



Shriners Hospitals
for Children®

The Pulse

Twin Cities
Pediatric Specialty Care
Orthopaedic

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Independence Day, July 4, 1776

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It's that time of year again!

Campers Churn Up the Water at 'Camp Splash'

Camp Splash kids enjoyed the wonders of water during the week-long swim camp held in the beautiful 92 degree pool at the Twin Cities hospital. The camp started with some children very excited, and some in trepidation as to what was going to happen, and wondering what would be expected of each swimmer. It wasn't long and the kids, age 3 – 15 years, were comfortable in the water and "played" with their instructor from the nationally known Foss Swim School.

For the last six years, Shriners Hospitals for Children®–Twin Cities has been the recipient of the generous donation of five swim instructor's time from Foss Swim School. Jon and Susan Foss, the co-owners of Foss Swim School, believe in their Mission, which is to build confidence through the mastery of skills for all children. They support the work that is done at Shriners Hospital for children with orthopaedic needs.

This donation of instructor time brought great skill, knowledge, energy, and encouragement to our campers. The instructors provided a unique, creative, spirited, challenging, and remarkably successful "FOSS" style of teaching. During the lessons, the various disabilities that our kids had were not a deterrent to individual progress, and did not get in the way of each child developing new skills and self-confidence.

The instructors worked with the abilities the children had and built on their strengths. Some of the children worked on activities that allowed them to gain strength in their arms or legs. Some worked on improving their ability to hold their breath and dive underwater to pick up rings they wanted to gather. Some worked on hiding their eyes in the water while using their monkey cheeks. Others worked on turning from stomach to back while swimming so they could float for an extended period of time. Still others learned what they could do to be a stronger swimmer if they had no legs, arms, or couldn't bend their joints.

Camp Splash is an opportunity and experience that benefits the children and families beyond belief. The proud parents, grandparents, siblings, and friends that attended encouraged the children to perform before a live audience. When the children had time to notice their audience, they responded to cheers and encouragement. All joined in for snacks, visitation, and celebration of success at the end of each swim lesson.

Water is a great equalizer in play and in building confidence, friendships, and skills that can last a life time. It is a social sport that improves physical, emotional, and social quality of life. Camp Splash is a unique camp, just as each of our kids is unique.

The Shriners Hospitals for Children®–Twin Cities Rehabilitation Services Department works hard in planning, organizing, and monitoring all Camp Splash activities. We are fortunate to have families bring their children to camp each day. We are grateful to the Foss Swim School for providing the staff that is needed for instruction. We appreciate the swim toys and supports that the Women's General Auxiliary provides. We are thankful to the Shriners for their endless support which allows children to learn, grow, and develop confidence in all areas of their life.



Five Easy Ways to Help Our Kids... Without Emptying Your Wallet

Here are some ideas on how to provide financial support for our hospital and the families we serve, with little or no direct strain on your current finances:

- 1) Add our hospital as a beneficiary on your life insurance policy. Each insurer has a “change of beneficiary” form which you can request at no charge. It’s your policy, and **you** can decide who gets some or all of the proceeds.
- 2) List our hospital as a beneficiary on your savings or checking account, or on securities you own. Similar to #1 above. Also called a “POD” (payable on death) designation or a Totten Trust. This is an established estate planning tool which is often overlooked. It can be used to directly transfer certain assets to a charity (or another person) upon the death of the account owner. Ask your banker or financial adviser about this...and again, you own the account so there is no charge to you to designate the beneficiary.
- 3) Include our hospital as a beneficiary on your IRA or other qualified retirement plan. There can be significant tax savings for your estate and your heirs using this option. Once again, the form to change the beneficiary designation is easy to access and costs you nothing. Contact your IRA account administrator or financial adviser; information is also available from our SHC[®]-TC donor relations office.
- 4) Transfer ownership of a life insurance policy which you own to Shriners Hospitals for Children[®]. You may have a policy which you executed many years ago for a purpose which no longer exists, but it now has increased in value and may be a possible gift vehicle. Contact our donor relations office for more information.
- 5) Add a provision in your will to include a testamentary gift to our hospital. (You **do** have a will or other such basic estate planning tool, don’t you?) The legal term for

such a provision is a “codicil”...your attorney will have the information on this. (This option will incur **some** cost, but it is a truly effective way to make a significant charitable impact and “leave a legacy” in your name.)

*If you are reading this newsletter, you probably already know that Shriners have been helping families care for their kids since the 1920’s. By considering any of the above options **YOU** can help too. Our formal legal name is **Shriners Hospitals for Children**, and you can add “Twin Cities” if you wish to designate your gift on our behalf. For more information on any of these possibilities, contact Don Engel by phone at (612) 596-6201 or by email at dengel@shrinenet.org.*

Hero of the Month



Seventeen-year-old Colton is well known to Shriners Hospitals for Children[®]-Twin Cities staff. He has a diagnosis of Osteogenesis Imperfecta and has been a patient at the Twin Cities hospital since he was 5 years old.

Colton has a great personality and loves just hanging out with his friends. He will be a junior in high school in September and is active in FFA. During his free time Colton enjoys listening to music, making hemp necklaces, hunting and playing X-Box Live.

Colton has recently developed a love for cooking and particularly enjoys creating pasta dishes. He hopes to someday go to culinary arts school to become a chef. He will certainly get our vote on that one! Colton’s positive attitude and determination make him a wonderful role model for other patients.

As Hero of the Month, Colton will receive a \$500 gift card to Wal Mart, a certificate and a tee-shirt.

If you would like to nominate a “Hero of the Month” please contact Maureen Johnston at mjohnston@shrinenet.org.



They all Succeed at Camp Achieve

Five new campers were welcomed at Camp Achieve this summer. In all, a total of 12 kids were ready to get “wet and wild” at 9:00 a.m. on Monday, June 21st! The first day of camp was spent at Cascade Bay Water Park in Eagan where they had the pool to themselves due to cloudy weather. However, it was hot so there was a lot of swimming, exploring the water slides, playing Marco polo and time in the lazy river.

Tuesday the campers went to Minnehaha Falls for the surrey ride and the wading pool. The surrey rides were awesome and the kids were real troopers, especially when they had to get out and push the surrey up the hill! Megan Newquist from KSTP television helped out so Camp Achieve made the evening news!

Wednesday campers traveled to Wisconsin for a day of trout fishing with the Zuhrah Rod & Gun Club. A total of 95 fish were caught by the campers. It was a fun day for everyone.

On Thursday the campers got to make and fly their own kites. What a look of achievement on their faces as the kids actually got to fly a kite they made! There was a picnic lunch on the lawn in front of the hospital with the wide open space just perfect for more kite flying.

Cold ice Cream, new accomplishments, and a lot of new friendships once again concluded a successful 2010 Summer Camp Achieve.

We extend a special thank you to volunteers Megan Newquist, Bethany Keuter, Tiffany Bierbaum, Margaret Lobeck, Charlie Lobeck, Jr., Maggie Busch, Pamela Pilsner, and Chris Tastad.

Congratulations to the talented Camp Achieve staff members Maureen Johnston, Barb Knudsen and Cassie Groff for the great job they do for the kids!

Congratulations Mary Rose



Rehab Services staff member, Mary Rose, was recently recognized for her advanced proficiency as a Physical Therapist Assistant (PTA) by the American Physical Therapy Association.

Mary started working at Shriners Hospitals for Children® - Twin Cities on February 4, 1985 and has continued to be dedicated to her profession, the hospital, and the patients she treats. The Rehab Services department values her advanced skills and her consistent endeavor to provide the best care and service possible to patients, families, and the therapists she assists. Mary's responsibility as a PTA is crucial in the physical therapy field and at Shriners Hospitals for Children® - Twin Cities. Mary is trusted and respected by the physical therapist whom she assists and the entire Rehabilitation Services team. We are all proud of Mary's accomplishments and skills. She is an excellent mentor to PTA students, she assists in the orientation of new Shriners Hospital staff by presenting on “Back Safety”, is on the SHC Pain Team, and she coordinates the volunteers in the Rehab department.

In 1969, there was cause to celebrate for physical therapist assistants, as 15 students graduated from the first PTA programs at St Mary's Campus of the College of St Catherine in Minnesota and Miami Dade College in Florida. In 1983 Mary received an Associate Degree of Applied Science from St. Mary's Campus of the College of St Catherine which is now part of the University of St. Catherine system. It wasn't long and she was working with the patients of Shriners Hospitals for Children® - Twin Cities. In

2008 PTA's became licensed in the state of Minnesota and Mary has taken the necessary steps to maintain her credentials through continuing education. We ask that you extend your congratulations to Mary as she is recognized by the American Physical Therapy Association for her advanced proficiency as a Physical Therapist Assistant.



Meet
"Dizzy"

I.S.C.A.
'Clown of the
Year'

Ken "Dizzy" Gillespie, Minot Shrine Club, was recently awarded the most prestigious honor presented by the Internal Shrine Clown Association (ISCA), the "Clown of the Year" award. If you think "clowning" around is easy, take a minute and look at a few of the things he did to achieve this recognition.

During 2009 he served as Kem's Hospital Chairman, third Vice President of the Midwest Shrine Clown Association, Director of the Minot Merryman unit, President of the newly formed Kem Clowns, Keeper of the Cob for the Hillbilly Clan 172, Minot Shrine Club's Hospital Representative, and the ISCA Red Sneaker Fund ambassador for the Merryman Unit. Ken worked 12 shows for Shrine Circuses at Minot, Williston and Grand Forks. He was a clown for Kem's evaluation clinics for the Twin Cities Hospital at Williston, Belcourt, and Grand Forks, ND and at Thief River and Bemidji, Minnesota. He was active in Nobles Hospital Day and taking the ND Shrine Bowl players to the Twin Cities Hospital. Ken won 1st Place in Parade ability and a top 5 patch for Clown Extraordinaire at the 2008 I.S.C.A. Clown of the Year competition in Atlanta. At Imperial in San Antonio, TX, he won 3 top five patches and at the Midwest in Rochester, MN, he won 3 top awards in the clown competition. Ken also won 1st Place in Multiple Balloons, 1st Place in Most Humorous entry, and, partnering with his wife, won 1st Place in the Group Skit at the ND State Fair.

He participated in 43 Shrine events as well as 109 public events, 56 birthday parties, 11 picnics, 12 circus performances, and 15 parades. Congratulations "Dizzy"!

Sesostris in the Spotlight



Sesostris Shrine was chartered June 25, 1888 becoming the 35th Shrine Temple organized. It was the first Shrine Temple in Nebraska. Noble Edgar S. Dudley, acting on behalf of Imperial Potentate Sam H. Briggs, was the presiding officer. The Temple originally located in Lincoln, Nebraska is currently located in Roca, Nebraska. Just on the outskirts of Lincoln.

Sesostris was a celebrated King of Egypt who reigned ages before the Trojan War. When the young boy who would become King was born, his father ordered all children born on the same day in his domain to be publicly educated with his son and to spend their youth in the company of the King. Over time Sesostris was surrounded by many loyal friends who supported him in his endeavors as King. Sesostris was renowned for being a fair and just leader to all.

Noble Dudley served as the first Illustrious Potentate of Sesostris. Dudley retired as a Brigadier General and was active in both the York Rite and Scottish Rite. In the beginning, Sesostris was chartered with ten members. Over the years, membership exceeded 3000 Nobles and now the membership stands at 1566. Two of the earlier members included Governor Arthur J. Weaver and General John J. Pershing. Two Imperial Potentates have come from Sesostris, Imperial Sirs Dr. Clayton F. Andrews and John D. VerMaas. Imperial Sir John continues to be an active member of Sesostris Shrine.

In 1889, the first Sesostris uniformed unit was created know as the Arab Patrol (now the Scimitar Patrol), and under the leadership of Illustrious Sir James Tyler, Sesostris participated in the first Shrine Parade ever held. It was in Omaha, Nebraska in 1892 and 1600 Nobles marched 12 abreast in full uniform including fezzes.

Today, Sesostris has seven Shrine Clubs in Nebraska and thirty four Shrine units including 11 motor corps units that enjoy participating and competing in Central States Shrine Association competitions. Past Potentate, Illustrious Sir Jerry Sievers of Sesostris currently serves as the CSSA president.

Sesostris Shrine enjoys a great relationship with our two sister Temples in the State, Tangier Shrine in Omaha and Tehama Shrine in Hastings. We work closely with the Grand Lodge, Rites and other Masonic Bodies promoting unity, growing membership and sharing our missions whenever and wherever we can.

LIVING BOLDLY IN AN UNCERTAIN WORLD

Living Boldly in an Uncertain World is the 2010 theme for the St. Louis County (northern MN) Health and Human Services annual conference. Aad Shrine Center has sponsored a booth at this event for the past two years. This year Lourdes Talan MSW LICSW and Mary E. Kautto, RN will be part of this conference by speaking about "Camp Real World", a Transition Camp sponsored by the Twin Cities hospital.

Transition to adulthood is challenging for most, and more for those with special healthcare needs. The Care Coordination staff along with other colleagues has implemented several strategies to help young people transition to adulthood. One of these is Camp Real World, a weekend long camp that addresses issues such as money management, adult healthcare, independent living, self-advocacy, and recreational opportunities. This is a fantastic opportunity to share our story with more than 1,800 Health and Human Service participants. Thanks to Aad Shrine for making this possible.

For assistance with patient applications contact Karen Boyer at kboyer@shrinenet.org or 612.596.6105

Those who can, **V** Those who can
can, Do do more,
Do Volunteer

*Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not. ~
~Dr. Seuss*

The Twin Cities hospital is fortunate to have a dedicated group of volunteers who spend hours doing whatever is asked of them. Whether it's playing with children, helping with camp, or answering phones, these wonderful, dedicated people make a huge difference in the lives of the children we serve. In June alone, non-Shrine volunteers logged in a total of 6424 hours and Shrine volunteers logged in another 3864 hours!

The success of the Outreach Season is due in large part to the efforts of the local Shrine Centers and Clubs promoting the evaluation clinics to their communities. Nobles, Ladies, healthcare professionals and members of the community also volunteer at the evaluation clinics and help patients and families feel welcome. When asked about the Shrine Volunteers, our families always say things like, "The Shriners are always very helpful and courteous" and "These guys and gals are such a blessing; couldn't ask for better people." Volunteers helping with all Outreach efforts have logged a total of 1,277 hours so far this year!

*It's easy to make a buck. It's a lot tougher to
make a difference. ~Tom Brokaw*



*Who says our patients don't have fun?
Look at Princess Sarah with Queen Dr. Dunn!*

On the Road Again...



According to the Driver's Lounge Registry, second quarter reflects the following number of trips per Shrine Center.

Shrine Center	Trips	Shrine Center	Trips
Aad	3	Abu Bekr	17
El Kahir	15	El Riad	13
Naja	13	Osman	5
Sesostris	22	Tangier	20
Tehama	5	Yelduz	7
Za-Ga-Zig	13	Zor	44

Drivers making a significant number of trips during 2nd Qtr: include:

<i>Martin Burkhardt</i>	<i>Zor</i>	<i>11 Trips</i>
<i>Jerry Gappa</i>	<i>Zor</i>	<i>6 Trips</i>
<i>Tim Natarus</i>	<i>Zor</i>	<i>6 Trips</i>
<i>Bob Boals</i>	<i>Abu Bekr</i>	<i>5 Trips</i>

Thanks to **all** Shrine Drivers for their dedication to the children who are treated at the Twin Cities hospital.

The Month of July

According to the Gregorian calendar, July is the seventh month. On the Roman calendar, it was the fifth month and it was called 'Quintilis', meaning 'fifth'. Julius Ceasar gave the month 31 days in 46 B.C. The Roman Senate named it 'Julius', in honor of Ceasar.

July is the hottest month of the year in the Northern Hemisphere, while it is one of the winter months in the Southern Hemisphere.

Independence Day is observed in the United States on July 4. On that day in 1776, the Continental Congress adopted the Declaration of Independence. In France, a similar holiday, Bastille Day, occurs on July 14. Canada celebrates July 1 as Canada Day; Independence Day is celebrated in Belgium on July 21.

- Thurgood Marshall, first African American Justice of the Supreme Court of the United States was born on July 2, 1908.

- P. T. Barnum, American Circus owner was born on July 5, 1810.
- Scientists set off the first atomic bomb at Alamogordo, N. Mex. On July 16, 1945.
- The Mormons settled Salt Lake City on July 24, 1847.
- Amelia Earhart, American aviator and first woman to fly the Atlantic was born on July 24, 1897.
- First woman's rights convention in United States met at Seneca Falls, N.Y., July 19, 1848.
- U.S. astronaut Neil A. Armstrong became the first person to walk on the moon, July 20, 1969.
- Amendment 14, which defines United States citizenship, was proclaimed on July 28, 1868.
- On July 31, 1790, the first patent in the United States was issued to Samuel Hopkins for an improvement "in the making of pot ash and pearl ash by a new Apparatus and Process. It was signed by President George Washington.

Shrine 'Challenge' Update

In January 2010 a patient recruitment challenge was presented to each Shrine Center within the Twin Cities hospital service area. Each of the 21 Shrine Centers was "challenged" to increase the number of applications submitted in 2010 by 10% over the previous year.

As of June 30, 2010 **Sesostris** Shrine has already met their challenge by submitting 42 applications, which is 8 more than their goal of 34. Ahmed is close to achieving their goal of 30, having submitted 27 applications to date.

If any Shrine Center would like to host a clinic, please contact Mary Kautto at (612) 596-6104 as soon as possible to make arrangements. Once again, congratulations to **Sesostris** and thank you for your hard work on behalf of the Twin Cities hospital!

For Public Relations materials contact Carol Martin at camartin@shrinenet.org or 612.596.6209.

To schedule a tour contact jcarns@shrinenet.org or call 612.596.6112.