

# Children's News

For Children's Hospital Boston employees, staff and volunteers

August 2008 | [childrenshospital.org/chnews](http://childrenshospital.org/chnews)

## Taking a stand against violence

Boston's inner-city violence epidemic is all too familiar to **Jacqueline Rue**, case manager for Boston Healthy Start Initiative at Martha Eliot Health Center (MEHC). For the past six years, Rue has helped struggling mothers overcome the complex challenges involved with physical and mental violence, as well as with housing, hunger and substance abuse.

"Many of these mothers have had chaos in their lives," she says of the dozens of Boston women enrolled in the program. "Violence is everywhere." In fact, according to a recent report conducted by the Harvard School of Public Health, two-thirds of Boston high school students said they'd witnessed violence in the past year.

Rue can relate to their experiences. When her family lived in Jamaica Plain, she and her husband, Albert, a retired Boston police officer and Gang Resistance Education and Training instructor, would share bleak stories of how violence afflicted their neighborhood. At times, the Rues welcomed troubled local teenagers into their house to give them guidance over a home-cooked meal. "These kids were screaming for help," she says. "They came from good families. They were our neighbors, our friends. But like so many of our youth, they simply got off the right track."

On August 17 of last year, the Rues themselves became victims of violence. Their 25-year-old son, Sean, was sprayed by bullets while visiting childhood friends at Bromley Heath, a public housing development adjacent to MEHC, where the Rues and their four children used to live. In an instant, the Rues found themselves in need of the same support they had long provided families. Fortunately, Sean pulled through after several surgeries, and has made a remarkable recovery.

Rue is quick to point out that her story has a silver lining; she plans to share the lessons she learned during the ordeal with others affected by violence as a member of MEHC's new Trauma Response Team. By communicating with the Boston Police Department and closely monitoring news reports, the team will seek out victims, their families, neighbors, loved ones and witnesses after a violent act occurs to give them prompt emotional and psychological support. The team is community-wide and involves representatives from MEHC, Children's Hospital Boston



Photo: Javier Amador-Peña

### JACQUELINE RUE, AND HER SON, SEAN.

Rue will help victims of violence through the Trauma Response Team.

and more than a dozen other organizations serving the Jamaica Plain neighborhood, including faith-based organizations, schools, housing developments and teen support programs.

"When the idea of forming this response team came up, I cleared my schedule and jumped at the opportunity to be a part of it," Rue says. "As a health center, we need to do something like this. We have 1,000 families living right next door who need

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Children's Hospital Boston

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**Genetics:** Autism mutations disrupt the brain's synapses

**Neurology:** Shielding preemies from brain damage

Have research news you would like to share?  
Email [nancy.fliesler@childrens.harvard.edu](mailto:nancy.fliesler@childrens.harvard.edu).

## Middle Eastern families yield clues to autism

A Children's Hospital Boston study featured on the cover of the July 11 *Science* implicated a half-dozen new genes in autism. More importantly, it supports the emerging idea that autism stems from disruptions in the brain's ability to form new connections in response to experience—consistent with autism's onset during the first year of life, when many of these connections are normally made.

An interdisciplinary team led by **Christopher Walsh, MD, PhD**, chief of Genetics, studied 88 large Middle Eastern families with a high incidence of autism and marriages between cousins (increasing the likelihood of rare inherited mutations). To ensure that autism was rigorously diagnosed, Walsh's team trained collaborators in the Middle East to administer standardized assessments.

**Eric Morrow, MD, PhD**, of Genetics (who shares first authorship of the study with **Seung-Yun Yoo, PhD**, of Genetics), along with **Janice Ware, PhD**, and **Elaine Leclair, PhD**, of the Developmental

Medicine Center, flew to Turkey, Dubai, Kuwait and Saudi Arabia to examine the children and confirm the diagnoses. The team then compared the DNA of family members with and without autism, searching for recessive mutations—those causing disease only when a child inherits two copies. In all, they identified five chromosome deletions affecting at least six identifiable genes, one of which was also mutated in some European and American children with autism.

Walsh then compared notes with **Michael Greenberg, PhD**, director of Children's Neurobiology Program. It turned out that Greenberg's lab had already pegged three of the genes (c3orf58, NHE9, and PCDH10) as players in a complex molecular network that orchestrates the

refinement and maturation of brain connections, or synapses, in response to experience. "This network can be disrupted in a myriad of ways," says Greenberg. "Taken together, our findings suggest that experience-dependent learning could be relevant to autism, and that autism might result from the deregulation of any of a number of genes that are part of the same pathway."

Notably, only one chromosome deletion found by Walsh's team actually removed a gene; most often, what was lost was the "on/off" switch. Walsh sees great hope in this finding: Since the gene itself is intact, it may be possible to reactivate it, through medications or behavioral therapies, and ease the effects of autism.

To watch a video of Walsh talking about his research go to [childrenshospital.org/chnews](http://childrenshospital.org/chnews).



CHRISTOPHER WALSH, MD, PHD

Photo: Patrick Bibbins

## Can an Alzheimer's drug prevent cerebral palsy?

Up to 35 percent of babies who survive prematurity are left with brain damage leading to cerebral palsy and cognitive/behavioral deficits. Now, neuroscientist **Frances Jensen, MD**, with **Simon Manning, MD** and **Delia Talos, MD** in the Department of Neurology and the Neurobiology Program, reports that memantine (Namenda), a drug originally developed for Alzheimer's disease, may reduce the damage.



FRANCES JENSEN, MD

Photo: Tracy Powell

For more than a decade, Jensen and others at Children's have shown that premature newborns' rapidly developing brains have unique characteristics that not only heighten their vulnerability to hypoxia-ischemia (a common complication of prematurity that compromises the brain's blood and oxygen supply), but also prevent these infants from responding to existing neurologic drugs. But Jensen has been finding new targets unique to the newborn brain—as well as drugs that can hit them, some of them already FDA-approved.

Now, in the June 25 *Journal of Neuroscience*, Jensen's team shows that preterm infants' oligodendrocytes, the cells that form the brain's white matter, are especially rich in NMDA receptors, a type of glutamate receptor. After a hypoxic-ischemic insult, glutamate builds up and can over-activate NMDA receptors, producing a pattern of white-matter injury known as periventricular leukomalacia (PVL), the most common cause of cerebral palsy.

However, working with a rat model of PVL, Jensen and colleagues found that giving memantine—which acts by blocking the NMDA receptor—significantly reduced white-matter injury after a hypoxic-ischemic insult. Back in the 1990s, Children's participated in memantine's development as a treatment for Alzheimer's disease. Now, if Jensen can establish the drug's safety in premature newborns, she wants to test it as a protective therapy.

## Taking a stand against violence

our help." Rue, like all members of the Trauma Response Team, enrolled in a certification program to learn best-practice techniques on post-traumatic stress management from Robert Macy, PhD, founder and executive director of the Brookline-based Center for Trauma Psychology.

"We'll offer both immediate and long-term help," says **Jean Wilkinson, PhD**, director of Human Services at MEHC. "Our goal is to provide those affected by violence with culturally sensitive emotional support in a pragmatic manner and deal with the demands that arise when violence occurs. We hope to draw from the experience of those such as Jacqueline, who have been personally affected by violence." Rue remembers the terrible feeling of helplessness, especially during the first 24 hours after her son was shot, while her family waited to see if he'd live. As a result, she's suggesting the team give hospitalized victims' families a bag filled with essential items, such as a note pad and pen for writing down medical notes, bottled water, a prepaid cell phone and phone card, gift cards for food or clothes and parking vouchers.

The program has had lots of help getting off the ground, including from long-time community activist Mildred Hailey, executive director of the Bromley-Heath Tenant Management Corporation, and Bob Francis, co-chair of the Academy/Bromley/Egleston Safety Task Force and retired chief of the Boston Municipal Police, who have met with MEHC administrators every week for the past year. "We always try to design our services around what the community identifies as a need," says **Jim Cote**, MEHC's executive director. "Mrs. Hailey and Bob Francis identified the lack of a coordinated

effort on the grassroots level to support residents in a prompt and proactive manner. One organization can't do that alone; it requires a collaborative effort involving the stakeholders in the community."

The program is part of a larger anti-violence strategy Children's aims to launch in response to the violence in Boston neighborhoods. Children's Office of Child Advocacy, Department of Psychiatry, Emergency Department and Trust office are working together to fund and implement a plan that includes patient screenings, parent support groups, referral services and youth groups for adolescents affected by violence. "Through this initiative, we envision children who are exhibiting signs of stress to be identified early by a teacher, health care provider or parent and get them help," says Wilkinson.

While the team will work to help victims in the community, the MEHC group is also looking inward. Rue is one of several MEHC employees who have been directly affected by violence. In response, MEHC held A Future without Violence Day as an outlet for employees to discuss the impact of violence in their lives and strategize on ways to reduce its impact in the local community. During the event, employees, patient families and community residents wove pieces of fabric, which were used to construct a large, multicolored quilt to hang in the health center.

"This quilt will serve as a symbol of our stand against violence in the community and its different colors will represent the diversity of our community," says Rue. "Since we serve as a lifeline for health and mental health services for our community, we will do whatever we can to break the cycle."

**PATIENTS AND EMPLOYEES** wove a quilt to hang as a symbol of Martha Eliot's stand against violence in the community.



Photo: Jaime Crespo

## GRATITUDES



### Dr. Retik,

Thank you for attending Victoria's services, it meant a great deal to Peter and me. I wanted to also let you know how much Dr. Rusty Jennings meant to us. He is an amazing surgeon who displayed an unprecedented amount of care and unrelenting efforts in regard to Victoria. In our eight months at Children's, never did I come across a doctor who was more committed or more driven to care for her.

At the same time, never did I meet a doctor who was busier. He never left a stone unturned and never left us feeling that Victoria was less than his top priority. I could never articulate just how much Dr. Jennings' style and presence meant to my husband and me. Most importantly, we feel so grateful to Dr. Jennings because he is the reason Victoria survived as long as she did. He enabled our daughter to share eight months with us. She wasn't supposed to live five minutes.

How could I repay Dr. Jennings for that? We feel so blessed to have had the opportunity to spend that time with our beautiful baby. He is the doctor and surgeon that all doctors and surgeons should strive to be. We are so grateful that he was Victoria's.

Most sincerely and with warm regards,

—Sarah and Peter Cowenhoven

## Minority donor awareness

Four months into her pregnancy, Lenor Barrows received a grim prognosis. Her son had an enlarged bladder, which doctors feared would lead to complications of his liver and heart. Initially, doctors didn't expect him to survive, but Barrows decided to go through with the pregnancy.

When he was born, Eliaz was diagnosed with polycystic kidney disease, a genetic disorder characterized by the growth of numerous cysts, and doctors told her that Eliza would eventually need a kidney transplant. So, like tens of thousands of other U.S. families on the waiting list for a kidney transplant at any given time, the Barrows hoped for the best but prepared for the worst.

After all, 17 people die every day in this country while waiting to receive a vital organ, such as a heart, liver, kidney, pancreas, lung or bone marrow, according to the National Kidney Foundation. Making the Barrows' situation more challenging was the fact that Eliaz's blood type was B+, which is found in fewer than 10 percent of the population. Born to a Cape Verdean mother and Puerto Rican father, young Eliaz faced still another challenge: the shortage of minority organ donors nationwide. According to the National Minority Organ and Tissue Transplant Education Program, minority donors account for only about 25 percent of the available donor pool.

After many months of waiting, the Barrows received the phone call that would save their son's life: A match had been found. Last April, when he was 2, Children's Hospital Boston doctors successfully performed the kidney transplant. "Waiting for the transplant was tough," Lenora says. "It felt like a ton of bricks were lifted off our shoulders when we got the call. It hurts to know that one life had to be lost to give my son a chance for life, and I'm so appreciative that it breaks my heart."

This story has a happy ending, and 50,000 other minority children and adults registered on the country's transplant waiting list are hoping for the same outcome. August 1 marks National Minority Organ Donor Awareness Day, an annual nationwide observance to raise awareness of the need for donation and transplantation within the multicultural community. More than half of those on waiting lists for organ donation are racial and ethnic minorities. According to the U.S. Department of Health and Human Services, minorities have a particularly high need for organ transplants because some diseases are found more frequently in



**LENOR BARROWS** with her son, Eliaz

racial and ethnic minority populations than in the general population. For example, African-Americans, Asians and Pacific Islanders and Hispanics are three times more likely than whites to suffer from end-stage renal (kidney) disease, often as the result of high blood pressure and other conditions.

In recognition of National Minority Organ Donor Awareness Day, Children's clinicians are putting even more emphasis on the importance of organ donation for minorities. "It's so important for minorities because of the success rate of a transplant is better with a close match," says **Camilla Cook, RN, CPN**, a staff nurse on Children's Organ Donor Awareness Committee. Because certain blood types are more common in ethnic minority populations, increasing the number of minority donors can increase the chances for those on the waiting list. "No matter what color, race or background, we all have the power to save a life through organ and tissue donation," says **Eva Gomez, RN, MSN**, Staff Development specialist. "It's important that with the rising need for organs in this country, all minorities become invested in educating their community about organ donation."

If it weren't for her own health issues, Lenora says she would have immediately signed up as an organ donor. But many members of her family have agreed to become organ donors as a result of Eliaz's ordeal. "Just to think—my son would have died had it not been for that donor," she says.

**f** For more information on organ and tissue donation, call the New England Organ Bank at (800) 446-6362 or visit [neob.org](http://neob.org).

### Did you know?

#### According to the United Network for Organ Sharing:

- More than 83,000 people are on the national transplant waiting list
- About 50 percent of those on the list are minorities
- 17 people die each day waiting for a life-saving organ transplant
- Every 16 minutes, a new name is added to the national waiting list
- Minority donors account for only 25 percent of the available donor pool

## A day in the life: Brandy King, MLIS

Just like any other librarian, **Brandy King, MLIS**, information specialist, works with endless amounts of information—gathering it and helping others find it.

However, when you walk into her “library,” you might be surprised to find that, aside from one small collection, there aren’t any books. “Everyone always asks, ‘Where’s the library?’” King laughs. She usually answers, “It’s in my head. Think of us as more of an information center.”

King, who joined Children’s in 2003 after graduating from Simmons College with her master’s degree in Library and Information Science, had not originally planned on working in a medical library. But an internship at the Brigham and Women’s Hospital patient library changed her mind. “I always thought I wanted to go into academic librarianship, but I found that when I was working with patients and families, it was more gratifying,” she says. “It’s different when someone comes to you and says, ‘My brother’s upstairs having a tracheotomy, and I don’t know where the trachea is. Can you show it to me in an anatomy book?’”

When she graduated and learned that a center at Children’s, the Center for Media and Child Health (CMCH) was devoted to the study of how media affects health, King was thrilled at the chance to combine her newfound interest in hospital libraries with her longstanding interest in media studies, and immediately applied for a job. The center is run by **Michael Rich, MD, MPH**, director of the CMCH, who hired King for a three-month project to build a database indexing all the research ever published on media and child health. King has been at Children’s for five years, and the project is still underway. “There’s much more research than we thought,” she says.

In creating the foundation of the CMCH research database, King worked to meet the needs of two specific groups: researchers and non-researchers, such as parents and teachers. Therefore, she wanted to develop a searchable interface that could find answers to questions posed by both groups, and she incorporated a massive thesaurus, called an ontology, into the database. The interface doesn’t search by keywords as



Photo: Andrea Long

most Internet search engines do, but by the meanings behind the questions people ask.

This Smart Search project won the Special Libraries Association Innovations in Technology Award in 2005, and King hasn’t shown signs of slowing down. In addition to her extensive work with the database, aiding CMCH researchers with their publications and maintaining the Center’s Web site, King wrote and published a book about natural language searching titled *Searching for the Concept, Not Just the Word: A Librarian’s Guide to Ontologies*.

King is also still active in education, both for herself and budding librarians, periodically taking continuing education classes and bringing in student interns to CMCH. “I think mentoring is important to producing excellent information professionals,” King says. “I’ve had a number of librarians, including the Children’s librarian, **Alison Clapp, MLS**, serve as mentors to me throughout my career, and I’ve benefited endlessly from their examples and advice.”

It’s this sense of social responsibility and giving back that’s been a driving force behind King’s work at Children’s. “What I really hope is that everyone uses the center as an information resource—that we are the go-to place for information on media and health,” she says.

## NEWS BY NUMERALS

**Children’s Hospital Boston’s Parking and Commuter Services team has been busy juggling the demand for employee parking while finding new options for commuters to help beat the cost of rising gas prices.**

# 3,526

Children’s employees currently receiving subsidized MBTA passes



# 50%

Subsidy offered to employees for MBTA, Amtrak and commuter bus passes

# 612

Parking spaces are anticipated to be added in the next six months, both on and off site



# \$97

New reduced rate monthly parking for all Children’s employees at the Waltham lot

# 7,800

Miles a year commuters could save by parking at Waltham and riding the Children’s shuttle to the LMA

# 2

Free months parking for employees who sign up to park at the Waltham lot



**Questions? Call ext. 5-6251**

## GLAD YOU ASKED



### **Question:** What is Children's doing to revamp the recycling program?

**Answer:** Our recycling program has a second life. This time around, it's much more ambitious, robust and exciting! We've partnered with Save that Stuff, a Charlestown-based company that embraces the cardinal sustainability practice rule: reduce, reuse recycle.

One of the most important changes we've made is the process by which cans and bottles are collected. Employees experienced some confusion with the Café's reverse vending machine, which would only accept certain cans or bottles. Save That Stuff has a commingled recycling program that accepts all bottles and cans, rigid plastics, empty yogurt cups, foil wrappers, paper cups and plastic lunch packages. The only item that's not accepted is Styrofoam.

Our main lobby and many floors now have bins for paper, commingled items and trash. We're working to find solutions for areas that can't fit these bins, but our goal is to have them throughout the hospital. Cardboard and white paper are also being recycled; our goal this year is to recycle one million pounds of white paper. Colored paper and magazines aren't recycled yet, but we're creating a plan for them. We're also formulating a plan for recycling items such as plastics and animal waste in the research labs.

Our most ambitious project is to begin recycling in the patient rooms. A large volume of our waste is generated there, and many plastic bags are being thrown away. Our goal is to make such a program kid-friendly by placing pictures on each bin and fun facts to show kids what a difference recycling makes.

We ask that employees be patient with our recycling efforts as we implement programs, and to keep the following in mind: Ensure that all containers with food or liquids be emptied and rinsed before tossing in the commingled bins. Dispose of white office paper in the gray locked bins located on each floor and don't throw trash in these bins. You can also help by following the three Rs (reduce, reuse, recycle).

Thanks for asking!

—Tony Johnson, director of Environmental Services  
(on the left in the picture above)

Got a question? Email [news@childrens.harvard.edu](mailto:news@childrens.harvard.edu).

## Ask Me! Turns 3

It's been three years since Children's Hospital Boston's Ask Me! program launched, and these days, 200 bright-blue and day-glo green t-shirted volunteers are fixtures throughout the hospital. The program was developed by **Greg Fredo**, practice administrator in Adolescent Medicine, and **Todd Katzman**, department administrator for Surgery, who recognized that we could do a better job helping answer patients' questions when they first arrive.

"Its success is a reflection of our improved culture of exceptional customer service," says Fredo. "Many of us who work at Children's don't provide direct patient care, so this is a great opportunity to make a difference in the patients' experiences," says Katzman.

**Andrea Duggan**, associate in Public Affairs, was one of the original Ask Me! volunteers and remains a dedicated participant. She remembers how, at first, she was just as confused at Children's maze-like hallways as the families, and once directed a patient looking for **James Mandell, MD**, president and CEO, to Mandell's office in the Wolbach building rather than to the Urology clinic where he sees patients. But she hasn't made that rookie mistake twice. "I can't do brain surgery, but I can show a family where the elevator is to get them upstairs," Duggan says. "This terrific program shows how we are all in this together and that we all care."

To become an Ask Me! volunteer, sign up in Net Learning. If you have questions, email Fredo or Katzman.



Photo: Ethan Bickford

## EMPLOYEE OF THE MONTH

Congratulations to **Patrick Bibbins**, senior graphic designer in Public Affairs, who's been selected as Children's Hospital Boston's Employee of the Month for August.

After eight years designing hospital publications, creating marketing materials and photographing employees, Bibbins remains as dedicated to his job—and his coworkers—as he was the day after orientation. Scrupulous in maintaining graphic design and brand standards, he treats even the smallest projects with care, delivering carefully considered, artistically rendered and meticulously checked work every time. As his manager says, "his eyes are surgical in detail."

Bibbins draws on years of experience in addition to his natural talent: If the department needs a photo for a publication or brochure, he'll put to use the skills he's learned in photography classes over the years; if someone calls about the proper use of the hospital logo and name, he'll do exhaustive research and make a thoughtful recommendation.

Bibbins' patient, paternal nature makes him a natural mentor. He regularly reaches out to interns from local schools, takes them under his wing and teaches them about design while helping them develop their own skills. He's Public Affairs' go-to guy when someone has a question about design software, wants to learn how to take a good photo or understand a branding concept. (He'll also show you how to fix a jammed copier or a broken toilet.) There's nothing Bibbins wouldn't do for the hospital: He's designed a new look for Gizmo the robotic courier, created a walking tour map for the Archives Committee and even dressed up as the Curious George character The Man in the Yellow Hat to entertain patients.

**To nominate a co-worker for employee of the month for exemplifying Exception Care, Exceptional Service standards, visit [web2.tch.harvard.edu/eces/recognize.cfm](http://web2.tch.harvard.edu/eces/recognize.cfm).**



Photo: Ethan Bickford

## Healthy employees, healthy patients

### How do you see the role of Occ Health?

We take care of employees, so they can take care of the patients. Our employees are our biggest asset and if they're not healthy, happy, functioning and productive, then the organization can't perform its function, which is to treat sick children. So my job is to make sure that our employees are the healthiest, safest and happiest they can be.

### What changes have you made so far?

We've renovated our space and added an exam room. In trying to improve our patient flow, we found that even though walk-in clinics sound convenient, they don't work because so many people come at the exact same time. So we're moving toward an appointment-only system and asking employees to call ahead for everything except for annual TB testing and, of course, if they're injured. We also expanded our hours of operation; we're now open from 7:30 a.m. to 4:30 p.m. My goal is to expand hours further, work on our scheduling system and service employees more quickly.

### What are some of your goals?

One way we could be influential is to screen employees for early indications of problems like hypertension, diabetes or depression. This would be beneficial to the organization, too, since the hospital pays for most of employees' health care costs. Plus, absenteeism is costly to a hospital since we have so many specialized positions: If a surgeon is out with a chronic disease, you can't necessarily replace

her. Also, we hope to do more episodic care, so if someone has a sore throat, she can run over here for a strep test instead of leaving campus for a doctor's appointment.

### What changes are you excited about?

I'm excited about our health and wellness initiatives, including our new walking group. We have three groups that meet at different times by the Parking Office and we take half-hour or 45 minute walks together. As the program takes off, we'll probably add more groups. The plan is to have fun and build fitness and we have incentives: We'll reward people with prizes based on how much they walk. We're also going to participate in the Public Health Commission's Take the Stairs Campaign, which encourages people to walk up or down the stairs instead of riding elevators or escalators as a way of building a healthful lifestyle. Also, we're partnering with Fitcorp on new fitness initiatives. Their trainers will lead some on-site 20-minute core conditioning classes, and we launched a yoga class on Monday evenings in One Autumn Street to rave reviews.

### Are you offering ergonomic screenings?

Definitely. We see lots of repetitive strain injuries and want to help employees avoid them. The biggest thing to remember when you're at your desk is that your legs and knees should be at 90 degree angles, with your back straight. Lots of people don't

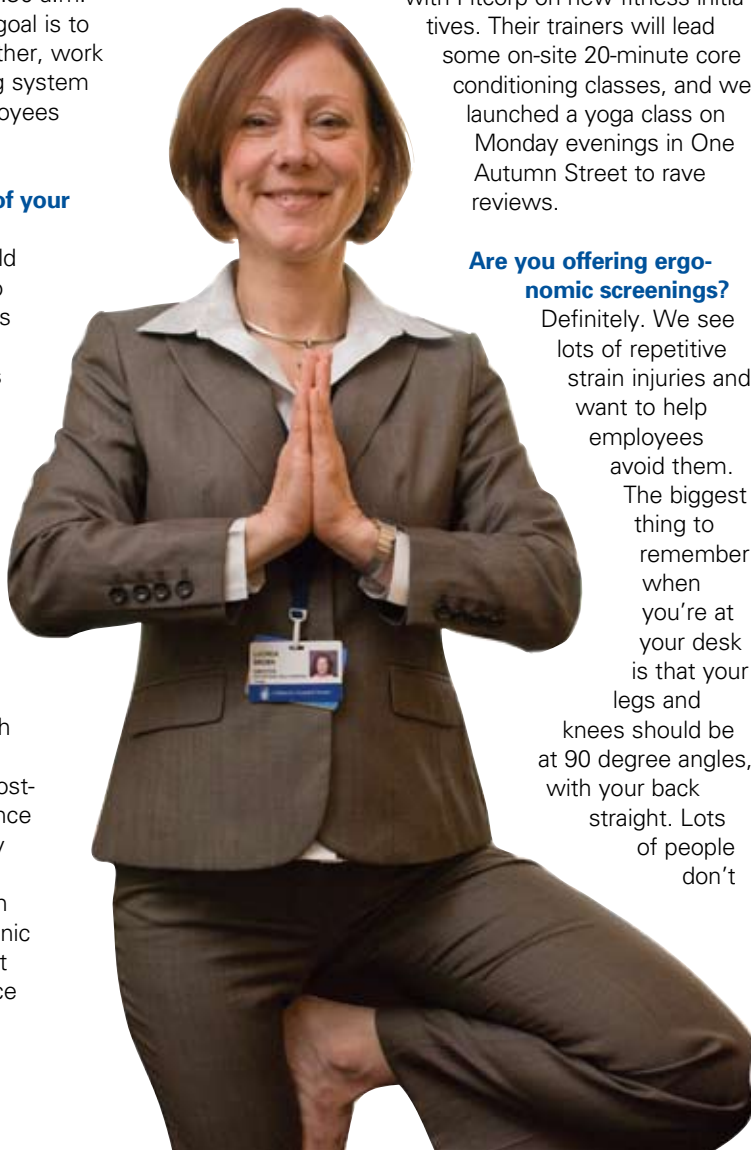
realize their chairs are adjustable, and they should lower it so their feet touch the floor. You don't want to hunch over—you should sit back in your chair and the chair shouldn't rock. When typing, your hands are supposed to be tilted down a bit and your wrists free-floating. The computer monitor should be an arm's length away. Also, if you're always reaching for your mouse, you could wind up with neck, or shoulder problems. Any employee can call us for a personalized assessment or group training if they're not sure if their work station is properly set up.

### How can we stay healthy at work?

Take good care of yourself. You are no good to your patients if you're sick, stressed out or in any way compromised. Deep breaths will help you deal with stress and fatigue. It's critical to wear personal protective equipment to protect yourself from hazards such as blood and body fluids. Stretching is important. Take five-minute breaks during the day to do wrist and back stretches. If stretching every 20 minutes isn't realistic, just stretch back a bit every time you stand up. Fitness doesn't have to be onerous. Little things will make a difference and help you feel good. My favorite exercise is to sit at your desk, cross one leg, keep your back straight and bend over a bit. You wouldn't believe how much that stretches your back, and no one has to know you're doing it. If anyone would like to request a fitness-at-your-desk seminar for your department, we can do those. Or, if you'd like to make suggestions for other training sessions, let us know.

### What are some summer health tips?

Incorporate healthy choices into your life, like walking to work and eating fresh fruit instead of raiding the vending machine. Drink lots of water in the heat. Take one of our new 20-minute Fitcorp classes. If you do that even once a week, it's a great start. Also, we have pedometers available for anyone who wants one. You should walk 6,000 steps a day for fitness, and 10,000 to lose weight. Remember, every little bit helps. Occ Health is here as a resource to you for any health needs or questions. We help take care of you, you take care of kids and families; everybody wins.



## Celebrating national Scoliosis Awareness Month

In June, 19-year-old author Elizabeth Golden visited patients in the Spine Clinic and signed copies of her recently published book about her battle with scoliosis, *When Life Throws You a Curve*. Accompanying her were the president of the National Scoliosis Foundation, Joseph O'Brien, and her grandmother, Frances Jacobsen, who was treated for scoliosis at Children's in the 1940s.



## Food Services appreciation day

The Food Services Department celebrated its employees' hard work with a day devoted to employee appreciation. **Henry Tomasuolo**, vice president of Support Services, and members of the Sodexho leadership team showed their gratitude to the team by manning several different positions in the Café. The menu featured Indian cuisine from Sodexho guest chef Hari Nayak, author of *Modern Indian Cooking*, and the festivities concluded with a chef jacket giveaway for patients who participated in his cooking demonstration.

## From frat house to family home

Construction is now underway to turn a one-time fraternity house into affordable housing for out-of-area patient families during extended hospitalizations. The renovated Kent Street house will feature 21 bedrooms, a dining area, a playroom and space for staff—almost doubling Children's capacity for patient family housing. The Next Generation Developers Task Force, a group of young real estate developers led by Douglass Karp, aims to raise \$10 million for the project.



## Wired again!

Each year, *Hospitals & Health Networks* magazine, a publication by the American Hospital Association, surveys the nation's hospitals to assess how they use information technology to develop better, safer and more efficient health care. This year marked the sixth time Children's has won the award—and the fourth year in a row.



**SAILORS FROM THE USS BATAAN** came to the hospital in July for the Caps for Kids program. During the sailors' visit, they gave out hats and visited with children on four different floors.

**More at [childrenshospital.org/chnews](http://childrenshospital.org/chnews) -Volunteer Bob Magner wins JN Philips Quality Performer of the Month contest • Buckling down on car seat safety • National HIV Testing day**



### Children's Family Day at the zoo

Human Resources is happy to announce that the annual employee summer event, Children's Family Day at the Zoo, will take place **September 6** at the Franklin Park Zoo. Doors open at **10 a.m.** Stay tuned for details in Small Talk.

### Ice cream party

The annual Employee Appreciation Ice Cream Party, sponsored by Public Affairs, will be held in the PEC and the Children's Way shuttle area **September 10**, from **1 to 4 p.m.**, and again in the PEC from **10:30 p.m. to midnight**. Attend at Children's Way and have your photo taken with the World Series trophy. Within a few days of these events, there will be ice cream events for the weekend staff, as well as celebrations at MEHC, Waltham and the satellite locations.

### Martha Eliot Health Center's health fair

The annual Martha Eliot Health Center (MEHC) health fair, an event that promotes well-being and healthful living in the Jamaica Plain community, will be held **September 13**, from **11 a.m. to 2 p.m.** in the parking lot of MEHC. This year's theme is Healthy Families, Healthy Communities. The rain date is September 20. For more information, contact Tevonne Ellis at ext. 4-3427.

### Latino Heritage Month

Celebremos! The 2008 Latino Heritage Month will take place **September 15 to October 15**. Children's will hold a series of events throughout this time to celebrate Latino heritage, culture and contributions. Look for more details on the events in the next *Children's News*.

## Children's News

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