



Handprints

FALL 2022

CELEBRATING 100 YEARS OF HELPING CHILDREN HEAL AND GROW

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MWPH Hosts International Pediatric Feeding Conference

In July, Mt. Washington Pediatric Hospital (MWPH) hosted and co-sponsored the International Association of Pediatric Feeding and Swallowing's (IAPFS) annual meeting. IAPFS's mission is "to foster advocacy, research, collaboration, knowledge dissemination, and support for interdisciplinary practice, in order to promote the highest standards of care for infants, children, and adolescents with feeding disorders." The conference, which was partially funded by the Mt. Washington Pediatric Foundation, brought together an international group of professionals who have multidisciplinary pediatric feeding programs. The goal of the conference was to give these experts an opportunity to come together, share ideas, and discuss strategies. Richard M. Katz, MD, a practicing pediatric gastroenterologist and MWPH's chief medical officer and vice president of medical affairs, is IAPFS's current president.



"MWPH is probably the smallest organization in the country with this type and level of program to treat pediatric feeding challenges," Dr. Katz said. "That's why it's particularly noteworthy that MWPH was asked to co-sponsor this conference. Our leadership increases our standing in the international pediatric feeding community and helps us remain on the cutting edge of care for these children."

The two-day IAPFS conference included a range of expert presentations. Topics included:

- Feeding therapy overview
- Treating PICA in children with developmental disabilities
- Interdisciplinary approaches for teaching chewing in complex pediatric populations

- Dental health's importance for children with feeding disorders
- Using group therapy to treat pediatric food selectivity
- Swallow and airway evaluation
- Pediatric food allergy
- Generalizing treatment effects from the clinic to the home
- Food insecurity and pediatric feeding disorders
- Avoidant-restrictive food intake disorder

The keynote address, "The Path to Health Equity: Including All Voices," was delivered by David Skorton, MD, CEO of the Association of American Medical Colleges.

MWPH's multidisciplinary feeding program: a legacy of pediatric feeding expertise

Feeding issues have only become understood as a diagnosable medical condition within the last 25 years, and many providers don't understand how to treat it. "Our program treats children who, for a variety of reasons missed a developmental stage

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FEEDING CONFERENCE, *continued*

and won't or can't eat," Dr. Katz said. Programs like MWPH's, which house feeding specialists organized in multidisciplinary clinics, can have great success helping children improve their feeding skills—and with those skills, open up new realms of independence and quality of life for themselves.

MWPH's program combines therapeutic modalities, delivered by a team that spans behavioral health specialists, dietitians, medical professionals, and both occupational and speech therapists. The team begins by undertaking a comprehensive evaluation of how the child is fed, how the child eats, and how the child chews. Then, the team develops a treatment plan designed to re-establish normal patterns of eating.

- The most common is a feeding evaluation, followed by weekly or biweekly outpatient therapy. Therapy can include oral motor therapy from a speech-language pathologist, behavioral therapy from a psychologist, or both.
- For patients whose issues are a little more complicated, MWPH offers several online group programs.
- The most intensive level is the hospital's well-known feeding day program, which runs Monday through Friday. Participants spend a half-day at MWPH with two meals, and they have a third meal at home with parents doing the feeding and a therapist supporting them virtually.

Events like the IAPFS conference are powerful reminders of MWPH's nationally recognized excellence in specialty care for children with complex medical needs, including care for children with feeding disorders.

Dr. Katz's top 5 pieces of advice for parents of children with feeding issues

1. Have patience and confidence that your child's condition will get better with the right approaches.
2. Get help and encouragement for yourself as well as for your child. You're not alone.
3. Care from a multidisciplinary team is key to success.
4. Don't let anyone make you feel guilty. It's not your fault, and you didn't do anything to cause these feeding issues.
5. Embrace small steps and small wins—eating is a complex, multistep process.

UPCOMING EVENTS

Centennial BALL MT. WASHINGTON PEDIATRIC HOSPITAL

NOV
19



7:00 PM – Midnight
Maryland State
Fairgrounds

For more information and to join our waitlist, visit mwph.org/centennialball

DEC
15
HOLIDAY
WISH
DRIVE
5:00 - 7:00 pm

Mt. Washington Tavern
5700 Newbury St
Baltimore, MD 21209

Bring an item or gift card from our wish list for patients at MWPH, while enjoying Baltimore's best happy hour.



DEC
18
HOLIDAY
TOY DRIVE
Free holiday shopping
provided to families

of MWPH patients and the surrounding community. Registration is required. Please visit our website for more information.

Volunteer opportunities are available. Please contact Tammany Buckwalter to learn more: tbuckwalter@mwph.org



Centennial Corner

Earlier this month we welcomed First Lady Yumi Hogan, Mayor Brandon Scott and Congressman John Sarbanes along with many others to a special event celebrating 100 years of healing at MWPH. Guests toured the hospital, presented MWPH with proclamations honoring its centennial year and ended with a celebratory cake!



Message from the President

Dear Friends,

I'm delighted to report that the hospital has broken ground on our Ability Center, which is scheduled to open in the spring of 2023. This new facility will set the stage for MWPH to serve many more outpatient rehabilitation patients, true to our goal of maximizing the health and independence of every child we serve. I am grateful to the rehabilitation team, particularly our previous rehabilitation director, Susan Dubroff, and our new rehabilitation director, Julie Quinn, for helping to make this center a reality and ensuring the design will meet our needs.

We have also completed the process of moving our sleep labs from the Meyerhoff unit to a single, centralized location, supporting smoother workflow and enabling us to increase capacity for sleep studies. We're preparing for another Joint Commission survey, and I thank all of our staff for their hard work in making sure the hospital is always Joint Commission-ready. I am sure that the hospital will do just as well in this year's 3-year accreditation survey as we have done in the past.

The end of summer is always a time of great transition, as we turn to new work and school routines. For me, this is particularly true,

as I'm preparing to transition to life after MWPH. The hospital's board is conducting a national search for the next CEO, and I have every confidence that our special hospital will be in good hands.

This will be my last president's message in *Handprints*, as I get ready to start a new chapter on December 1. I look forward to enjoying time with my wife, family, and grandkids, as well as having time to travel and play golf. Thank you all for your kindness and support—I look forward to what's next, both for MWPH and me.



Sincerely,

A handwritten signature in black ink that reads "Sheldon J. Stein".

Sheldon J. Stein,
President & CEO

Where Are They Now?— Delante, Joseph, and Jeremiah Peete

Delante Peete (*top*) was born premature in 1999, and his NICU team referred him to MWPH's Prince George's County location for follow-up care. About 18 months later, Delante's two younger brothers, twins Jeremiah (*left*) and Joseph Peete (*right*), were born premature, as well.



The boys were referred to MWPH's developmental evaluation clinic (DEC). Delante was diagnosed with developmental delays, a stutter, ADHD, a learning disability, and dyslexia. He was followed by MWPH's outpatient PT, OT, speech, and feeding teams, and he progressed and flourished in school with services and supports.

Today, at 23 years old, Delante is a high school graduate who went on to earn his associate degree in criminal justice in 2020. He is currently a student at Bowie State University, working toward a bachelor's degree in criminal justice.

"He's into advocacy and wants to work for the Innocence Project or another nonprofit dedicated to helping innocent incarcerated individuals seek justice," Delante's mom, Stephanie Peete, said.



who have disabilities with jobs.

Jeremiah faced communication challenges, and [mom] credits the support group run by Dr. Kimberly Derrickson for providing a safe space for him to make progress. He also graduated from high school with a certificate and has a job working in the front office of a local high school.

"Overall, what stands out about MWPH is that the hospital's satellite location is in my community. Having first-class health care conveniently located is a real godsend, because getting transportation to appointments was really key," Stephanie said. "Everyone there became like family, because we spent so much time there when the boys were younger." ♥

CENTENNIAL
EDITION

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.

August



Name: Kristen Flemings
Title: Core Lab Supervisor
Department: Laboratory
How long have you worked at MWPH: 5 years
What is your favorite thing about your job: I get to combine my love of science, technology and healthcare. Knowing I'm making a difference in patient lives from behind the scenes.
Name one thing that most people don't know about you: I'm an extreme couponer.

September



Name: Mark Harris
Title: Director of Food Services
Department: Food Service
How long have you worked at MWPH: 7 months
What is your favorite thing about your job: I feel very appreciated here. Not just by my supervisor, but my peers, as well.
Name one thing that most people don't know about you: I have two horse-sized dogs (Bernese Mountain Dogs) that my wife says I love more than her, and one of them uses a pacifier!

PROMOTIONS



Congratulations to Latonia May-Brown on her promotion to Director of Respiratory Therapy and Laboratory Services. Latonia started at MWPH as a new graduate in 2007 in addition to working at MWPH she has also worked for UMMS and JHH. She has served as a Charge Respiratory Therapist, Senior Respiratory Therapist(2017), and provided coverage of the Director when the FTE was reduced(2021). Latonia is known for her critical

thinking skills and willingness to advocate for patients. She is well respected by those who have had the privilege to work with her and we are very fortunate that she has joined our leadership team. Please join us in congratulating Latonia on her promotion.

CONFERENCES



Our Nurse Liaison's Barb Nosek and Heather DiNunzio attended the ACMA Maryland Chapter 20th Annual Case Management and Transitions of Care Conference in Baltimore on Saturday, September 10th. This was a wonderful opportunity to share the services we provide to Nurses, Case Managers, Social Workers, Physician Advisors, Nurse Practitioners, Community Health Workers and other professionals who work in case management and transitions of care who reside or work in Maryland, Delaware, DC or West Virginia. There were approximately 200 attendees at this year's conference.

CONGRATULATIONS



The Baltimore Business Journal has named Shelly Stein one of **2022's Leaders in Health Care!**

This year's Leaders in Health Care awards recognize seven categories of local health care professionals ranging from C-suite executives to senior care. All honorees are making a difference not only in their organizations, but in the wider industry and community as a whole. Shelly was one of 11 recognized and will be honored for his leadership in October.

As Shelly retires, we can be proud that he has been honored for his commitment to the MWPH mission. **Congratulations to Shelly on this special recognition!**

PROMOTIONS

- **Yaffa Elefant** from RN to Nurse Manager
- **Edgar Phillips** from Materials Management Technician to Manager Operations
- **Sharon Selko** from Senior Physical Therapist to Manager of Rehabilitation Services
- **Melody Shortt** from Nurse Graduate to RN

MYTHBUSTERS



Myth busted by Michelle Demeule-Hayes, MS, RD LDN, Director, Center for Nutritional Rehabilitation

MYTH: Caffeine stunts your growth

FACT: There is no valid scientific evidence that caffeine stunts children's growth. However, caffeine in sodas, energy drinks or coffee drinks may

play a small role in blocking calcium absorption and increased calcium excretion. Calcium is important, along with vitamin D, in building strong bones. So if calcium is not absorbed or there is inadequate intake from food and drinks, there may be a higher risk of developing osteoporosis later in life, which can be associated with a loss of height due to compression fractures.

Also, if children are drinking sodas, coffee, energy drinks or other drinks in place of milk, they may be getting a lot of extra calories and sugar in their diet which may lead to weight gain. Consumption of sweetened caffeinated drinks are associated with overweight in children. In addition, caffeine in children has been associated with affecting sleep, and excessive intakes has been linked to higher rates of depression and anxiety.

The American Academy of Pediatrics has stated that "caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents."

So while caffeine doesn't stunt your child's growth, best drinks for them are water or low fat dairy, which do not contain caffeine and are much healthier choices than caffeine containing drinks.

Marcie Beth Schneider, Holly J. Benjamin, Committee on Nutrition and the Council on Sports Medicine and Fitness; Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?. *Pediatrics* June 2011; 127 (6): 1182-1189. 10.1542/peds.2011-0965

In Loving Memory of RACHEL WILLIAMS



Rachel was a long-standing employee of Mt. Washington working both as bedside nurse and clinical instructor over the last 16 years. She was loved by many, had a deep rooted passion in pediatric nursing, and the love she had for her patients was evident to all. She left a lasting impact, and this loss will be felt by many. Our Mt. Washington family will miss her tremendously.

A Day In The Life of Paula Bragg

Paula Bragg is MWPH's director of philanthropy. She oversees all aspects of the hospital's annual fund, including corporate partnerships, event support, fundraising appeals, grant writing, and donor stewardship.



8:17 a.m. – Text the hospital's contact at La Scala to confirm a surprise 10-year thank-you event for owner Nino Germano.

8:30 a.m. – Call a MWPH staff member to follow-up on a staff campaign gift request.

9:02 a.m. – Call the hospital's connection at Spirit of Children to discuss a room-naming opportunity to honor 15 years of partnership.

9:14 a.m. – Send follow-up emails to prospective donors regarding centennial year support.

9:38 a.m. – Meet Julie Quinn, director of rehabilitation, to discuss ways to support her team.

10:10 a.m. – Receive a call from a Fraternal Order of Police lodge about scheduling a surprise donation for later that day.

11:20 a.m. – Work on drafting a grant application to support the feeding day program.

12:22 p.m. – Call several corporate donors to solicit event sponsorships for this year's centennial ball.

1:30 p.m. – Meet with the board's engagement committee chair, then work on the agenda for the next committee meeting.

2:00 p.m. – Participate in a Zoom meeting to discuss a potential centennial year partnership with a corporate supporter.

2:41 p.m. – Meet with the events team to coordinate activities in support of upcoming events.

3:10 p.m. – Meet the FOP donor to accept a "Christmas in July" donation of 250+ much-needed toys to restock the depleted toy closet, then take it to the child life team.

4:18 p.m. – Prepare for the Giving Tuesday committee kickoff, brainstorming incentive ideas and ways to engage 100 new donors in honor of the centennial.

4:45 p.m. – Review new donor welcome packet letters before they go out in tomorrow's mail.

6:00 p.m. – Staff the sip and shop event, Bubbles for Babies, benefitting MWPH

Paula's Memorable MWPH Moment

"During my first few weeks as an MWPH staff member, I was on a tour of the hospital led by Shelly Stein. I was struck that he knew everybody. As we walked, he asked about a staff member's daughter, who had broken her wrist. He not only knew the staff member's name, but he also knew what was happening with her daughter, asked about her well-being, and cared about the answer. As the CEO, more than 500 people report to him, and I was so touched by how much he cared about each person who was part of MWPH."

MWPH's Rehabilitation Experts Have Broad Experience



MWPH is well-known for providing highly specialized rehabilitation services tailored to children with complex medical needs, from cerebral palsy to feeding disorders, and everything in between. But did you know that MWPH's team of rehabilitation experts also treat children with more common challenges? You may be surprised to learn just how broad our pediatric rehabilitation expertise is.

Infants who have torticollis/plagiocephaly

Many infants are diagnosed with torticollis (tight neck muscles that make it hard to turn the head) and plagiocephaly (flattening of the head). Julie Quinn, PT, MSED, MWPH's director of rehabilitation, points to the "Back to Sleep" campaign and pediatrician recommendations about treating reflux in infants for the large number of cases.

For example, parents may use their baby's car seat or bouncy seat to keep the baby upright after eating. The baby falls asleep with the head tilted toward the side, and then the baby begins to prefer one side, causing the muscles to tighten and affecting the head's shape. "Obviously, these are conscientious parents who are following their pediatrician's guidelines, and it has become very common," Quinn said. "All of our physical therapists and occupational therapists are adept at helping babies who have these conditions."

Sports-related injuries in younger children

Kids under 13 are participating more frequently in recreational sports, which can lead to overuse injuries or other sports-related injuries. Frequently, these patients end up in an adult sports medicine clinic, but that's not the best place for them.

"Younger kids with sports injuries are best served by pediatric physical or occupational therapists, where they can rehabilitate through play and get the tailored, one-on-one approach they deserve," Quinn said.

Unlike adult programs, MWPH's rehabilitation sessions are one hour long and one-on-one, as opposed to 30 minutes of two-to-one. One-to-one support results in better outcomes, and therapists at MWPH are experts at helping kids return to their favorite sport safely.

"With the Ability Center opening, we're going to have more specialized sporting and exercise equipment to address all types of sporting issues in younger kids," Quinn said.

Children with a need for improved social skills

Although MWPH is renowned for its work with children who have autism spectrum disorder, the team also has group-based support for kids who have challenges around social skills, whether or not they have an autism diagnosis. Tailored therapy options include speech-language pathology, occupational therapy, or behavioral therapy.

"Many kids haven't had the opportunity to socialize as much because of COVID-19," Quinn said. "Our groups offer a safe space where children can practice using language to communicate needs, engage in conversation, and initiate play," Quinn said.

For more information about MWPH's rehabilitation services, visit mwph.org/health-services/physical-medicine-rehabilitation. ♥

MWPH STAFF GATHERS FOR A “WILD” FOUNDER’S DAY CELEBRATION AT THE ZOO



On July 10, 1922, Happy Hills Children’s Convalescent Home—which would eventually become MWPH—accepted its first patient. One hundred years later, more than 300 MWPH staff and family members gathered at the Baltimore Zoo to celebrate Founder’s Day with a picnic.

“It was good to be able to come together face to face, after being socially distanced for the last two years, to celebrate and mark the occasion of the first patient the hospital ever admitted 100 years ago,” said Sheldon Stein, MWPH’s president and CEO.

“It was great to see all the staff get back together. It has been such a long time since we’ve been able to get together, network, socialize, and even meet each other’s families. The opportunity to spend time together outside the hospital grounds was really special,” said Tom Ellis, MWPH’s vice president of human resources. “Overall, it was a lovely day.”

**Special thanks to the Mt. Washington Pediatric Foundation for making this event possible.*

The July 10 event was held at the zoo’s waterfowl picnic area and featured a fabulous lunch from Mission BBQ, games for the kids, a DJ, and a raffle. Superhero Support was on hand to delight the young and young-at-heart with their favorite superheroes. The weather was beautiful and sunny, and the MWPH team even got a visit from a special Baltimore Zoo ambassador—a giant snake. After the picnic, everyone got tickets to spend the afternoon at the zoo.

For Tammany Buckwalter employee engagement and volunteer specialist at MWPH, the event was a fun way to celebrate and bond as an organization. “It showed the pride of MWPH. We are setting ourselves up for the next 100 years. The volunteers and staff who came, and their families, exemplified their commitment to the hospital’s future,” she said. “We had a wonderful internal committee that worked hard planning this event, and we appreciated those who worked at the hospital that day, giving up their weekends so that others could attend.” ♥

MWPH: IN THE COMMUNITY

MWPH Community Benefit partnered with Helping Boys Understand (HBU) and Woodlawn High School to empower the underserved youth in Baltimore City and County through a Summer Football Bootcamp. The camp, offered young men ages 10-17 a summer youth program experience like none other. Once a week, every Saturday for four weeks, the program not only exposed and enhanced the future youth athletes to the knowledge of football, but also helped them learn important lifelong skills such as social skills, discipline, teamwork and leadership. Led by James Gamble and Anton Black of HBU, the program mentored 125 participants and a team of six coaches and volunteers.





Patient Parent Perspective

Debbie Brodsky

Debbie and Mike Brodsky are parents to twins Tyler and Matthew, who are now 21 years old. The boys were born at 24 weeks, each weighing less than 2 pounds.

How did your family first connect with MWPH?

We are Virginia transplants. We moved so Tyler could attend the Maryland School for the Blind, and we were looking to do feeding therapy in Maryland at a place that used the same philosophy as the hospital in Richmond did. We found the right approach for Tyler at MWPH.

Today, I sit on the parent advisory council for MWPH, helping the hospital respond to parent needs. MWPH wants to hear from the parents, to make the families as comfortable as possible while they are at MWPH.

What other services has your family received at MWPH?

Matthew had outpatient behavioral health, dermatology, pulmonology, and GI services at MWPH when he was younger. Tyler did physical therapy, physiology, and pulmonology at MWPH and continues to see dermatology and the outpatient feeding team.

What stands out about MWPH?

What I love about MWPH is that it's a patient-first program. It's all about the patient. We participated in the feeding day program, but right away, it was clear that Tyler's anxiety was making it difficult to follow the typical design of the program. Rather than making us conform to the program, they adapted it so that he was able to thrive in the program. By the end, the therapists felt like Tyler's pals. That's just one example of how they put Tyler's needs first.



We've been surrounded by such loving practitioners, from the security and food services teams up through the doctors. When Tyler knows he's going to MWPH, he is eager to go.

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

Take advantage of the opportunities the team presents you with. They have a lot that they can give, but if you don't know what to ask for, you may not even know it's available. If there is something that MWPH isn't providing for your child, ask them about it. The teams at MWPH are great at coming up with innovative solutions to help children reach their potential.

Kudos to our staff! MWPH's tradition of quality care, as we celebrate 100 years of healing and growing!

FROM PATIENT PARENTS

"Dr. Williams has been very pleasant and knowledgeable about my son's emotional needs. An incredible change! She has been very welcoming and has shown a great amount of interest in his hobbies. I am very pleased with her and happy with her services. We will definitely continue seeing Dr. Williams. We are so grateful for her and enjoy seeing her. My family is so thankful we have an incredible, well rounded and intelligent group of doctors."

"Rebecca, PT is incredible! She is so incredibly patient with my child and understands him and how to get him to want to do the work. She knows exactly what toys to use to motivate him and also takes her time explaining what she is doing and how we can implement at home. I could not ask for a better PT to work with us."

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

Est. 1922

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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