



❄️ LE CHILDREN NEWSLETTER ❄️

DECEMBER 2016



MARITSA, 8

THE HOLIDAY SEASON IS A TIME FOR US TO PAUSE AND GIVE THANKS FOR THE TRIUMPHS AND ACCOMPLISHMENTS THROUGH THE YEAR AND TO THINK ABOUT THOSE WHO MAY BE LESS FORTUNATE.

Your kindness and thoughtfulness are what made the Montreal Children's Hospital Foundation's goals possible and for this we cannot thank you enough.

That's why we are sending you this newsletter. It's a small token of our appreciation for your ongoing support and the best way to let you know how your generosity has had a positive change in so many lives throughout 2016.

We work together to make sure children are as happy, and yes, as healthy as possible. It's a commitment and a bond you've shared with us. Your help has put holiday smiles on many

children's faces, and in turn, helped to ease some of the stress their worried parents have endured.

We wish you and yours a happy and healthy holiday season and a very prosperous New Year. And we hope you will continue to support us with your generosity, because after the presents and wrapping paper are put away, and the tree and lights have been taken down, the job of supporting sick children belongs to all of us. We can't do it without you. When it comes to health, it really does take a village to raise a child. On behalf of everyone at the Montreal Children's Hospital Foundation, Happy Holidays...*and thank you!*

Marie-Josée Gariépy
PRESIDENT OF THE FOUNDATION

LOOKING BACK: WHAT YOU HELPED ACCOMPLISH THIS YEAR

- Critically-ill children's lives were saved thanks to the **two CardioHelp ECMO units** purchased for the Pediatric Intensive Care Unit.
- You helped close to 200 children receive **craniofacial reconstructions** so they can lead more normal lives, like other kids their age.
- 22 young patients, whose families couldn't otherwise afford it, received **the gift of hearing** through the hospital's renowned **bone-anchored hearing aid (BAHA) program**.
- 1,800 hospitalized children benefitted from **Music Therapy** to help them deal with their illness and feelings of anxiety, anger and sadness, by playing instruments and writing lyrics.
- You allow kids to stay up to date in their learning by providing 2,500 age and language appropriate books as part of a **literacy program**.
- You help plant the seeds for medical breakthroughs by allowing **10 young promising researchers**, working in fields as diverse as genetics, mental health and trauma, to **receive bursaries**.

And the list goes on!

YOU HAVE NOT ONLY HELPED SAVE LIVES THIS YEAR BUT YOU'VE ALSO BROUGHT JOY TO KIDS WHO FACE UNFAIR HARDSHIPS AT SUCH A YOUNG AGE.

It could be something as simple as a pizza night for hemodialysis patients, who spend hours hooked up to hospital equipment while receiving their treatments (A). Little Mario loved eating his pizza and had the fun of making it too!

There have also been puppet shows (B) and storytime because children with challenges shouldn't have to grow up too fast. As you can see, your gifts not only help sick children get better, but they bring laughter and joy...and laughter and joy can sometimes be the best medicine!



HOW WELL DO YOU KNOW THE CHILDREN'S?

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**1. HOW MANY LANGUAGES DO OUR STAFF
SPEAK AT THE CHILDREN'S?**

A: 3 B: 22 C: 35

...

**2. THE MONTREAL CHILDREN'S HOSPITAL
WAS FOUNDED IN WHAT YEAR?**

A: 1895 B: 1904 C: 1919

...

**3. WHAT PERCENTAGE OF OUR PATIENTS
ARE UNDER 2 YEARS OF AGE?**

A: 22% B: 32% C: 42%

1 (C: 35) A true reflection of Quebec's modern diversity, the Children's can provide care in 35 languages. 2 (B: 1904) The Children's was the first pediatric hospital in the province of Quebec. 3 (C: 42%) Our new and bigger Neonatal Intensive Care Unit is the largest department in the hospital.

KARL: A REASON TO SMILE



THIS HAPPY LITTLE BOY IS KARL. YOU SEE THAT SMILE ON HIS FACE? YOU PUT IT THERE!

To see him now you wouldn't think of the critically ill child he was or the toll his illness took on his family. Karl arrived at the Montreal Children's complaining of a numb right arm. His parents thought it might be a shoulder fracture, but neurologists found something far more serious – a cancerous tumour at the base of his neck. At 14cm it was almost the size of your hand. He was only six-years old.

But because of you he was able to benefit from costly experimental treatment. Because of you his parents were able to deal with the mounting medical bills that saw Karl taking life-saving medication that costs \$9,000 per month.

When Karl's mother had to stop working, to be near her son, it put an even greater burden on the family. But through your gift to the Tiny Tim Fund they were able to weather the mounting medical bills that weren't covered by insurance, plus the cost of just merely living.

So look closely again at that smile. You can almost see it reflecting the gift you provided. It's the gift of a healthier, happier life for Karl, his family and many other families like theirs.

BECAUSE OF YOU, KARL'S TUMOUR SHRUNK IN SIZE BY 85%. YOUR GENEROSITY TO THE TINY TIM FUND ALSO MADE THE DIFFERENCE IN KARL'S LIFE.

“Our families are emotionally, physically, and financially affected by this difficult experience. I see how your donations help immeasurably; families are always very comforted knowing that this kind of financial support is available.”

-- Laura Johnston, Montreal Children's Social Worker

KIDS & ALLERGIES: LEADING THE WAY TOGETHER

“I scream, you scream, we all scream for ice cream!” That familiar childhood refrain has been a happy youthful battle cry for generations. But what if ice cream was a real battle... and a dangerous one at that?

Young Elizabeth's severe allergic reactions to milk products were like an all-consuming invisible shadow hanging over her life. But thanks to you, this Holiday, this 14-year-old will enjoy eating the same desserts as everyone else.

Elizabeth participated in a life-changing research program co-run by Drs. Bruce Mazer and Moshe Ben-Shoshan, pediatric allergy and immunology specialists.

“WHEN THEY FIRST APPROACHED ME, I DIDN'T THINK IT WAS EVEN REAL OR POSSIBLE,” RECALLS ELIZABETH. “WHEN THEY GAVE US THE PAPERS TO TAKE PART IN THE RESEARCH, IT WAS LIKE MAGIC.”

It took six months, weekly visits and multiple overnight stays, but the program proved successful. “Your immune system can be taught not to be allergic,” says Dr. Mazer, Head of Child Health Research at the Children's. Dr. Mazer adds that his team is the first to have a clinical trial in Canada in milk desensitization.

The program currently has a 70 per cent success rate and Dr. Mazer believes it can be higher. He also plans to expand the number of foods in the research to look at eggs, peanuts and tree nuts.

Dr. Mazer is on the frontline of the battle, but so are you. Your generosity goes a long way to making a childhood as normal and healthy as possible, and allowing Elizabeth and others like her to sing the praises of ice cream.





Homemade Nutella

So finger licking good, you won't believe it's healthy!

INGREDIENTS :

- 1/2 cup** unsweetened raw cocoa powder
- 200g** plump dates (pitted)
- 70g** hazelnuts (or 2 tsp of natural peanut butter)
- 3 cm** vanilla pod
- 1 tbsp** coconut oil
- a bit of water

RECIPE :

If you have chosen the hazelnuts, soak them in water during the night, drain, then grind in a blender. Put aside.

Use plump dates. If not, soak the dates in water for a few minutes to soften them, drain and throw in the blender. While blending, add the vanilla, coco oil, raw cocoa, the hazelnuts or the peanut butter. If the mixture is thick, add a bit of water to the blend.

You're ready for a treat!

Placed in a sealed container in the fridge, your homemade Nutella can last up to a month (but let's bet it'll be gone within days!)

This recipe was adapted from echovivant.com

Share the joy, *not* the germs!

This is a festive time for holiday get-togethers with family, old friends and new acquaintances. Make sure it's one where you, and especially your kids, stay healthy. Between October and March each year, between 10% and 40% of people are stricken with influenza commonly referred to as "the flu".

According to Dr. Harley Eisman, Director of the Montreal Children's Hospital ER, here are the typical flu symptoms in an otherwise healthy child:

- mild to moderate fever
- sore throat
- muscle aches and pains
- coughing and sneezing

These symptoms can easily be handled at home with plenty of fluids, lots of rest and some chicken soup (yes, your grandmother was right!) Over the counter fever reducers, such as acetaminophen or ibuprofen can also be used to keep kids comfortable.

A trip to the ER should only be considered if your child is less than three months old with suspected flu, or is lethargic or has fever that persists for 4 to 5 days.

But an ounce of prevention is worth a pound of cure, so besides getting flu shots, here's a healthy reminder of how to stay well:

- 1 Wash your hands more frequently
- 2 Avoid touching your eyes, nose, and mouth
- 3 Cough into the bend of your elbow
- 4 Clean hard surfaces with a disinfectant
- 5 Use alcohol-based hand sanitizers

Remember, the only thing that should be contagious this Holiday Season is laughter!

Your gift can give back!

Make a donation before December 31st to benefit from a tax credit this year

Your donation to the Children's

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Your tax refund

=



\$100.00

\$35.00

\$65.00

\$200.00

\$70.00

\$130.00

\$500.00

\$229.00

\$271.00

*Based on the median Quebec family income of \$76,450.

Your donation must be done before December 31st, 2016 at 11h59PM.

Valid only for your 2016 tax return.

Source: Canada Revenue Agency - Charitable donation tax credit calculator