

Cook Children's Family News



parents **as** partners

Gastroenterology Family Advisory Council

Volume 1, Issue 2
Winter 2013



Getting to Know Our GI Team

From left to right:

Allison Holt, MSN, RN, CPNP, Jane Keng, M.D.,
Nicholas Ogunmola, M.D., Lyn Hunt, M.D.,
Bankole Osuntokun, M.D., Robin Henson, DNP,
RN, CPNP-PC and Samson Cantu, M.D.

Not pictured:

Danny Rafati, M.D., Ph.D., Lori Thompson, DNP,
RN, CPNP-PC

We provide care for children and teenagers with diseases and disorders of the digestive system. Offering educational resources and support to our patients and families.

Special Dates & Events

Nutrition & IBD: Choices for Adults & Kids

December 4, 2013 @ 6:30 p.m. - 8:00 p.m.

**Cook Children's Medical Center, Hochberger Auditorium
Nicholas Ogunmola, MD & Monte Troutman, DO, FACOI**

**Please RSVP to Vernessa Thomas at vthomas@ccfa.org
Or call 972-386-0607, Ext. 2 by November 29, 2013.**

Gastro Clinic Closings:

November 28th & 29th - Closed

December 24th - Closed at 12p.m.

December 25th - Closed

December 31st - Closed at 12p.m.

January 1st - Closed

What's New at Cook Children's Gastroenterology & Nutrition Clinic

We are actively participating in the ImproveCareNow Network (ICN)

What is Improve Care Now (ICN)?

ICN is the leading learning health network for children in the nation.

Clinicians, researchers, patients and families are working together to improve the care and health of all children and adolescents with Crohn's Disease and Ulcerative Colitis (also known as inflammatory bowel disease or IBD).

How can ICN help me and my child?

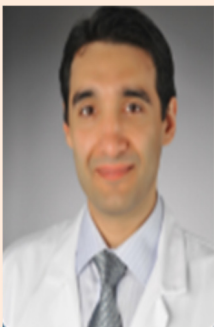
ImproveCareNow provides tools and support that the GI team at Cook Children's uses to deliver more reliable and proactive care to you. The benefits of participating in ImproveCareNow include the assessment of your disease activity and health at each visit, checking your medications and observing for side effects, monitoring your growth and nutrition and the creation of an individualized treatment plan for your care.

Ask your Gastroenterologist about ImproveCareNow or Contact Wendy Ludlow at 682-885-7223 for more information today.

Wendy is available Monday - Friday @ 8:30 a.m. - 5:00 p.m.

Welcome Our New Physician

Danny Rafati, M.D., Ph. D.



Dr. Rafati earned his medical degree from the University of Texas Medical Branch in Galveston, Texas. He completed his pediatric residency and pediatric gastroenterology, hepatology and nutrition fellowship at Baylor College of Medicine in Houston, Texas, where he became neonatal and pediatric Chief Resident.

Dr. Rafati is board certified in general pediatrics. He is a member of the American Academy of Pediatrics, the Texas Society of Gastroenterology and Endoscopy, the American Gastroenterological Association and the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition.

GI in the Community



A group of 5 GI team members participated in the CCFA Crohn's and Colitis Team Challenge endurance program. The event took place September 28, 2013 in Nashville TN. They chose as a team to nominate one of their very own team members, Eliana Lira, who herself battles Colitis as their honored hero.

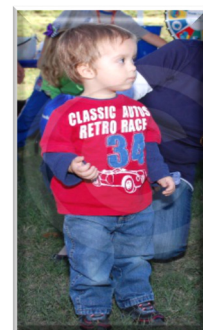
They completed 13.1 miles along with raising \$15,442 in funds throughout the community for CCFA to be used towards research and other resources in finding a cure for Crohn's and Colitis. It was a great journey and accomplishment for this group of GI team members to represent their Honored Hero, Eliana Lira and Cook Children's GI Family.

From Left to Right: Eliana Lira, BobbieJo Bishop, Arlene Caudillo, Adriana Rivera, RN, and Alma Lozano.

Team Captains
Beverly Hale & Alma Lozano
#1 GI Team Plaque



Kevin-Cook Children's
Spin the Wheel Host



Liam
Having
Fun
with
Bubbles!

Cook Children's sponsored CCFA'S Take Steps for Crohn's and Colitis walk held on October 19, 2013 at Trinity Park in Fort Worth. This years Honored Hero was one of Cook Children's Dietitian Julie DuBois.

The Gastroenterology and Nutrition Clinic participated in this event by hosting a booth in the Kids Zone festivities and walking as a team. The Cook Children's GI Team raised over \$5,000 in funds and was honored with the "#1 GI Team" plaque for 2013.

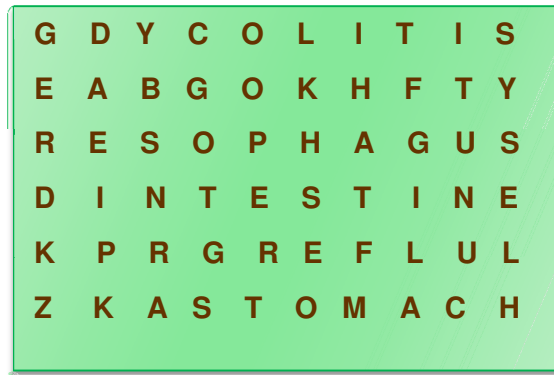


Allee - Cook Children's
Face Painting Artist

Let's Have Some Fun!



Gastro Word Search



Colitis

GERD

Esophagus

Gastro

Intestine

Stomach

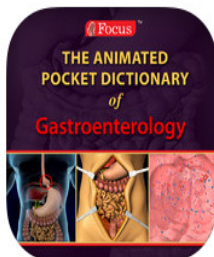
Check out these GI Apps:



GI Buddy by CCFA –

Used to help you easily track important aspects of you IBD to share with your provider.

<https://itunes.apple.com/us/app/gi-buddy/id579320415?ls=1&mt=8>



Gastroenterology-Animated Pocket Dictionary Series

100-plus gastroenterology & medical terms defined & illustrated using life-like 3D animation.

GI Nurse Fun Facts



Tanya Kimmey, RN Clinical Coordinator

Tanya loves going to Disney, if you need ideas, planning, or just want to be in the know when you're there...Tanya is your gal. Tanya was recently one of the Top 10 nurses nominated at Cook Children's. Go Tanya!!



Donna Beach, RN

Donna adopted her daughter from Korea when she was 8 months old and has lived in New Zealand.



Adriana Rivera, RN

Adriana has traveled abroad for mission trips to Thailand, Uganda Africa, and Mexico. She has also been to Egypt and saw the Great pyramids and Sphinx!



Mechell York, LVN

Mechell married her high school sweetheart; they have been married 21 years and have 2 handsome boys. She likes to draw and paint in her spare time.



Amanda Yorek, RN

Amanda earned dance scholarships to go to college and was the Captain of her college dance team.



Welcome Laura M. Federspiel, RN!

Laura has daughters who are 14 and 4. Her passion outside of nursing is making custom cakes, she has no formal training so over the last year she has enjoyed learning the art and techniques of custom cake making and decorating.



Welcome Ashley Davis, RN!

Ashley owns a photography and graphic design business, she was a participant in the Main Street Art Festival last year and was named Dallas Photographer of the year in 2012 by RAW.

RESOURCES

GUTS Group

For parents who have a child with **Short Gut Syndrome or Motility Disorders.**

Volunteers available to sit with young children during group

Cook Children's
Family Support Meeting Room
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Jill Finto
Heather.finto@cookchildrens.org

Crohn's and Colitis Pediatric Support Group

For patients age 5 and up
Cook Children's
Pavilion Classrooms-rooms will vary
3rd Tuesday of EVERY MONTH
6:00pm-8:00pm

Brenda Sonnier, CCLS
Child Life Specialist
Office: 682-885-4822
brenda.sonnier@cookchildrens.org
Sommer Mims, RN
Sommer.mims@cookchildrens.org

Crohn's and Colitis Parent Support Group meet at the same time and location (separate room)

Adriana Rivera
Adriana.rivera@cookchildrens.org

Finding Help in Texas

www.hhsc.state.tx.us/

Texas may be able to help in your time of need:

- Electric Service Payment Assistance
- Child Care Provider Referrals
- Free School Supplies
- Medicaid
- Food Stamps (SNAP)
- Rent Payment Assistance
- Utility Assistance
- Medical and Dental Applications and much more...



If dialing 2-1-1 directly doesn't work on your phone, you can reach us at our toll-free number (877-541-7905). To better serve you, you will be asked for a ZIP code for the area you are seeking services.

NUTRITION - HEALTHY RECIPES



Tomato Soup:

Sauté:

- 4 finely dice garlic cloves
- 1 cup finely diced Vadalía onion
- 2 Tbsp. olive oil
- 1 tsp. fresh thyme leaves

Add:

- 2 cans diced tomatoes, 28 ounce size
- 3 cups chicken stock / "No Chicken" broth (vegan version)
- ½ tsp. basil
- 2 ½ Tbsp. sugar
- 4 Tbsp. half n half
- 2 Tbsp. grated parmesan cheese
- Pepper and sea salt

Sauté above ingredients for approximately 5 minutes over medium heat. Add remaining ingredients and heat over medium heat for 15-20 minutes. Use a hand-held blender to remove chunkiness, or use a regular blender. Blend to desired texture. If serving kids, they may prefer a very smooth consistency.

Grilled Cheese Hearts:

- Oatmeal bread slices
- Mozzarella slices
- Butter

For each sandwich, start with two slices of bread. Either hand-cut a "heart" shape or use a heart-shaped cookie cutter. Butter bread slices on one side. Set one buttered slice in pan over medium heat, set cheese slice on top and then top off with second slice of bread, butter side up. Flip sandwich once first side is lightly browned. Lightly brown



Holiday Reindeer Treats (Gluten-Free Recipe*) 20 min.prep time 1:35 total time (20 treats)

Ingredients

- 1/2 cup Land O Lakes® Butter
- 2 (1-ounce) squares unsweetened baking chocolate
- 1 (16-ounce) bag (64) Large marshmallows
- 8 cups gluten-free brown rice crisps cereal
- Decorations
- White decorator icing
- 20 small gluten-free pretzel twists, broken in half
- 20 small red spice gumdrops
- 40 candy-coated chocolate pieces
- 20 (4-inch) lollipop or craft sticks, if desired

Directions

Generously butter 15x10x1-inch baking pan; set aside.

Place 1/2 cup butter and chocolate in 6-quart saucepan; cook over low heat 3-4 minutes until melted. Add marshmallows; continue cooking 4-5 minutes, stirring occasionally, until melted and smooth. Remove from heat. Add cereal; stir until well coated.

Press mixture evenly into prepared pan. Cool 15 minutes.

Remove mixture from pan; cut using 3-inch heart-shaped cookie cutter.

For each reindeer, use icing to secure 2 pretzel pieces onto top of heart to form antlers, 2 chocolate pieces for eyes and 1 gumdrop for nose. Insert lollipop stick into each reindeer, if desired.