



M A T T E R S
The Newsletter of the Children's Hospital at Dartmouth

Kim & Kayla

Wishes come true
at CHaD

- **New Medical Director for CHaD**
- **Pediatric Oncology: a team approach**
- **New Healing Environment Soothes and Comforts**

LETTER FROM THE DIRECTOR



John F. Modlin, MD

GREETINGS. THIS IS MY FIRST message as Medical Director to you, the parents, staff, and other supporters of the Children's Hospital at Dartmouth.

First, let me briefly introduce myself. I am a pediatrician and infectious disease physician with a career-long interest in viral diseases of infants, vaccines, and immunization policy. I came to New Hampshire in 1991 to join the faculty of Dartmouth Medical School, accompanied by my family, including Sharyn and children Andrew and Chelsea. Previously I served on the pediatric faculties at Harvard and Johns Hopkins. In 1999, I was asked to assume responsibility for interim leadership of the Department of Pediatrics following John Brooks' accident.

The Children's Hospital at Dartmouth was founded by Dr. George Little in 1992 with a goal of providing expert, compassionate medical care to children throughout New Hampshire and Vermont. His successors, John Brooks, and Acting Medical Director Judith Frank, share credit for leading our remarkable growth this past decade. I am happy to announce that Dr. Frank will continue to assist me as Associate Medical Director. It is my hope and intent that CHaD will continue to develop as a regionally prominent and nationally respected children's hospital.

We have a four-fold mission at CHaD:

- to maintain the capacity to deliver state-of-the-art medical care to the children and adolescents in our region;
- to advocate for children and their health care needs;
- to educate physicians and other health care professionals at all stages in their careers; and
- to conduct cutting-edge research in selected scientific areas that will lead to the enhancement of the health and welfare of children everywhere.

I plan to discuss each of these missions in greater detail in future editions of *CHaD Matters*.

In the meantime, I want to express my deep appreciation to all of you who have been supportive during this transition.

Manchester—Home for More CHaD Specialists

TWO PEDIATRIC SUB-specialists have been added to the roster of seven full-time pediatric specialists and 18 CHaD physicians already traveling to the Dartmouth-Hitchcock Clinic in Manchester on a regular basis for consultation and outpatient treatment.

Douglas Fredrick, MD, DHMC's Director of Pediatric Ophthalmology, is now available two days a month but may begin scheduling weekly visits depending on demand which is already high, since no other Manchester ophthalmologists specialize in treating children. Fredrick's services range from treating infections and blocked tear ducts, and giving

Also expanding his services to Manchester is pediatric plastic surgeon Mitchell Stotland, MD, Director of Pediatric Plastic Surgery at DHMC, and also the medical director of the medical center's multi-disciplinary Craniofacial Clinic. Stotland has always had particular interest in craniofacial reconstruction. "My goal is to remove the burden of significant visible deformity from the life of any affected child," he says. In addition to performing minor same day surgery for small skin lesions, cysts, or scars, Stotland, along with CHaD's other visiting subspecialists, provides initial diagnoses, as well as pre-and post-operative care and regular follow-ups for children in the greater Manchester area who have undergone major procedures at DHMC-Lebanon and other tertiary care facilities.



Dr. Douglas Fredrick provides a lifetime of good vision for his young patients.

simple exams for preschoolers to test for strabismus and amblyopia ("lazy eye"), which is easily cured if identified early, to interacting with other subspecialists to coordinate care for children with cerebral palsy, birth defects, and other conditions that present multiple problems. "Providing a lifetime of good vision is rewarding for the patient and the ophthalmologist alike," he says.



Dr. Mitchell Stotland, pediatric plastic surgeon, treats infants through adolescents, removing the burden of visible deformities.



"These are significant additional services," says Steven Paris, MD, Medical Director of the Manchester clinic. "It's a tremendous benefit to the Manchester community to get this level of care without having to travel to Lebanon or Boston."

New Leader for CHaD

JOHN F. MODLIN, MD, CHaD's NEW DIRECTOR, has been a vital member of DHMC's Department of Pediatrics since he arrived here from Johns Hopkins in 1991. Eight years later, following the injury of CHaD director (and department chair) John Brooks in an automobile accident, Dr. Modlin took over as acting chair of the department. On May 1 of this year he was named both department chair and Director of CHaD.



The two positions intertwine. CHaD's mission, like the department's, is to provide the region's children with world-class, family-centered care, to educate future physicians, to advance medical knowledge through research, and to advocate for children in the public sphere. Dr. Modlin's own career reflects these priorities: he is a noted researcher in the field of infectious diseases, an award-winning teacher, and an active participant in the national health care policy debate. But his role as clinician remains paramount. "I enjoy treating patients," he says. "That will never stop."

Dr. Brooks Honored

FORMER CHAIR OF THE DEPARTMENT of Pediatrics and CHaD Director John G. Brooks, MD, is one of this era's medical heroes. Through his perception and perseverance, the number of infants dying from Sudden Infant Death Syndrome (SIDS) has been cut by 43 percent over the past decade, saving approximately 2,000 lives each year.

For his achievement in focusing the American medical community's attention on the face-down sleeping position as a risk factor in SIDS and his leadership of the "back to sleep" campaign stressing the importance of putting normal babies to sleep on their backs, the National SIDS Alliance has accorded Dr. Brooks its highest honor, naming him SIDS Man of the Year.

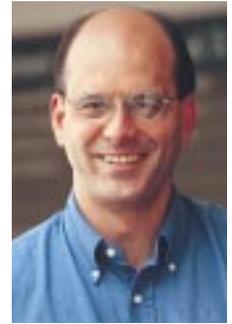
Despite Dr. Brooks' enormous contribution, the fight against SIDS is far from over. "There are still three or four thousand babies dying each year," he says, noting that current research at Dartmouth and at other institutions around the country may soon significantly reduce that number.

Dr. Brooks was also recently honored

at the 2001 CHaD Classic where he received the Lateran Cup. The Cup, given by Lateran Corporation to someone who has provided an outstanding service to CHaD, recognized John's lifetime commitment to the care of children, highlighting his tireless work at CHaD advocating for children in every arena of the medical center, the community, the region, and the nation.

New Neonatologist

JEFFREY SHENBERGER, MD, CHaD's newest neonatologist, graduated from the Pennsylvania State University College of Medicine in 1989 and pursued his residency in Pediatrics and a fellowship in Neonatology at the University of Minnesota. He then entered the United States Air Force, serving as a staff neonatologist and Director of Neonatal/Perinatal Research at the USAF's Wilford Hall Medical Center in San Antonio, TX. He comes to CHaD from the Chandler Medical Center at the University of Kentucky.



Dr. Shenberger was attracted to CHaD for several reasons, among them the proximity of family (his wife's parents live in Rye, NH) and the opportunity to continue his research into the causes and mechanisms of oxidative lung injury, a consequence of the high doses of oxygen frequently given to premature babies as well as to extremely ill patients of all ages. "I look forward to working and interacting with the top-notch faculty and staff at DHMC, and to becoming an active member of the local community," says Shenberger.

"FRIENDS" START UP IN MANCHESTER

HAND IN HAND WITH THE INCREASE in CHaD subspecialists visiting DHMC's Manchester Clinic comes an expansion of community participation. Manchester residents John Xiggoros and Ken Sheldon, both active members of the Friends of CHaD, are organizing a Friends chapter centered in New Hampshire's southern region. The first meeting was held on June 6, kicking off a grass-roots effort to increase public awareness of and raise funds for CHaD in the Manchester area.

The group launched its first event on July 7, arranging for CHaD to receive part of the gate from the Phantom Soccer Match, held at Manchester's Singer Family Park. The Manchester Friends of CHaD's organizers hope to involve families and individuals in the greater Manchester community who have already been served by CHaD, as well as others who simply want to help. For further information, contact Community Projects Specialist Cinnamon Decato at 603-650-7250.

Pediatric Oncology

EVERY YEAR BETWEEN 7,500 and 8,000 children across the country are diagnosed with cancer. In 1997, eight-year-old Kayla Benware of Charlestown, NH was one of them. When a blood test ordered by her family physician revealed severe abnormalities she was immediately sent to CHaD at DHMC, an hour's drive north. Kayla was hospitalized upon arrival. There wasn't even time to pack a suitcase. "I didn't know what was happening," says her mother, Nancy.

Kayla's diagnosis was T-Cell Acute Lymphocytic Leukemia (T-ALL). For the next four years—through her initial hospitalization, a relapse in 1999, weekly chemotherapy infusions lasting several hours, and, in the second treatment phase, radiation therapy and four-day inpatient stays every three weeks—the Pediatric Oncology Program at CHaD was Kayla's home away from home and its staff her second family.

The Pediatric Oncology team admits about thirty new cancer patients each year, as well as providing ongoing care, mostly on an outpatient basis, for thirty to forty others already



in treatment. As a group, their prospects are good. Two-thirds of all childhood cancers can be successfully treated. But because these children are facing serious illness during a time of growth and development, their needs differ sig-

Jessica Moreau plays in Norris Cotton Cancer Center's CHaD Pad, the chemotherapy area for children.



Pam Bouchard, clinical research coordinator, gets a sticker and a smile from JoJo Cornelio during one of his many visits.

nificantly from those of adult cancer patients and require special attention and a unique array of services.

"Children with cancer have many different needs—medical, psychosocial, emotional—requiring many different people all working together to address them," says Eric Larsen, MD, Director of the Pediatric Oncology Department. "We have a wonderful team of people committed to this task. Teamwork is the key ingredient of what we do."

The multidisciplinary Pediatric Oncology team includes:

- Two physicians who specialize in the treatment of childhood cancers.
- A nurse practitioner who works in collaboration with the physicians to monitor and coordinate patient care and serves as an educational resource for families, local physicians, schools, and the community.
- The nursing staff in the outpatient clinic in addition to CHaD's inpatient staff.
- A social worker who helps families identify both actual and potential barriers to care whether geographic, financial, or emotional.
- A psychologist who provides ongoing support to adolescents with chronic health conditions.
- A clinical research coordinator who oversees the national collaborative studies in which many children with cancer participate, as well as organizing special events for the children and their families.
- Child life specialists who see to the psychosocial and developmental needs of children throughout the medical center.
- A discharge planning nurse to aid in the coordination of home care following hospitalizations.

at CHaD

- A special volunteer who dedicates her time to the outpatient clinic three days a week.

The focal point of the Pediatric Oncology Program is its cheerful, well-equipped playroom, which is as necessary to the children's treatment as are infusion rooms and operating theaters. "An adult can sit for quietly three hours, watching TV or doing a puzzle while receiving chemotherapy," says Dr. Larsen, "but with a two-year-old you need a menu of activities." The playroom fondly known as the CHaD Pad, also provides space for the siblings who are encouraged to accompany a brother or sister coming in for treatment. Indeed, the program fosters family relationships of all kinds, both informally and through various outings and support groups where children and families can get to know—and help—one another.

Kayla's leukemia is now in remission, requiring only monthly visits for physicals and lab tests. Kayla is happy to be done with treatment, but enjoys this chance to reconnect with the caregivers who formed her second family for so long. As the intervals between check-ups lengthen, Kayla will remain a part of that family. "Our focus," says Stephanie Zimmerman, ARNP, "is on the whole child across a lifetime."



Kids need to be kids, even when they're sick. Mckenna Bourgue rocks away the time on her favorite pony.



Dr. Eric Larsen, Program Director of Pediatric Oncology, says "Teamwork is the key ingredient."

A Dip in The Wishing Well

ONE OF THE FIRST WISHES Dartmouth sophomore Kimberly Alexander granted, through the student organization Wishing Well, was to bring a member of the college's steel drum ensemble to CHaD so 9-year-old Kayla Benware could meet "a real drummer." As members of this Dartmouth College sanctioned club, Wishing Well students become buddies for CHaD's oncology patients by spending time with them and granting their wishes.



Kim and Kayla, a story about wishes, commitment and lots of TLC, have formed a bond that will last a lifetime.

Kim and Kayla, who played the drums herself, bonded on sight. "She became my little sister," says Kim.

Kim supported Kayla through the next two years of cancer treatment, sharing videos and popcorn during infusions, taking her to see the stars at Dartmouth's observatory, arranging a last-minute hospital birthday party when a fever kept Kayla from going home. In March Kayla was pronounced in remission. In April the Benwares visited Kim's family in Gainesville, Florida, a trip financed in part through Kim's fundraising efforts. The week's highlight was Kayla's "swim with the dolphins" at Sea World's Discovery Cove—her first time in the water since her diagnosis four years earlier. "It felt soft," she says.

Kim graduated in June and is now teaching school in rural North Carolina through the Teach for America program. Kayla is looking forward to rejoining her school's swim team. And other Dartmouth students will keep the Wishing Well program going, raising funds through an annual Dance Marathon and continuing to grant the small attainable wishes of CHaD patients.

Kristen's Gift

Kristen Xiggoros, a young teen-ager from Manchester, dedicated herself to helping young CHaD patients—reading to them, playing games, giving small presents—even as she herself was undergoing treatment for a rare form of lymphoma. "If she heard that someone was having a bad time, she'd ask her parents to bring them some-

thing from the gift shop or a cake from the bakery," says Pamela Bouchard, Research Coordinator for the Pediatric Oncology Program. "She was a very giving person. She touched many hearts."

In Kristen's memory, her parents, John and Patricia Xiggoros, have established an endowed fund to continue what she began. Kristen's Gift fund is at almost \$23,000. They hope to raise \$100,000, which would yield enough annually to provide for new

playroom equipment, the summertime and holiday outings Kristen loved, and even winter jackets for families facing heavy medical bills. "Let the big guys find a cure," says John Xiggoros. "In the meantime, we'll do things to put a smile on a kid's face, even if just for one day."

Donations should be sent to Kristen's Gift, c/o CHaD Community Relations, One Medical Center Drive, Lebanon, NH 03756

The Healing Environment

SEVERAL YEARS AGO, Haverhill, NH artist Keita Colton's best friend was diagnosed with cancer. Colton stayed with her during multiple rounds of chemotherapy. "Keita," her friend would say, "Isn't there anything you can do to let me float out of here?"

When Colton, a well-known muralist, was approached a year and a half ago

dows that frame a sunlit world beyond.

"Most children's hospitals feature geometric bold-colored designs and Disney-type fantasy creatures," says Sailer. "But both the published research and a survey we conducted among our own staff indicate that patients do better when surrounded by mellow, soothing colors and familiar settings that connect them to their community and the greater natural world."

Hayashigawa, Sailer, and the rest of the CHaD staff worked along with Colton to bring this vision into reality. "We've been around hundreds and hundreds of sick kids so we know what they like," says Hayashigawa. And Colton has welcomed their input. The result is that rare thing—a communal effort that succeeds artistically.

The cost of the entire project is \$75,000.

Funds to complete the first mural were raised in honor of retiring Nursing Director Gina Bru and came entirely from CHaD and DHMC staff and Gina's family and friends. The mural was presented to Gina during a dedication and retirement celebration in early June. Community fundraising has made it possible for work on the next mural to proceed.

In the meantime, the farmhouse scene has already begun to work its magic. As Colton installed the first mural, a teenage boy in a wheelchair was brought over to watch. "He looked up and I could actually see him floating away, and I thought to myself, 'It works!'"

For information on how you can help, see page 8.



The magic of Gina's Room soothes and comforts children by keeping them connected to the outside world while they are in the hospital.

by Joette Hayashigawa, staff RN for the Pediatric Unit, and Carolyn Sailer, Coordinator of CHaD's Child Life Program, about creating a series of murals for the Pediatric and Adolescent Unit, she saw the chance to do for CHaD what she had wanted to do for her friend.

Colton has just completed the first of a series of six wall-sized murals that will eventually surround the entire inpatient unit. What had been a large blank wall, punctuated with occasional outlets for oxygen and suction tubes, now resembles the interior of a New England farmhouse complete with colorful rug, scattered dolls, a toy sailboat, and a bird cage—all very cozy and safe. But there is also a door that opens onto a country lane and win-

Fun &

FORE CHaD



Vermont Senator John Campbell gets tips on his golf game from Golf Pro Jeff Julian.

Q.I.L.A. Charities 2001 CHaD Classic raised \$55,000 for CHaD's new Comfort Zone, the facility housing the PainFree Program. A record number of golfers enjoyed a terrific corporate outing. Special thanks to the Lateran Group as course sponsor.

Fill Up 4 Kids 🚗 🚙 🚘 🚚



Dr. Joe Cravero, Medical Director of the new PainFree Program at CHaD, is all smiles as Penny Breed, CEO of Johnson & Dix, presents a check capping off this year's Fill Up 4 Kid's Campaign at a record \$35,000. Johnson & Dix matches the contributions of its more than 75 convenient stores who provide a percent of every gallon of gasoline sold for the month of October and the donations of home heating oil customers. Johnson & Dix and its distributors...Champions 4 the Kids!!!

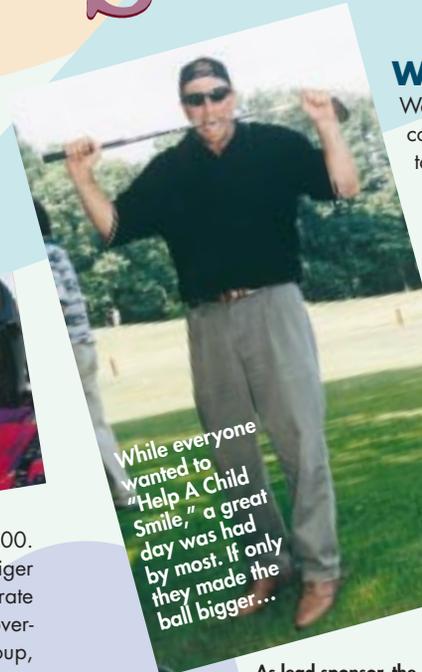
Activities at CHaD

Let It Ride



The winning corporate team, Team Advest, raised over \$2,000 in pledges and won their choice of new skis or boots, thanks to the generous donation by Technica/Volk.

The 2001 CHaD Ski and Ride Challenge hit the slopes and raced to the finish line, almost doubling last year's proceeds with a blizzard busting \$43,000. Under the exceptional volunteer leadership of Kristin and Tiger Shaw, this event featured great skiing, competitive corporate team challenges, lots of fun, awesome raffle prizes, and overwhelming community spirit. Thanks to the Vox Radio Group, and sponsors American Express, Evergreen Capital Partners, GDT, Merrill Lynch, and Miller Auto for their tremendous support.



While everyone wanted to "Help A Child Smile," a great day was had by most. If only they made the ball bigger...

WalMart Helps Make Smiles

WalMart stores throughout New Hampshire have become CHaD's greatest corporate champion. Thanks to the combined efforts of the stores, vendors and store management and staff, WalMart has contributed over \$70,000 to CHaD so far this year. Held in June at Green Meadows Country Club in Hudson, NH, WalMart sponsored the 1st Annual "Help A Child Smile" Golf Tournament, raising over \$55,000. Event organizers Rick Case, Salem, NH Wal-Mart store manager and "Skip" Dykstra from Nabisco agreed everyone enjoyed a good game of golf while having fun and raising money for CHaD. Vendors included Nabisco, Pepsi, Coca-Cola, Archway Cookie, Frito-Lay, Interstate Brands Inc., Polar Beverages, Hershey, and Amoskeag Beverages.

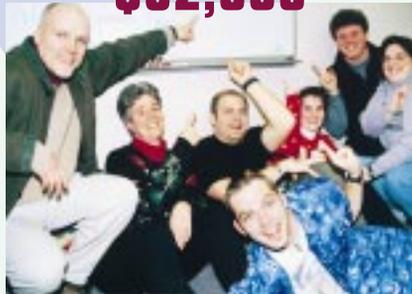


As lead sponsor, the Nabisco Team gets into the swing of things.

CHaD Family Day

Thanks to Grantham Indoor, the first CHaD Family Day held was a great success. Celebrating families of CHaD patients, staff and volunteers, the day's events included a soccer clinic, a funky fun family relay, tug of war, broom hockey, and music. Food, pony rides, and Oreo stacking contests provided something for everyone. The event included a recognition ceremony for CHaD's wonderful volunteers.

\$52,000



XL92 Wishing Well for Kids

Thanks to the XL92 crew's commitment to keep going until we reached the goal. The XL92 Wishing Well for Kids Campaign hit a record \$52,000. Thanks to Upper Valley Home Builders Association—especially organizer Bill Sahlman; real estate agencies, McLaughry Associates, Clarkson Agency, Coldwell Banker-Redpath and Co; and Fleet, Lake Sunapee, Ledyard and Mascoma Banks. Honorable mention goes to Double Diamond Audio and Allen Pools and Spas for their outstanding contributions. What a GREAT community! Thanks from everyone at CHaD.



CHaD Community Service Volunteer Scooter Hathorn counts the Oreos in the stack.

BATTER UP!!!



HP Hood's Home Team Advantage Program will benefit CHaD and ten other New England Children's Hospitals. For every Boston Red Sox home run or double play or strike out at a home game, Hood donates \$100. The fund, currently at almost \$50,000, will be shared by the hospitals. **GO SOX!!!**

