



# From the Heart

## HEALING CHILDREN, CHANGING LIVES



**Every day, there is a mom in our community learning that her little boy has cancer. Or a baby born with a life-threatening heart defect. Or a teenager recovering from a gunshot wound. And every day, the caregivers at Sacred Heart Children's Hospital stand ready to help.**

While COVID-19 may have received the bulk of the headlines over the past year, Sacred Heart Children's Hospital is continuing to meet all the health care needs of children throughout our region – despite a global pandemic.

For 15 years, we've gathered for the Kids at Heart lunch to share heartfelt stories, learn how Sacred Heart Children's Hospital is changing lives and have some fun. But most importantly, we've raised vital funds to help ensure that Spokane children can receive world-class health care close to home.

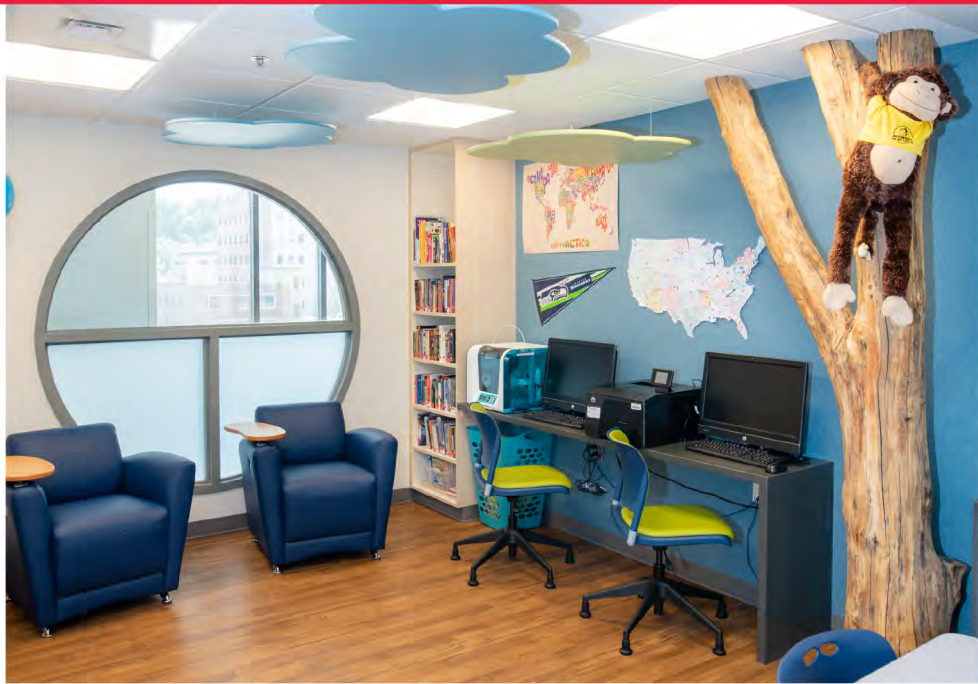
Because we aren't able to gather for an in-person lunch this year, we've launched the Kids at Heart Giving Circle, a monthly giving program that enables you to support our patients year-round.

Special thanks to our founding Giving Circle members, who are listed on page 2. I hope you'll consider joining these community leaders by making a monthly pledge. Just visit [kidsatheartcharitylunch.org](https://kidsatheartcharitylunch.org) or return the enclosed envelope.

With your support, Sacred Heart Children's Hospital will continue to offer hope and healing to families in our region, as it has for more than 15 years.

With gratitude,

Colleen M. Fox, MA, CRFE  
Chief Philanthropy Officer  
Providence Health Care Foundation



# SCHOOL'S BACK IN SESSION

## AT SACRED HEART CHILDREN'S HOSPITAL

**If you attended Kids at Heart last year, you learned how the Andrew Rypien School Program helps young patients like Alli Niska keep up with their studies, even during extended hospital stays. More than that, it helps children facing life-threatening illnesses maintain social connections and even make new friends.**

In February 2020, guests at Kids at Heart raised more than \$120,000 to support the school, which relies on generous community support to survive. But when classrooms all over the country shut down the following month due to COVID-19, the school at Sacred Heart Children's Hospital was also shuttered.

We're happy to report that the hospital has recently hired Jenn Lee and Dustin Fischer, two new teachers who are helping our patients once again. For now, due to COVID-19 protocols, tutoring takes place in a patient's room or treatment area. Our teachers are hoping to very soon welcome students and volunteers back in the classroom.

School is a major part of a child's life, and being away from that daily routine can be stressful. The school program offers academic support to kids from kindergarten through high school, as well as GED and college resources.

"We've had a complete reboot due to COVID," said Annette Deakins, nurse manager, pediatric oncology. "I'm excited to see how Jenn and Dustin can take a fantastic program and make it even better."

Both teachers say they're looking forward to seeing the program grow to help even more kids. And they can't wait to get back in the actual classroom!

## MEET THE TEACHERS

**Jenn Lee** may be the new kid in school, but she's no stranger to Providence. Jenn has worked at Sacred Heart for 25 years, most of that time in pediatric units. A few years ago she decided to pursue a lifelong dream and earned her Master in Teaching. "Now I get to teach, but I still get to work in the hospital, which I love," she said.

Jenn recalls one student who was failing every class when she met him. "I worked with him for three months and by the end of the quarter he ended up passing all his classes. Now he's on his own and receiving all Bs and one C. I helped him get caught up, but he's been able to maintain that on his own. It's nice to know I'm making a difference."

**Dustin Fischer** is the secondary teacher in the Andrew Rypien School Program. He received his Master in Teaching degree from Whitworth University. Dustin did his student teaching at Rogers High School, where he discovered that he loves working with kids who don't have the same support that students in other schools might.

Dustin works on the oncology unit and also checks in with kids in the Psychiatric Center for Children and Adolescents (PCCA) a couple times a day.

How does working in the hospital differ from a traditional school? "I'm learning how to partner with the other services that go alongside a kid in the hospital, like child life specialists, therapists, doctors and nurses. There's a lot of teamwork involved and nobody works in isolation," said Dustin.



*Andrew Rypien School Program teachers Jenn Lee and Dustin Fischer are currently tutoring patients at the bedside and in treatment areas.*



## Did you know...?

During its early years, Kids at Heart raised funds that helped build the Children's Emergency Center at Sacred Heart Children's Hospital. The Pediatric ED just celebrated its eighth year and is the only emergency department in the region designed to specifically meet the needs of children.

Here is a recent patient story, shared by Andie Daisley, Certified Child Life Specialist, Pediatric Emergency Department.

A patient visited the Pediatric ED with a leg laceration requiring surgical repair. He was in his early teens and would be celebrating his birthday the next day. He also has autism and struggles when his routines are disrupted.

With tactile and straightforward education, alternative focus, rapport-building discussion of Harry Potter, and a makeshift birthday party before he wheeled to his room for the night, his breathing slowed, his brows settled, his posture unwound, and his grimaces turned to a smile. What started with, "Can we just please go home?!" ended with, "This place is the BEST!"

# FAST FACTS

If you joined us for the State of the Children's Hospital address, the following statistics for 2020 may have caught your eye:

**16,592**  **3,055**

EMERGENCY ROOM VISITS

INPATIENT ADMISSIONS

**3,077**

BABIES BORN

**791**

NICU ADMISSIONS

**160**

TOTAL BEDS IN THE CHILDREN'S HOSPITAL

**628**

PICU ADMISSIONS

**3,144**

PEDIATRIC SURGERIES

**30+**

PEDIATRIC SPECIALTIES

**140+**

SPECIALIST & MID-LEVEL PROVIDERS

## THEN AND NOW: NICU BABIES GIVE BACK

**“A stick of butter with arms and legs.” That’s how Kenzie and Carson Loman’s grandpa describes their size at birth. And considering that they each were born weighing barely over one pound, that description isn’t too far off.**

The twins may joke now, but it was hardly a laughing matter 18 years ago, when their mom, Karene, was admitted to Sacred Heart with pre-eclampsia, a pregnancy complication characterized by dangerously high blood pressure. This condition can be serious – even fatal – for both mother and baby. Kenzie and Carson were born the next day, three months early.

Despite the fact that they have no memory of the three months they spent in the Neonatal Intensive Care Unit (NICU) at Sacred Heart Children’s Hospital, their time there has made a lasting impact. “My mom always made a point of having us volunteer and donate somewhere to give back to our community and I always chose the Sacred Heart NICU,” said Kenzie. Her brother agrees. “I think it’s important to give back to the people who helped us...who helped us be alive today,” said Carson.

Over the years the twins have donated money they’ve received for their birthdays and Christmas, and have purchased supplies for the Andrew Rypien School Program and holiday gifts for patients. They’ve also volunteered their time to help the Children’s Hospital.

“It was obviously more traumatic for our mom than it was for us, but it’s still a big part of our lives,” says Kenzie. “Mom said she would go home from the NICU crying every night...I know there are a lot of parents who go through that.”



The twins describe the “community” that they’ve built with the staff at both the hospital and Providence Health Care Foundation. “That community makes a big impact and I love being a part of it,” says Kenzie.

The twins will graduate from Ferris High School in June, and Kenzie is already taking classes at EWU as part of the Running Start program. Carson is looking forward to fulfilling a lifelong dream of becoming a pilot by studying aviation at Southern Utah University. Kenzie will continue at Eastern, studying exercise science.

The twins are fortunate to have no lasting health effects from being born so early, something that their mom attributes to the great care they received in the NICU. “The reality is, if it weren’t for all the experts there – the staff, doctors, nurses and the entire team – it could have easily been a different outcome.”





## BE ONE OF THE COOL KIDS!

JOIN THE KIDS AT HEART GIVING CIRCLE AND MAKE A DIFFERENCE YEAR-ROUND.

Giving Circle members will hear patient and family stories throughout the year, receive exclusive learning opportunities and have their names placed on the Children's Circle tree in the Serenity Room at Sacred Heart Children's Hospital. Plus, they will receive the highly coveted Kids at Heart coffee mug!

To join, visit [kidsatheartcharitylunch.org](http://kidsatheartcharitylunch.org) or return the enclosed envelope.



### From the Heart

A newsletter for members of the Kids at Heart Giving Circle:  
Spring 2021

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[Kidsatheartcharitylunch.org](http://Kidsatheartcharitylunch.org) | [Providence.org/givingewa](http://Providence.org/givingewa)

### Thank you to our founding Giving Circle members making an annual donation of \$250 or more:

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A special shout-out to our creative partner Chapter & Verse for their longtime support of Kids at Heart and Sacred Heart Children's Hospital!



YOUR CHILDREN'S MIRACLE NETWORK HOSPITAL

## SPRING WORD SCRAMBLE FUN

1. UARBMELL \_\_\_\_\_
2. UESFBTRTEIL \_\_\_\_\_
3. RLSOFEW \_\_\_\_\_
4. UNSYN \_\_\_\_\_
5. IPLSTU \_\_\_\_\_
6. EISNSNUH \_\_\_\_\_
7. OLOSSBM \_\_\_\_\_
8. FOLRWSE \_\_\_\_\_
9. CICNIP \_\_\_\_\_
10. NGEARD \_\_\_\_\_

1. UMBRELLA 2. BUTTERFLIES 3. FLOWERS 4. SUNNY  
5. TULIPS 6. SUNSHINE 7. BLOSSOM 8. RAINBOW  
9. PICNIC 10. GARDEN



## SPRING WORD SEARCH FUN

W H M Z A L K R S G U B E C H T Q I  
F T U L Y I J B E P Q N O P A S D X  
S J N I B O R H L V M C S U T L E K  
P E D W G X E K J O A Z R M C Q F B  
R C Y Q U S A V N T S I E K H R O L  
O L A M B F D T E U P S W G X T J E  
U N P H Y G Z R L K D H O V C E N R  
T B E J D W P Q I S G X L M F P A U  
V M Z C A I K D H B N U F S E B R T  
D K Y T L X G O R F P E J Q B W O A  
E P G L E B S U A M O C H I C K S N  
B N A R F Y O J T H Z M T D L I P G  
G R K E N R T S N A I L Q W U S R V  
A D O N P H E M B J S T C E S N I F  
K W U F I N L T Q E R M E A Y O N D  
I B S E C K F X T D V J R H P A G Z  
N E D R A G M W K U L G S O R C L E  
H Z M T U L I P V E B A D Y W F X J

BIRDS BLOSSOM BUGS BUNNY BUTTERFLY CALF  
CATERPILLAR CHICKS FLOWERS FROG GARDEN GRASS  
HATCH INSECTS LADYBUG LAMB NATURE NEST RABBIT  
ROBIN SNAIL SPRING SPROUT TULIP WORM