physical therapy services at MWPH as well.

What stands out about MWPH?

We're grateful for our experience with the feeding clinic. Everyone was so encouraging and understanding. At MWPH, they live their values and are loving, authentic, and thoughtful. We never felt like we were just a number or just passing through—everyone, from the therapists we worked with every week to the CEO, knew and cared about Mila.

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

Don't be afraid to ask questions. Remember that the staff of MWPH is there to be part of your team, and they will show you that through their actions.

KUDOS for our Caring Staff

Life changing experience

"Dr. Hurley most recently conducted our daughter's neuropsychological evaluation, and this particular evaluation changed our lives. Dr. Hurley was attentive, professional, and understanding of the information that I provided her about our daughter. When she worked with her, she did it with such ease. Our daughter felt safe and comfortable, and this makes any parent happy when their child is faced with such a difficult task as all-day testing. I cannot find the words to express the professionalism, understanding, and honesty that Dr. Hurley displayed through this whole process."

— Patient parent

CALL FOR STORIES



As we look forward to celebrating 100 years of healing at MWPH, we'd love your help!

Do you have a great story or memory of MWPH? This "Call for Stories" is aimed at hearing from you, our MWPH family and community, about special moments you've experienced with MWPH over the years.

Please visit this link to share your story.

surveymonkey.com/r/MWPHstories

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

Handprints is a publication of the Development department for MWPH's patient families, staff and the community.



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