



Shriners Hospitals
for Children®

The Pulse

Twin Cities
Pediatric Specialty Care
Orthopaedic

Volume 3 Issue 4



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Friday, May 20, 2011 is Hospital Day at Shriners Hospitals for Children®-Twin Cities

All Shriners and their Ladies are invited to join us for Hospital Day 2011.

Enjoy a day socializing with old friends, meeting new ones and hearing the latest about the Twin Cities Hospital.

Meet the 2010 Rainbow of Hope Award Winners

To assist with planning, please RSVP to 612.596.6112 or email to jcars@shrinenet.org by *Friday, May 13, 2011*.

If you are part of a bus group, please register the total number attending.

For hotel information and driving directions contact jcars@shrinenet.org.

A donation of \$7/person is recommended to help cover the cost of meals.

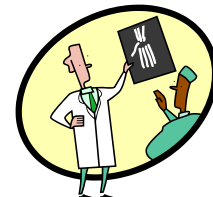
Morning Program

- 7:00 Continental Breakfast
- 8:00 Department Presentations
 - Radiology (Auditorium)
 - Child Life (Rec Room)
- 9:30 Welcome & Introductions
- 9:40 Board of Governors Report
- 10:00 Womens General Auxiliary
- 10:15 Patient Stories
- 10:45 New Game Show:
R U Smarter than a Doktr?
- 11:30 Lunch & Department Presentations
 - Orthotics & Prosthetics
 - Rehabilitation Services

Afternoon Program

- 1:00 Medical Staff Presentation with Patient Participation
- 1:30 2010 Rainbow of Hope Awards
- 2:00 Adjourn

Music provided by Shriners Hospital patient, Katharine Bergman



*New Game Show
R U Smarter than a Doktr?*

“Doodle” a Will

Consider this: You have \$1 million in your estate, after debts and taxes. You and your spouse have two children who are both married, each with two children of their own. Your son could be a little more mature and fiscally responsible and your daughter is “perfect.” (We won’t discuss your son-in-law here.) Both sets of grandkids are little angels.

Now ask yourself this question: How do I want my hypothetical million dollars distributed at my death? Pose the question to yourself when you’re eating alone or taking a relaxed coffee break. Pull out your pen and reach for your paper napkin. Start doodling. How much to family? Should they all get (or need) equal amounts? How much to charity? Any bequests to friends? Doodle away.

You can wad it up and toss it away afterward, but the little exercise will get your juices flowing . . . and may help you get past any reluctance you now have about doing an official will. It might also lead to a revision of a will you already have in place. Major decisions often start with a few marks on a paper napkin.

Doodling an informal will encourages you to think through family issues, such as parental responsibility, individual needs, lifestyle choices, potential use and personal initiative. Doodling leads to the **who**, the **what**, the **why** and the **how** of wealth disbursement.

You may not have a million dollars or maybe you have 10 times that amount. Whatever the size of your estate, some of the issues will be the same. For example, will you leave it all to family? (If you do, there may be a lot less to leave than you think.) Will you include a charitable bequest for Shriners Hospitals for Children® (or other charities)? Will you give a set amount, or a percentage of your estate?

Who will you appoint as your personal representative to handle the probating of your estate? And if you have minor children, who will be the guardian(s)? What about trusts and trustees and contingency trustees? Did you know that the state you live in when you move along to your FINAL state already has pre-set answers to most of those questions? Doodling opens up all sorts of interesting thoughts. And questions.

In fact, your casual doodling may lead to discussions with your spouse or family members. It may prompt a meeting with your attorney or other estate-planning advisor. It may even lead you to contact the donor relations office at Shriners Hospitals for Children - Twin Cities® to request additional information.

Making a will is a serious and important matter. It may be the most important document you ever sign. In fact, it is so daunting for some that it never gets done. Perhaps a little doodling is a good idea at any age.

Contact Don Engel in the donor relations office at (612) 596-6201; by email at dengel@shrinenet.org; or by US Mail at 2025 E River Pkwy, Minneapolis, MN 55414.

WGA Gives \$5M To Twin Cities Hospital

At the Annual Meeting of the Womens General Auxiliary, Chairwoman Darlene Kincaid was presented with a plaque to be placed on the Philanthropic Wall at the Twin Cities hospital. This plaque represents a total of over \$5M given to the Twin Cities hospital over the last 15 years. The women of the WGA and their dedication to the hospital and the children we serve are an invaluable asset.



You Still Have Time To Schedule an Evaluation Clinic

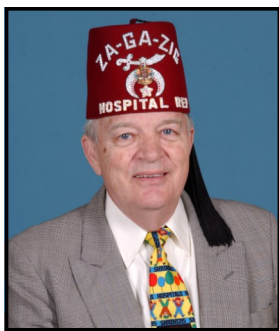
Contact
Mary Kautto, RN, Outreach Director at
612.596.6104 or kautto@shrinenet.org.

**James A. Bagwell
Appointed to
Twin Cities Hospital
Board of Governors**



James A. Bagwell was recently appointed to the Twin Cities Board of Governors. Mr. Bagwell resides in Hopkins, MN and is a Past Potentate (2008) of Zuhrah Shrine where he has been a member since 1992. He has served as President of Zuhrah Funsters; Hospital Committee Chairman; Potentate's Aide, and Chairman of Zuhrah Trustees. He remains an active member of Zuhrah Funsters, the Bloomington Shrine Club, Zuhrah Horsemen, and Zuhrah Patrol. Mr. Bagwell is a graduate of Monmouth College in Monmouth, Illinois. His career has taken him from insurance underwriting to third party benefits program administration, and most recently as an employee benefits consultant. Mr. Bagwell will serve on the Finance & Budget and Process Improvement Committees of the Board. He brings with him a wealth of experience, dedication and enthusiasm.

Farewell to Carl V. Nielsen



Emeritus Board Member, Carl V. Nielsen, died on Friday, April 1, 2011. He was a bit of a folk hero around here as he flew thousands of miles to advocate for this hospital in 2003. He made a personal appeal to Dr. Ken Guidera, who ultimately became Chief of Staff at the Twin Cities Hospital. Carl was among the first to raise his voice in support of third party pay and ironically, just 19 days after his death, the Twin Cities Hospital implemented insurance billing. Carl's last project was to see that Eletina, a child from Malaway, be accepted and treated at the Twin Cities hospital. After many months of planning and red tape, Eletina finally arrived.

She has been accepted for treatment and has, in fact, already had surgery. She stays at the home of Carl's son, Steve, and is quickly becoming acclimated to life in America.

Eletina is a bright, happy little girl who has discovered dolls, stickers, chicken wings and spaghetti!

Eletina's smile tells it all and we're sure our friend Carl V. Nielsen is watching over her as she helps to fulfill his final task at the Twin Cities hospital.



**March Hero of the Month
"Trey"**



Thirteen year-old Trey is well known at the Twin Cities hospital. He has been a patient for the past six years and has gone through eight surgeries! He overcomes the challenges of surgery with such a positive attitude, he is truly a model patient! His smile lights up a room and everyone is always happy to see him.

Trey has a diagnosis of cerebral palsy, which hasn't slowed him down at all. He definitely likes to be busy. He enjoys playing basketball, riding his bike, swimming, and is a member of his hometown Miracle League baseball team.

Trey's favorite school activities are physical education (of course), writing stories and drawing.

Trey will receive a medal, a tee-shirt and a gift card to WalMart. Congratulations Trey!





April Hero Of the Month “Luc”

Bertrand Luc, commonly known as “Luc”, is a 16-year old Twin Cities hospital patient. Luc is originally from Haiti but eight years ago his family made a move to Newell, South Dakota.

Luc has a diagnosis of Osteogenesis Imperfecta, and as a result he has broken many bones throughout his life. Luc is at Shriners now because he is going to have surgery to straighten his spine; however, he must wear a device called a halo for an unspecified amount of time prior to surgery so that it can go as smoothly as possible.

Unfortunately, Luc’s family has not been able to stay at the hospital with him due to their work as well as having to care for his nine other siblings. Since Luc has been in the hospital, he has been working hard in therapy and school and has been participating in many recreational activities. He also enjoys playing video games in his spare time. Luc always has a smile and that, coupled with a great “can do” attitude brightens up the day of anyone who comes into contact with him.

As Hero of the Month, Luc will receive a medal, a tee-shirt and a gift card to WalMart.

Congratulations Luc!

Shriners Hospitals for Children®-Twin Cities and dealeebob.com



have joined forces to help raise funds by offering great daily deals of up to 90% off the best restaurants, spas, family entertainment and more. It’s so simple:

1. Click the link below to register
2. 5% of every purchase you make on dealeebob.com will go directly back to the Twin Cities hospital.

The hospital receives \$1 for every new registration so tell all your friends.

www.dealeebob.com/np/ShrinersHospitalsTwinCities.

Register today and receive \$10 off your first purchase. Enter Promo Code DEAL4MAY at checkout.

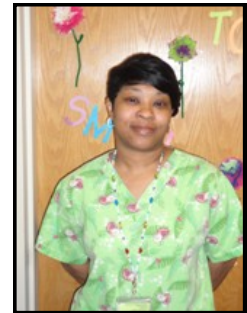


On April 16 the Child Life Department at the Twin Cities hospital hosted a “prom” store for patients who will be attending the First Annual Twin Cities hospital Prom! Approximately 20 teens visited the store, tried on dresses, shoes, jewelry, tuxedos and ties. We are happy to report that every one who “shopped” found what they considered to be the “perfect” dress! All clothing was donated for this event.

Prom will be held on Saturday, May 14 at the Masonic Center in Bloomington.

Getting to Know the Staff

Elaine Brown



Elaine Brown is a Day Shift Medical Assistant on the In Patient Care Unit. She is also a Unit Secretary and has worked here for six years. Elaine was born in Inverness, Mississippi and moved to the Twin Cities at the age of 5. She comes from a big family of 8 siblings! And can you believe Elaine has three children: Anthony, 22, a graduate of Concordia with a Business degree and is a manager at Cintas in Eagan; Raymarrias, 19, who is studying business at Concordia and works for the City of St Paul; and Nekari who is in first grade.

Elaine loves to cook and entertain. She fed 20 people on Easter and did all of the cooking herself! She loves throwing dinner parties for her family and friends. Her favorite thing to cook is Soul Food...mac & cheese, sweet potatoes, greens, and homemade cornbread dressing. On weekends, Elaine does her friend's, her family's and her own hair. She loves to shop at Herbergers, Macy's and at Justice for her daughter.



Reflections on Haiti

Lona Lyden, RN

Last year at this time, I was in Haiti with a medical team sponsored by “No Time for Poverty.” Although I have been asked to share my experiences in schools, at church and at work, until now, I couldn’t fathom putting into words everything I learned in Haiti.

“Baptized by Fire” is the only phrase that captures this experience. The poverty, destruction and vast medical need was far beyond what I could have imagined. No training could have prepared me for what I was experiencing first hand.

There was no easing into it as on my first day I was assigned to an Emergency Room! Anyone who knows me knows this is totally out of my comfort zone. Within 20 minutes, I assisted in the delivery of the second baby boy in a twin birth—simply because I was drawn to the room upon hearing a newborn cry. A doctor spotted me and before I knew it I was recruited for labor and delivery. The doctor described the birth of the healthy twins as a true Haitian “miracle”. A miracle because while the survival rate for healthy babies in Haiti is not high, survival for twins is almost unheard of. I was honored and humbled to be a part of this miracle.

After this experience I returned to the ER. Fortunately, the initial shock and fear is short as you are thrust into emergent situations. I saw a dehydrated and unresponsive toddler in respiratory distress. My failed attempt to start an IV led to me placing my first ever IO needle into his leg bone. I gave him IV fluids, multiple nebulizer treatments and bagged him. Two hours later he was more alert and “saved” according to one of the doctors. I need to include Petris in this experience. He was my young Haitian interpreter, who recognized my wide-eyed panic and took me under his wing. We keep in contact now and hope to someday meet again.

The second day on this job was in a makeshift hospital—tarp walls and ceilings. Strangely, I felt very at home here. It was all pediatric patients and mostly orthopedic. It was like Shriners Hospital minus everything including needed medical supplies. They were desperate for 12-hour night shift nurses. I agreed to this if I could continue at this hospital. I had about 25 patients; the ICU nurse had about 8 patients and

1 doctor in ICU. One day we would be thrilled to have supplies only to be disappointed the next day when there was nothing. We became creative at finding ways to deliver fluids and medicine. Patient codes took the doctor and both nurses away from the 30 or so patients. Up until now I had never participated in a code that resulted in death and am saddened by the large number of children who did not survive the codes.

While on this mission I had the opportunity to witness the caliber of men and women who serve in our military. One evening three exhausted, dusty American soldiers came into the hospital at the end of their duty asking if they could do anything to help. Doctors and nurses were all busy and babies were crying so we told them we could use help with holding/feeding the babies. These three soldiers put their packs and weapons in a pile on the floor, sat down in rocking chairs and then proceeded to rock, feed and comfort the babies. As one of them rocked the sickest child we watched the tears roll down his face. What a moving experience this was and how proud it made me feel.

The trip flew by due to the number of hours we worked and the stressful setting. I was looking forward to diet pepsi, my bed and a hot shower. Shortly after getting home I was overcome with a need to go back. I felt that in the grand scheme of things I had done so little. I longed to know how my kids were doing and, of course, wanted to bring them all back to Minnesota.

It took a while but then I realized what I had done for Haiti was small compared to what Haiti had done for me. I had changed. I am grateful on a daily basis for what my family has and we are blessed with a home, food, clothing, jobs, and the highest level of medical care. Brace yourselves those that know me well—since back from Haiti my shopping for shoes, clothes, accessories has decreased by about 95%. I can now put down an absolute killer pair of heels knowing there is far more need in Haiti and other countries, including ours. I am a passionate, caring person but being in Haiti for 10 days has magnified that aspect of my personality. And yes, Dr. Guidera was the one who with these words, “You need to go, there are kids that need you” had me signed up and ready to go.



In hindsight I realize that he didn't quite know who he was leading to Haiti. Nonetheless, I am grateful that he did. I would not trade the experience for anything. I intend to return some day.

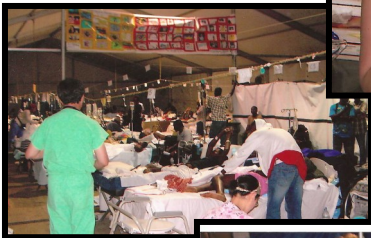
The final highpoint of this trip was to experience the faith of the people of Haiti. During one of my night shifts a pastor entered. He was very loud, almost angry sounding. He was reading from the Bible and I was annoyed that he would awaken all of the patients and families. Soon I understood as each person that could stand, did so. Others sat up with their hands and voices lifted. The true faith of the Haitians took my breath away. Their singing was the most beautiful that I have ever heard.

Overall, Haiti did far more for me than I could possibly have done for Haiti. I encourage all to participate in mission work of this nature. If I could do it despite my tendency to be a little high maintenance—anyone can!



The Miracle Twins

Lona and another admirer



Inside the canvas hospital

American soldiers with three babies



Lessons from Little Heroes

Recently Ed Skewes, a counterpart (*at another Shriners Hospital*) of Rick Weber, Director of Orthotics & Prosthetics at the Twin Cities Hospital sent out a note following his open heart surgery. He so aptly put into words what all of us know that we thought sharing it would be worthwhile.

"Six weeks ago I was in the operating room having open heart surgery. For many years I have been present when our Shriners kids were informed they needed some type of orthopedic procedure, and many of the children would cry because they were afraid of having their first, or an additional surgical procedure. I had empathy for the children and their families, yet I never knew how they truly felt, until the night before my own major surgical procedure.

In an instant, I went from a 31 year provider of health care into a recipient of health care. I was now, "on the other side" and was not familiar or comfortable with this new paradigm.

The night before *my surgery*, I was frightened, cried on the phone to a friend (*I didn't want to die*), I prayed to God, read poetry from Rumi, and I thought of our children at Shriners and the *scary procedures* that many of them have gone through; including burns treatment, orthopedic surgery, and spinal cord trauma.

Reflecting about many of the patients I have worked with, and what these *young heroes* have gone through, gave me the additional strength and purpose I needed. If they could go through what they had done, perhaps I could, and would get through this. *These amazing children I had served, were now serving me in ways I could not have imagined.*

We are truly blessed to work for this wonderful Shriners organization. I am humbled and grateful to have the privilege to be a small part of this large prestigious hospital system. We can continue to learn from the patients and families we serve, if we keep our minds and hearts open.

When we see, or provide treatment for our children, they should feel safe, loved, and appreciated when they are in our care. You may someday be surprised how these courageous children will affect you in ways you had not thought of."

Ed has recovered and is now back at work and looking at things with a whole new perspective.

