

promise

SAFETY, CARING, INTEGRITY, COLLABORATION, INNOVATION, GIVING



South Tower

INVESTING IN THE
future of our children

.....

A LOOK INSIDE ONE
DONOR'S *reason*
for giving

.....



Quarter Café

Young philanthropists
honor their

SISTER'S MEMORY

.....

*Going to
the dogs:*
THE HEALING POWER
of paws

promise

SPRING 2014

Cook Children's Health Foundation
Chairman of the Board James E. Webb
Cook Children's Health Care System
President and CEO Rick W. Merrill

Cook Children's Health Foundation
Vice President Grant Harris
Communication Manager Cheryl Clark

Special thanks to:

Jeff Calaway, Mike DelVecchio, Haylie Hall,
Jaime Handy, Kimberly McGinnis, Kelly Wooley

Contact

682-885-4105

cookchildrens.org/giving

801 7th Ave.

Fort Worth, TX 76104

promise@cookchildrens.org

Cook Children's Health Care System is a not-for-profit, nationally recognized pediatric health care organization, comprised of eight entities — Medical Center, Physician Network, Home Health company, Northeast Hospital, Pediatric Surgery Center, Health Plan, Health Services Inc., and Health Foundation.

Cook Children's Medical Center is fully accredited by The Joint Commission and is a member of the Children's Hospital Association, Children's Hospital Association of Texas and Children's Miracle Network Hospitals.

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Warm regards

FROM RICK W. MERRILL

Just as spring symbolizes growth and opportunity, our footprint here in North Texas continues to evolve and grow to meet the ever changing needs of our community. You've probably noticed that we're building a new tower on our medical center campus. We've undertaken this modernization project to add the leading-edge technology, programs and capacity needed to care for the growing pediatric population in our area. We've also responded by relocating our specialty clinic in Midland and opening a new multi-specialty clinic in Mansfield to further serve children in those communities.

At the same time, we continue to look for innovative ways to expand the programs and services we provide at the medical center. For instance, who would've ever guessed we would add both dogs and clowns to our Cook Children's family? As you will read in our "What's New" section, these added services improve the therapeutic care and patient experience at Cook Children's.

Thanks to the generosity of The Morris Foundation, we will open our sixth neighborhood clinic this fall and it will include a dental clinic. This is significant because there's a correlation between dental health and the overall well-being of children in our area. And thanks to one faithful donor, a new jet has been added to our Teddy Bear Transport team's fleet. They now have the means to travel further and faster to reach patients that need our care. These are just a few examples of our continued commitment to providing access to the best care possible for children in the areas we serve.

All of this would not be possible without the passionate commitment of our tireless volunteers and generous donors. As you read this issue, you'll learn about one of our donors who has been making honor and tribute gifts for nearly three decades. In fact, his relationship with us grew out of his work on the merger of Fort Worth Children's Hospital and Cook Children's Hospital. We are deeply grateful to him, and each of you, for your investment in Cook Children's, our patients and the long-term health of our community.

We continue to be humbled by your support and your spirit of giving. You are helping us to provide the care, services and programs that our patients and their families need and rely upon every day.

We hope you enjoy this issue of Promise magazine. On behalf of our patient families and our staff, thank you for your continued support.



Sincerely,

Rick W. Merrill
President and CEO
Cook Children's Health Care System

ON THE COVER

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6 COVER STORY

Investing IN THE FUTURE OF OUR CHILDREN

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Carëgiving in action

Ken Longbrake BELIEVES HIS CALLING IS TO BE THE BEST MANAGER HE CAN BE FOR THE NURSES AND THE PATIENT FAMILIES IN THE COOK CHILDREN'S EMERGENCY DEPARTMENT.

When Ken Longbrake walks through the Emergency Department at Cook Children's, he is greeted with smiles and jokes; a sign that he is well-liked by the staff. But there is also an undeniable sense of respect between the nursing staff and Ken, their manager.

Ken, an Ohio native, served four years active duty and six reserve years in the United States Army. He received his bachelor's degree in nursing from Malone College in Ohio in 1996 and went to work in adult health care. In 2004, he and his family moved to Texas, where he worked as a nurse for another adult hospital.

"Ken is an amazing manager, he has great listening skills and he cares about the staff. He is compassionate and truly keeps it all about the kids. He is an upstanding citizen and an excellent nurse," says Gabby Chavez, RN.

He made the transition to pediatrics when he joined the Cook Children's family in 2009. Ken started as a staff nurse in the Emergency Department for three years. He enjoyed the fast-paced environment where every day was different. He embraced the basic premise of nursing, which is to care for those who aren't in a position to help themselves.

He was promoted into his position as an Emergency Department nurse manager in 2012. Moving into management meant that Ken would have limited patient care, compared to the all-day, every day interaction with patients of which he was accustomed. The trade-off, he says, is that he now can impact the entire environment by training and serving as a mentor to the staff caring for



the patients, which he finds extremely rewarding.

Each day, he rounds on the unit to make sure the needs of the employees are being met. He offers advice and education to the nursing staff. And he checks on the patients, too, asking for their feedback and ensuring that they are receiving the best care possible.

Ken participates in meetings about the new Emergency Department that will be part of the South Tower, and offers feedback on how design, layout, etc., can maximize patient care. He also serves on committees throughout Cook Children's, including Employees Care.



Caregiving in action

And while Ken is good at his job, that's not what's most important to him. Ken wants his legacy to be that he cares for his staff. So he makes an effort to know something about every one of his staff members. He knows about their families, their hobbies and their interests. He has a way of leading his staff, while standing next to them, instead of in front of them. He does all of this because that's who he is.

"Ken is an amazing manager, he has great listening skills and he cares about the staff. He is compassionate and truly keeps it all about the kids. He is an upstanding citizen and an excellent nurse," says Gabby Chavez, RN.

If you ask any of his staff to name their favorite thing about Ken, they would say it's that he truly cares about his staff.



Making all kids happy campers

Attending camp is a rite of passage for many children. Camps for Kids ensures that Cook Children's patients with chronic illnesses have an opportunity to experience the magic of camp. Camps for Kids includes 23 specialized camps that give kids the opportunities to catch a fish, ride a horse for the first time, shoot a bull's-eye at archery, challenge themselves on a ropes course or fly down a zip line. They can also learn about their diagnoses and make friends that are just like them!

Cook Children's medical staff is also a big part of Camps for Kids. They ensure that campers have a safe camp experience and their necessary care. Thanks to the generosity of our community, all camps are offered at no cost to patients and their families.

Your gift to Camps for Kids will allow our patients the opportunity to experience a life-changing camp experience.

CookChildren's

CAMPS
for kids



Camp Ailhipomeh
Camp Aurora
Camp Broncho
Camp Can Do
Camp Courage
Camp Discovery
Camp El Tesoro de la Vida
Camp Hope
Camp ID

Camp Jubilee
Camp Kindred
Camp LIGHT
Camp Moss
Camp MDA
Camp Morning Star
Camp Neuron
Camp NOW
Camp Oasis

Camp Ohana
Camp Reynal
Camp Sanguinity
Camp TCU
Camp TLC
Reynal Teen Retreat
Team TEEN

Investing in the future of our children

IN RESPONSE TO CURRENT NEEDS AND THOSE OF TOMORROW, A NEW TOWER AT THE MEDICAL CENTER IS TAKING SHAPE FOR PATIENT FAMILIES.

At Cook Children’s, we constantly evaluate our facilities and services to ensure we’re providing the best possible care for our patients and their families. We have experienced tremendous growth over the past several years, and that’s putting pressure on two of our key treatment areas within the medical center: the Emergency Department and our operating rooms.

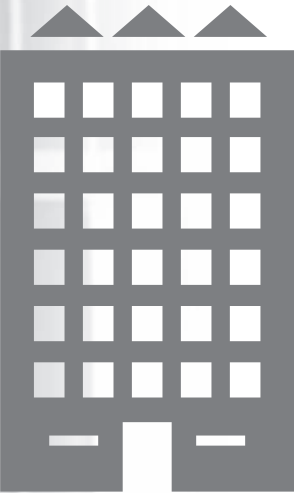
In response to these emerging needs, a South Tower will be completed by 2016 to house a more

efficiently designed Emergency Department and operating rooms, as well as a larger Heart Center with leading-edge, advanced technology.

Due to a less-than-efficient layout, the wait times and the number of children who leave without being seen in our Emergency Department continues to increase. The size of each current operating room does not allow sufficient space for all of the new technology and infrastructure that has been introduced since these rooms were built.

Because our catheterization laboratory, critical care unit, exam and operating rooms are spread throughout the medical center, the current layout of our Heart Center is inefficient. To help our heart patients have the best possible outcomes, a new Heart Center is needed to create a space with all of these areas in one location. Additionally, more space and technology is needed so that we can include our new Adult Congenital Heart Disease program and a future heart transplant program.

With the addition of the new Adult Congenital Heart Disease program, not only will we treat our younger patients like Levi, but we also can continue to treat cardiac patients like Crystal who we have taken care of since birth.



314,000 SQ. FT.

THE LOWER LEVEL PROVIDES SPACE FOR THE CLINICAL LABORATORY AND STERILE PROCESSING DEPARTMENT. IT WILL ALSO HAVE A TUNNEL CONNECTING TO THE NORTH TOWER.



By the numbers

THE COOK CHILDREN'S SPECIALTY CLINIC IN MIDLAND IS MOVING TO A NEW LOCATION IN EARLY SUMMER. A LARGE PORTION OF THIS PROJECT WAS FUNDED BY COOK CHILDREN'S DONORS IN THE MIDLAND MARKET.

This clinic has been serving children in Midland since 1994.

4 SPECIALTIES
offered

9 SPECIALTIES
OFFERED THROUGH
telemedicine

\$348,000

RAISED IN THE MIDLAND COMMUNITY
TO SUPPORT THE CONSTRUCTION OF
A NEW CLINIC

8 FOUNDATIONS 1 CORPORATION 3 INDIVIDUALS

2 TELEMEDICINE
machines

WHEN NEW CLINIC OPENS

Q&A with Dirk Eshleman, a Cook Children's donor

Dirk Eshleman has been a faithful supporter of Cook Children's for nearly three decades. As part of the team at Kelly, Hart & Hallman, the law firm that handled the merger of Cook Children's Hospital and Fort Worth Children's Hospital in 1985, Mr. Eshleman has a personal connection to Cook Children's and the work we do.

In 1988, Mr. Eshleman made his first of many gifts to Cook Children's, each one a tribute to someone important to him in some way. He has honored hundreds of individuals with tribute gifts to Cook Children's, including his family, friends, classmates, co-workers, authors and conference presenters.

His thoughtfulness has touched the lives of the many people he has honored and of the countless patients at Cook Children's who have benefited from his generosity over the years.

We sat down with Mr. Eshleman to learn more about him.

Tell us a little bit about yourself.

I cannot help thinking that the circumstances of my birth may have influenced my later involvement with a children's hospital in a warm climate. I was born at home during a snowstorm in Illinois, with the nearest hospital almost 20 miles away. Although my dad could tune-up a Chrysler, operate a D9 Caterpillar and re-wire a house, he was clueless about delivering babies. Fortunately, when Mom went into labor, my parents were able to seek help from Dr. Branch, who lived several blocks away. This was especially fortunate because the roads were starting to close because of the snowstorm. Since then, I have disliked anything resembling winter and I think that matters involving a child's health should be left in the hands of trained professionals.

What brought you to Fort Worth?

As a law school student at the University of Texas in Austin, I accepted a clerkship in Fort Worth after my second year. Having grown up in a farming community of 1,200, I liked the fact that Fort Worth had all the amenities I wanted in a larger city, while retaining the heart of a small town with its nice neighborhoods and warm, open people. So, when Kelly, Hart & Hallman offered me a permanent position, I was only too happy to say yes. That was in 1985.

“I understand that the hospital has helped generations of people I know and many more strangers who are members of my community.”

Q&A with Dirk Eshleman, (cont.)

How were you involved in the merger of Fort Worth Children’s Hospital and Cook Children’s Hospital?

When I started with Kelly, Hart & Hallman, I mainly handled real estate transactions. Since the two hospitals owned separate parcels of land and buildings, we had to review deeds and other documents to ensure that the titles could be aggregated and held by the new hospital entity formed by the merger. Dan Settle, a partner at the firm, was and still is a genius when it comes to restructuring charitable organizations. He sought my help with the property transfers. I’m glad to say it wasn’t a thankless job. Excited by the prospect of offering expanded and better care facilities to children in Fort Worth and surrounding areas, the hospital administrators, members of city government and the community’s wonderful philanthropic leaders were a treat to work with.

What (or who) first inspired you to make donations to Cook Children’s in honor of family, friends and colleagues?

My youngest brother, Daryl, was born with lymphangioma, a condition which causes rare, benign congenital tumors that can occur in the mouth, head and neck and can obstruct a child’s airways. Because of this, Daryl underwent a number of surgeries at Children’s Memorial Hospital in Chicago. After his last operation, he returned home with his mouth wired shut; the surgeons had taken a bone saw to his jaw. The only thing I could do for Daryl during his recovery was play board games and hand him his milkshakes, which he had to drink through a straw. Following my involvement with the Cook Children’s merger, I was inspired to make tribute gifts to Cook Children’s as a way of honoring my brother and thanking the nameless doctors and nurses who do the good and difficult work of caring for those too young and small to care for themselves.

Are there any responses to the honorary gifts that you would like to share?

When the bonfire tragedy occurred on the Texas A&M campus in 1999, I followed the news and was appalled at some of the negative comments directed at the school and the students involved. Even worse, several of the remarks were from anonymous fellow Longhorns. Although I received my “orange blood transfusion” just like any other University of Texas alumni, it troubled me to see the rivalry being taken to such extremes. The victims were young men and women, but they left grieving parents who would remember them as lost children. So, I made donations to Cook Children’s in memory of each of the twelve fallen Aggies and asked that the notice be sent to the Texas A&M administration. Over the course of the next few weeks, I received thank you cards from some of the family members who were touched by the donations, which touched me in return. Although I can’t pretend that my gifts healed the survivors’ emotional wounds, if I helped remove just a few thorns of those sharp comments, I am glad to have done so.

There are many worthy organizations out there. Why do you continue to support Cook Children’s?

Last year, I made donations in honor of all the other lawyers in Kelly, Hart & Hallman’s Fort Worth office. One of my colleagues later thanked me and noted that she had received care at Cook Children’s years ago and had also taken one of her own kids there more recently. So I guess it’s because I understand that the hospital has helped generations of people I know and many more strangers who are members of my community.

“Ordinarily, I’m not a big fan of re-gifting, but I’m on board with paying it forward to such worthy organizations.”

Q&A with Dirk Eshleman, (cont.)

How do you hope your support will make a difference?

When my brother was having his surgeries, I was unable to help him. Hope was something I did from the sidelines, but I didn’t feel like my hope actually changed anything. Giving and doing makes a difference. Anybody who visits Cook Children’s can see that for themselves. Also, a dear friend I once honored with a donation recently reciprocated with a gift to another worthy charity in my name. Ordinarily, I’m not a big fan of re-gifting, but I’m on board with paying it forward to such worthy organizations.

Is there anything else that you would like to tell us?

Since I am a transplant to Fort Worth, family and friends who visit from out of state call on me to act as a tour guide. I love architecture and enjoy showing them the pink granite on the Tarrant County Courthouse, the angels sculpted by Marton Varo on the Bass Performance Hall exterior, the museums in the Arts District designed by Philip Johnson, Louis I. Kahn and Tadao Ando, and, most recently, the Renzo Piano addition to the Kimbell. Then I drive south of I-30, and as I point out the vivid blue roofline of Cook Children’s, I mention that the building is one of the earliest of many in Fort Worth designed by David Schwarz. Invariably, my guests say something that sounds like a good way to end this interview: “Wow! This is a hospital?”



About Cook Children's Health Foundation

COOK CHILDREN'S HEALTH FOUNDATION PLAYS AN IMPORTANT ROLE IN
HELPING US KEEP OUR PROMISE TO THE COMMUNITY.

You know you're lucky when you get to come to work every day and see inspiration all around you. That's what it's like at Cook Children's.

Our Promise to improve the health of every child in our region inspires everyone who works here. That's especially true of the employees in Cook Children's Health Foundation. Our job is to tell people the Cook Children's story in the hopes that they would be inspired to give so that we may fulfill that Promise. Without these necessary funds, some of our newest programs, such as Sit...Stay...PLAY, the canine therapists, and Funnyiatrics, the therapeutic medical clowns, would not be possible.

*You know you're lucky
when you get to come to
work every day and see
inspiration all around you.*

Here at Cook Children's, we know that generosity heals. Thanks to you, our faithful donors, we can purchase new equipment, keep our technology on the leading edge and grow the programs that directly impact the lives of our patients and families. Your generous support ensures that no child is ever turned away for financial reasons and that our community is on its way to becoming one of the healthiest to raise a child.

*For more information about
Cook Children's Health Foundation
and how you can support our patients,
visit cookchildrens.org/giving*

We are fortunate to be located in a community where so many have a heart for generosity. The corporations, foundations and individuals here have long been invested in helping our patients and families. What's truly amazing is that the sense of social responsibility that inspired the merger of Cook Children's Hospital and Fort Worth Children's Hospital so many decades ago, still continues to this day.

As our community continues to grow, so does the number of children we serve. Last year, Cook Children's had more than one million patient encounters throughout our health care system, which expands beyond our medical center into neighborhood clinics, urgent care and specialty clinics and pediatrician offices across the state of Texas. The children who walk through any one of Cook Children's many doors will continue to receive the best care possible, because of you.



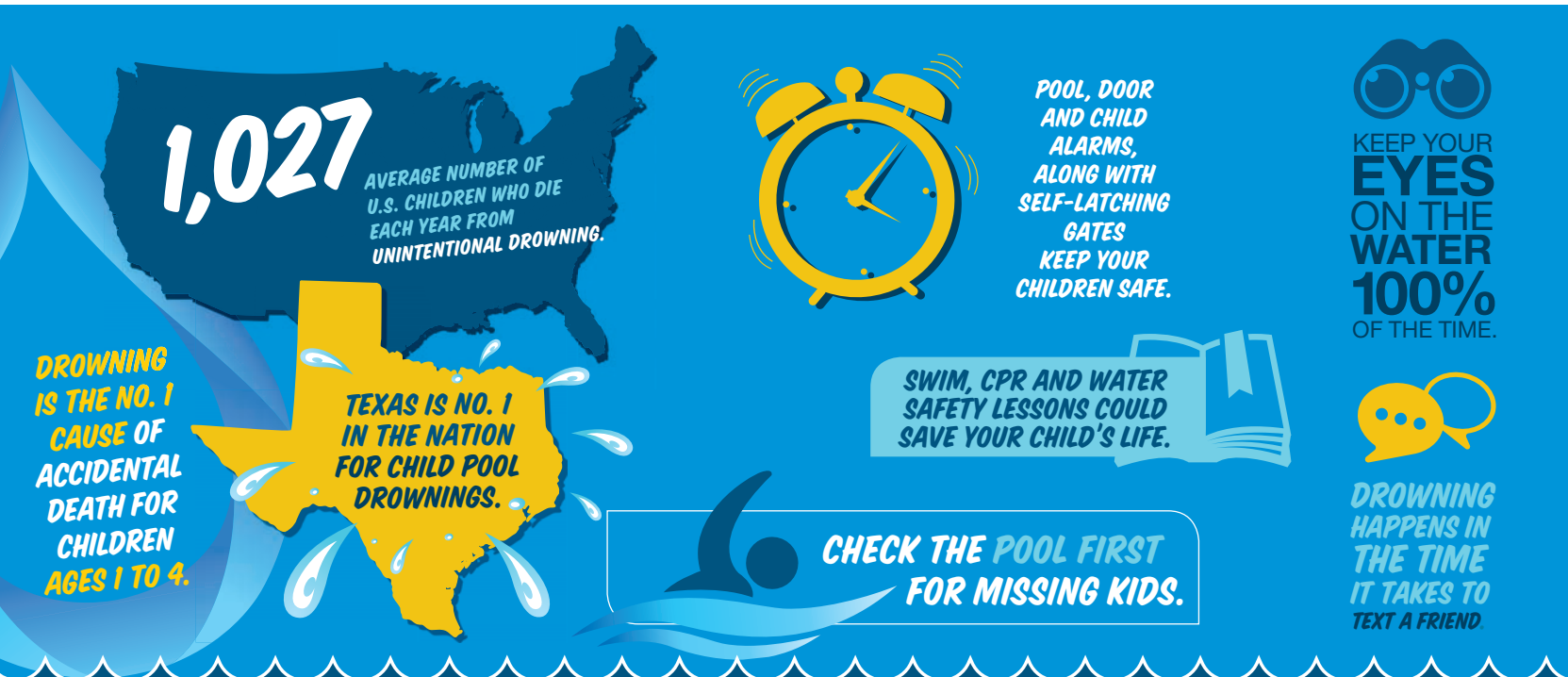
Partners in our Promise

XTO ENERGY, A SUBSIDIARY OF EXXONMOBIL, IS A LOYAL PARTNER TO COOK CHILDREN'S AND THE COMMUNITIES IN WHICH THE COMPANY SERVES.

At Cook Children's, we have made a Promise to improve the health of every child in our community. These children are our neighbors, our children's classmates and friends. But we recognize that they are not ours alone; there are others within our community who want to help care for them along with us. Partnerships with local, caring businesses like XTO Energy, a subsidiary of ExxonMobil, allow us to offer our patients superior care.

They are committed to giving back to the communities that their employees call home, in ways that are impactful and meaningful. The partnership between Cook Children's and XTO began in 1996 with a gift to Jewel Charity, which benefits Cook Children's. The group's continued support over the years has touched countless lives of children who have received care at Cook Children's, including many of their own employees and their families.

When XTO expanded into Midland, Texas, so did their relationship with Cook Children's. They joined others in the community to help fund the construction of a new Cook Children's specialty clinic building. This most recent gift demonstrates their commitment to local families and reiterates their desire to help us fulfill our Promise. Thanks to XTO, children in Midland will continue to have access to specialty services locally and through telemedicine, which allows them to communicate with doctors at the medical center in Fort Worth without having to leave the Midland clinic.



To learn more, visit cookchildrens.org/safety

**SAFE
KIDS**
TARRANT COUNTY
led by Cook Children's

CookChildren's

Community partners

COOK CHILDREN'S IS BLESSED WITH MANY ACTIVE *community groups* WHO GENEROUSLY SUPPORT US BY HOSTING A VARIETY OF FUNDRAISING EVENTS. WE APPRECIATE ALL OF THESE *enthusiastic donors* AND THEIR *volunteers* WHO COORDINATE AND *staff* THESE EVENTS.

KYLE'S CARE

Kyle Bradley Staples was only here for a brief time, but his memory lives on through his family and through the non-profit organization they created in his name: Kyle's Care.

Kyle's aunt, Rachael Beaudin, established Kyle's Care, which is dedicated to raising funds for Cook Children's families of patients in critical care through the endowment established in memory of Kyle.

The organization's signature fundraising event, Kyle's Care Dinner and Auction raised more than \$42,000 in its first two years. The funds were used for gift cards given to families to provide a meal for them at Camelot Court in the medical center.

This year, the event raised \$55,000, which was used to establish the Kyle Bradley Staples Memorial Endowment. The interest earned from the endowment will perpetually fund the purchase of these gift cards for our families.



Kyle's mother and father, Shiloh and Steve Staples, Kyle's aunt, Rachael Beaudin, with other members of Kyle Bradley Staples' family, friends and Kyle's Care supporters.

THE CAREITY FOUNDATION

The Careity Foundation has been a friend and faithful supporter of Cook Children's since 2006. Their annual event, Branded, is a western production that includes dinner, dancing, live entertainment, an upscale western-style show featuring top designers, live and silent auction and charity casino entertainment. Last year's event raised \$125,000 for Cook Children's, bringing the grand total for all six years to \$1,625,100. Their support was instrumental in the creation of the palliative care program at Cook Children's.

Cook Children's Social Worker Scharlyn Henderson, Cook Children's Nurse Practitioner Sandy Parker, Beverly Branch, Lyn Walsh, Cook Children's Palliative Care Medical Director Todd Pearson, M.D., Cook Children's Palliative Care Nurse Coordinator Kelli Brazzel, Cook Children's Pastoral Care Supervisor Steve Irwin, and Cook Children's Nurse Practitioner Katie Lawrence.



WE WOULD LIKE TO RECOGNIZE AND THANK THE FOLLOWING COMMUNITY PARTNERS FOR THEIR RECENT GIFTS:

Amaya Annual Christmas Party
Hoffen Foundation Golf Tournament
Life is Good, Heaven is Better-Remembering Molly
SRCHYA Fundraiser • The Dalton Gang Benefit



Credit Unions for Kids

LOCALLY, THERE ARE 36 DIFFERENT CREDIT UNIONS THAT RAISE MONEY FOR COOK CHILDREN'S THROUGH CHILDREN'S MIRACLE NETWORK HOSPITALS.

Credit Unions for Kids is a national program that unites local credit unions with the common goal of supporting Children's Miracle Network Hospitals. The national partnership began in 1996, and is driven by a "people helping people" philosophy. Since 1996, Credit Unions for Kids has raised more than \$110 million nationally for Children's Miracle Network Hospitals and is the group's third largest sponsor.

There are 36 different credit unions that make up the Fort Worth Chapter of credit unions and they've been raising money for Cook Children's since 1991, before the national partnership was even formed. Over the past 22 years, they have raised \$841,826 for Cook Children's.

Since 1996, Credit Unions for Kids has raised more than \$110 million nationally for Children's Miracle Network Hospitals and is the group's third largest partner.

Each year, a volunteer committee known as the Miracle Team is assembled to help organize and lead the local fundraising efforts. The largest, signature event is Shake, Rattle and Bowl and this year will mark its fifth anniversary. Employees from participating credit unions form teams and raise money, every dollar of which benefits Cook Children's. And then they bowl!

Dressed in costumes and team shirts, participants receive prizes for most-spirited team and highest fundraiser. There is even a "friendly" competition between the local credit union CEOs because it's all about having fun, while raising money for a good cause. Individually, credit unions also host other fundraisers outside of Shake, Rattle and Bowl, like golf tournaments, coin drives, auctions, bake sales and many others.

The local credit unions are passionate about helping others within their own community because they can see how it's making a difference around them, as well as in the lives of their own employees and members.



"One of the reasons I love working with Credit Unions for Kids and Cook Children's is because we are changing lives in our community because the funds are supporting a Children's Miracle Network Hospitals program right down the street," says Andy Reed, 2014 Miracle Team chair. "In the case of the Fort Worth Chapter of Credit Unions, we are very committed to children and financial literacy education. The program we support, Save a Smile, helps local students with dental problems that might impede their ability to learn. Anything we can do to improve every child's potential to learn is an opportunity for a brighter, and more financially healthy, future."

Children's Miracle Network Hospitals and Cook Children's are lucky to have Credit Unions for Kids as a partner. Their passion to help others is inspiring and the difference they are making is incredible.

Look for the Miracle Balloon in your neighborhood and know that all of the funds raised help children in our community.



2014 Miracle Team (Back Row – Left to Right: Ginia Chapline, Teresa Johnson, Joe Czabajski, Gina Ledesma, David Funderburk, Tish Pruitt, Sandi Velder. Front Row: Suzette Collier, Beth Peters, Andy Reed).



Look for the *miracle balloon* in your neighborhood

and know all of the funds raised help children in our community.

UPCOMING MIRACLE BALLOON CAMPAIGNS:

WAL MART	MAY 1 - JUNE 11
SAM'S CLUB	MAY 1 - JUNE 11
COSTCO	MAY 1 - MAY 31
CHICO'S	MAY 1 - MAY 31
SOMA INTIMATES	MAY 1 - MAY 31
WHITE HOUSE BLACK MARKET	MAY 1 - MAY 31
DAIRY QUEEN	JUNE 1 - AUGUST 8
KROGER	JUNE 1 - JUNE 14
CORNER STORE	JUNE 1 - JUNE 30
ACE HARDWARE	JULY 1 - JULY 31

For a complete listing of our partners, visit
cookchildrens.org/giving



A change of heart

FOUR POSSIBLE SIGNS AND SYMPTOMS OF AN UNDETECTED HEART CONDITION

BY COOK CHILDREN'S CARDIOLOGIST MATT DZURIK, M.D.

Heart conditions in children and young adults go unnoticed all too often. But there are some signs and symptoms of an undetected heart condition. If your child has experienced any of these symptoms, please talk to your Cook Children's pediatrician.

1. **Has your child ever fainted, passed out or had a seizure suddenly and without warning, especially during exercise?**
2. **Has your child ever had exercise-induced chest pain or shortness of breath?**
3. **Are you related to anyone with sudden, unexplained and unexpected death before the age of 50?**
4. **Are you related to anyone who has been diagnosed with a sudden death-predisposing heart condition like hypertrophic cardiomyopathy and long QT syndrome?**

Early detection could save your child's life. Cook Children's offers \$25 sports EKGs at our Heart Center offices in Mansfield, Southlake and Denton. An EKG is non-invasive and takes less than five minutes. The EKG shows how fast the heart is beating, the heart's rhythm and the timing of the heart's electrical signals. Any child can get one with a referral from a primary care doctor. Just ask your child's pediatrician to order a "sports EKG" and call to make an appointment. Results are sent back to your pediatrician.

For more information, please call
Cook Children's Heart Center at 682-885-2140.

Matthew Dzurik, M.D., is a pediatric cardiologist at Cook Children's, who deals with abnormal heart rhythms specifically. Dr. Dzurik has been with Cook Children's for six years.

*Adapted from an article on Cook Children's
online newsroom, checkupnewsroom.com.*

*To find out how you can
make a difference in the
lives of our cardiology
patients, visit*

cookchildrens.org/giving



Young philanthropists

The Quarter Café

SISTERS SYDNEY AND MADELAINE FOX PAY TRIBUTE TO THEIR YOUNGER SISTER, JORDAN, THROUGH THE QUARTER CAFÉ. IT'S THEIR WAY OF GIVING BACK TO COOK CHILDREN'S WHERE JORDAN RECEIVED CARE.

In 2009, a heartbreaking tragedy struck the Fox family. Their youngest daughter, Jordan, passed away at 5 weeks old. Jordan was born with an undetected heart defect only apparent after the umbilical cord was cut.

Within hours of her birth, she was taken to Cook Children's, but she was not expected to make it through the night. Surgery was performed on Jordan's heart and she spent 10 days on extracorporeal membrane oxygenation (ECMO). ECMO provides both cardiac and respiratory support to patients whose heart and lungs are so severely diseased or damaged that they can't function on their own.

"Regardless of the amount, Cook Children's has always been so gracious, accepting each donation as if it were a million dollars," explained Kimberly, Sydney and Madelaine's mother.

Once off ECMO, the family had hopes that Jordan's chest could finally be closed. Unfortunately, she succumbed to an infection and did not make it. While this was very difficult for older sisters, Sydney and Madelaine, they decided to turn their grief into an opportunity to honor and remember their baby sister.

In 2010, Sydney and Madelaine started an annual bake sale, which they named The Quarter Café. Everything sold at this bake sale costs only a quarter and all of the proceeds benefit the Cook Children's Pediatric Intensive Care Unit (PICU).

This family-friendly event takes place each year at the bottom of the Fox's driveway in Arlington around July 14, which was Jordan's birthday. On the day of the bake sale, the family and their friends sweat it out in the summer heat and afterward, host a cookout to thank those that helped. Before cooking out, everyone participates in a balloon release. Just one more way to remember, celebrate and honor Jordan.

That first year the family took it upon themselves to bake everything. In subsequent years, they began asking family and friends to donate baked goods. In an effort to spread the word, radio station 94.9 KLTY became involved and interviewed Sydney. The bake sale has grown ever since. The first year generated \$340 and in 2013, The Quarter Café raised \$2,500.

"Regardless of the amount, Cook Children's has always been so gracious, accepting each donation as if it were a million dollars," explained Kimberly, Sydney and Madelaine's mother. "They loved on our family in such a sweet way during our stay at the hospital. You'd think we were the only ones that had come through their doors."

Sydney, 12, and Madelaine, 10, now have a new baby sister, and they are excited about sharing their sense of giving and thoughtfulness with her. Jaelyn just celebrated her first birthday in March and is bringing joy to the Fox family every day.

The Quarter Café has become a special way for Sydney, Madelaine and the rest of their family to help influence the lives of other families in Cook Children's PICU, as well as heal from their own loss. Every year, they honor Jordan and give back to families at Cook Children's.



Sisters Madelaine and Sydney Fox.

In 2010, Sydney and Madelaine started an annual bake sale, which they named The Quarter Café. Everything sold at this bake sale costs only a quarter and all of the proceeds benefit the Cook Children's Pediatric Intensive Care Unit (PICU).

What's new at Cook Children's?

THE LATEST NEWS AND UPDATES FROM AROUND COOK CHILDREN'S HEALTH CARE SYSTEM.



COME FLY WITH US

COOK CHILDREN'S TEDDY BEAR TRANSPORT HAS ADDED A NEW AIRCRAFT TO ITS FLEET. THANKS TO THE GENEROSITY OF CLARABELE "PIT" DODSON, A DEVOTED SUPPORTER OF COOK CHILDREN'S, OUR TRANSPORT TEAM WILL NOW HAVE THE USE OF A NEW CESSNA CITATION ENCORE+ JET. TEDDY BEAR TRANSPORT, WHICH MAKES NEARLY 2,500 TRANSPORTS EACH YEAR TO AND FROM MEDICAL FACILITIES IN TEXAS AND SURROUNDING STATES, WILL BE ABLE TO FLY FARTHER AND FASTER TO PICK UP PATIENTS AND THEIR FAMILIES.



Cook Children's Vice President Jack Sosebee, Cook Children's Medical Center President Nancy Cychol, Clarabele "Pit" Dodson and Cook Children's Health Care System President and CEO Rick Merrill.

FOUR-LEGGED EMPLOYEES JOIN COOK CHILDREN'S

IN JANUARY, WE WELCOMED COOK CHILDREN'S NEWEST SPECIALISTS, RALPH LAUREN AND CHANEL. THESE TWO-YEAR-OLD GOLDEN RETRIEVERS ARE TRAINED SERVICE CANINES FOR CHILDREN. THE SIT...STAY...PLAY PROGRAM'S GOAL IS TO SUPPORT THE SOCIAL, PHYSICAL AND EMOTIONAL DEVELOPMENT OF PATIENTS, WHILE ALSO HELPING TO ALLEVIATE THEIR PAIN AND ANXIETY. RALPH IS IN THE CHILD LIFE ZONE WITH HIS HANDLER, KIZZY MARCO, AND THE DUO IS OFTEN SEEN MINGLING WITH CHILDREN ALL OVER THE MEDICAL CENTER. CHANEL SEES PATIENTS IN THE PAIN MANAGEMENT CLINIC IN THE DODSON SPECIALTY CLINICS BUILDING WITH HER HANDLER AND ANESTHESIOLOGIST AIMEE MCANALLY, M.D.



THE JOKE'S ON US

STUDIES SHOW THAT LAUGHING IS MEDICALLY BENEFICIAL BECAUSE IT HELPS MUSCLES RELAX, BUILDS UP THE IMMUNE SYSTEM, LOWERS BLOOD PRESSURE AND REDUCES PAIN. BECAUSE OF THIS, COOK CHILDREN'S NOW OFFERS FUNNYATRICS. THIS THERAPEUTIC MEDICAL CLOWN PROGRAM INVOLVES FOUR PROFESSIONAL CLOWNS WHO MAKE ROUNDS, VISITING PATIENTS AND THEIR FAMILIES, TO SHARE SMILES AND LAUGHTER TO AID IN THEIR HEALING.

A NEW CLINIC FOR KIDS

COOK CHILDREN'S IS COORDINATING PLANS TO OPEN ITS SIXTH NEIGHBORHOOD CLINIC IN RENAISSANCE SQUARE, LOCATED AT THE CORNER OF EAST BERRY STREET AND MITCHELL BOULEVARD IN FORT WORTH. THE NEW FACILITY WILL BE THE FIRST NEIGHBORHOOD CLINIC TO COMBINE MEDICAL, DENTAL AND BEHAVIORAL HEALTH SERVICES. THIS WILL BE AN IMPORTANT ADDITION TO THE LONG-UNDERSERVED AREA'S HEALTH CARE OFFERINGS. CONSTRUCTION WILL BE COMPLETE IN THE FALL.



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Cook Children’s Promise

KNOWING THAT EVERY CHILD’S LIFE IS SACRED, IT IS THE PROMISE OF
COOK CHILDREN’S TO IMPROVE THE HEALTH OF EVERY CHILD IN OUR REGION THROUGH
THE PREVENTION AND TREATMENT OF ILLNESS, DISEASE AND INJURY.

Honor Roll OF GIVING

THE GENEROSITY AND COMPASSION OF THESE DONATIONS HAVE HELPED ENHANCE THE LIVES OF CHILDREN WHO RELY UPON COOK CHILDREN’S FOR CARE.

January 1-March 31, 2014



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HONOR & TRIBUTE

ARE GIFTS GIVEN TO EXPRESS JOY OR GRATITUDE.



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MEMORIALS

ARE GIFTS GIVEN IN LOVING MEMORY.



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PETER PAN BIRTHDAY CLUB

IS FOR KIDS WHO ASK PARTY GUESTS TO DONATE TO COOK CHILDREN’S INSTEAD OF GIVING THEM BIRTHDAY PRESENTS.



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January 1-March 31, 2014

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January 1-March 31, 2014

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