



“When our child is severely ill, we live life in limbo and we need someone to extend a hand. That someone is you.”

Liam's mom, Kim



This time last year, I was preparing my Holiday menu: oysters, lobster and homemade Caesar salad. It's what my little Liam wanted. He was staying at the Children's, the place we called home while waiting for a new heart.

To be honest, I could still barely accept that a serious illness was threatening the life of my only child. I thought it would be our last Christmas together, so I decided to do everything I could to see his eyes magically light up one last time.

As part of the big Children's family, you may know what it's like to have a seriously ill child. Countless times over the 427 days I spent at my son's bedside, I saw families so stressed, they were ready to snap. Parents who were scared. Parents afraid of losing their job and their home. Parents afraid of losing their child.

The need to pay the bills doesn't disappear when illness strikes. Even worse, new expenses add up quickly: travel to and from the hospital, parking, hospital cafeteria meals... When our child is severely ill, we live life in limbo and we need someone to extend a hand. That someone is you.

*The needs can be overwhelming: I can't count the number of times I've seen my food disappear*

*from the fridge in the hospital's family room. Or how often I've seen the strain on the faces of couples agonizing over the heartbreaking choices they're forced to make. So many pale-looking moms wracked with guilt at the mere thought of leaving the hospital for a few hours to rest; moments when only another parent could offer some comfort.*

Thankfully, solidarity transcends the hospital walls. With your donations, you help these families find the strength they need to keep going.

During our long stay at the Children's, I found it was the little things that mattered most. Now that my son and I are home, he with his new heart, we are filled with gratitude.

**Today, I ask you to think of the families who will spend their Holidays at the hospital. If you can, please make a donation.**

**I wish you happy Holidays, filled with health, sharing and love.**

*Kim*

Liam's mom

# What you've helped accomplish



Here are just two examples of the amazing accomplishments your support makes possible for sick children and their families:

## A simulation room in the neonatal intensive care unit

In an intensive care setting, every second counts. Advances in neonatal care occur at a rate 10 times faster than for medicine overall. So keeping up with the latest techniques is vitally important. Thanks to your generosity, our nurses and doctors have access to an on-site simulation room in the neonatal intensive care unit (NICU), where every conceivable medical scenario can be recreated and perfected.

In a room configured and equipped exactly like the unit's other 51 patient rooms, the staff practice delicate techniques like intubation to help the tiniest babies breathe, and resuscitation when vital signs are at dangerous levels.

With the Children's NICU responsible for the only neonatal nurse practitioners provincial training program in Quebec, your help ultimately benefits the province's most vulnerable babies and their families.

## Bringing normalcy to our patients

Being at the hospital for long periods is challenging for anyone, let alone our young patients. Thanks to your support, every hospitalized child receives free premium TV service, including specialty channels, movies, games and, most importantly, a high-speed wi-fi hot spot in their room that keeps them connected to their lives outside of the hospital.

The impact of this help is immeasurable. During the school year, kids can download their tests and homework to keep up with their studies; they can stay connected to their friends; plus, everyone in the room can enjoy the entertainment and use the wi-fi, without taxing their personal data plans.

By eliminating this financial burden and bringing much needed normalcy to our patients' hospital stays, you are helping to transform the healing environment at the Children's.

## Halloween Party: Behind the scenes photos

You may have seen the special Halloween party organized for our young patients by the students of St-Barthélemy school in Montreal. Here's a little recap of the charity event that touched the hearts of both young and old!



With no ladder in sight, Minnie Andrée Mouse gives our apprentice firefighter a little nudge to climb up 6 feet from the ground.



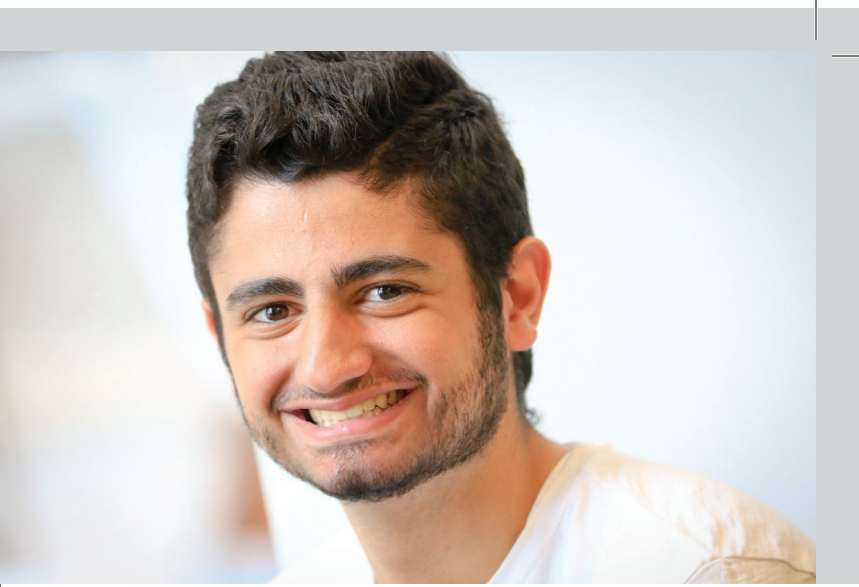
Ainsley and Rachel, long-time Children's patients, put their personal touches on Halloween's scariest monster.



Little Mila in her wheelchair got lots of attention all evening long.



Emcee Tiana teaches the kids some Thriller moves.



## Research: Hope for Nolan

**“Nephropathic cystinosis”**  
– the words were new to Nolan’s parents. It’s a rare genetic disorder, found ten times more often in Quebec than elsewhere in the world.

“At six months, we realized something wasn’t right. Our baby wasn’t gaining any weight. We brought him to the Children’s and straightaway they recognized the disease,” says Nolan’s mother, Sophie.

Without treatment, affected children will require a kidney transplant by age 10. Few will survive beyond age thirty. Even currently available treatment may only add a few years to a patient’s life expectancy. But children like Nolan could soon see their lives changed thanks to a team at the Research Institute of the McGill University Health Centre (RI-MUHC), led by pediatric nephrologist Dr. Paul Goodyer.

Dr. Goodyer, an attending physician at the Montreal Children’s Hospital, is at the forefront of North American efforts to develop the drug, ELX-02, for nephropathic cystinosis.

**Research to treat and potentially cure the disorder has the support of Montreal Children’s Hospital donors and recently received major funding through a national contest led by Genome Canada.**

Dr. Goodyer says the novel drug is designed to overcome a mistake in the gene code that leads to organ deterioration from a massive buildup of the amino acid cysteine.

*“If successful, this non-toxic drug will have huge implications for many of the 600 other genetic diseases that affect humans, including cancers. It’s expected clinical trials will begin next year.”*

In the meantime, Nolan’s parents continue their constant vigil, watching for any change in their son, now aged nine. Sophie says caring for Nolan is almost a full-time job. “Dr. Goodyer’s research gives us real hope.”

## A success story still being written

Joe was 15 when he was diagnosed with multiple sclerosis. He has a vivid memory of the shock at receiving the news.

But the frustration he says inhabited him in the early days has given way to a staunch resolve to fight. “I feel empowered.”

Though blessed with a supportive circle of family and friends, Joe credits a particular group of people with putting him on the path to a normal life: the team at the Montreal Children’s Hospital Multiple Sclerosis Clinic – **the only MS clinic in the province whose ground-breaking work is supported by donors.** “Without them, the road would have been a lot harder.”

From diagnosis, treatment and psychological support to informing and reassuring anxious patients and parents: the clinic does it all.

*“We’re very busy!” says Dr. Guillaume Sébire, Director of the Division of Pediatric Neurology at the Children’s. He notes a forty percent annual increase in referrals to his clinic. “The next goal is to raise funds to hire an extra nurse to help us give even better service.”*

Joe remembers Christmas Day in 2015 when he suffered a relapse and Dr. Sébire, who was on vacation, called in to check on him. “He had my back,” says Joe.

Back-stopping for the clinic is Heather Davies, Advanced Practice Clinical Nurse in pediatric neurology. Whether coordinating MS patients’ appointments and care across the hospital, providing liaison with patients’ schools or simply lending an attentive ear, Heather’s on deck. “You have to follow the child through their life issues and not just the illness itself.”

Joe, now studying engineering at Concordia University, says he can scarcely imagine the last four years without the team at the MS clinic of the Children’s. “Words can’t describe how thankful I am for all of them.”



## Maria Subban's Amazing Pancake Recipe Mix

P.K. Subban is a high-performance athlete on a strict diet. But to this day, there's nothing that can compete with his all time favourite dish: his mom Maria's pancakes! Try it for yourself and impress your friends!

### Ingredients:

1 cup unbleached flour  
1 egg  
1 cup of milk  
1 1/2 tsp baking powder  
2 tbsp sugar

### Steps:

Dry ingredients: Combine flour, baking powder and sugar in a medium bowl.

Add egg and milk in a large bowl and blend for 5 minutes, then add all dry ingredients with the egg and milk, then mix until there are no lumps left in the mixture.

Scoop out mixture with a large serving spoon unto a lightly buttered hot skillet.

When bubbles appear, or when the bottom is golden brown, flip pancakes over to cook the other side.

This will give you 8 pancakes and you will be begging for more!

**Bon appétit!**

# Holiday Safety Tips

Are you hosting friends and family with kids during the Holidays? Here are a few quick and basic childproofing tips to help ensure that your home is safe for young guests. That way, all you need to keep an eye on is that turkey roasting in your oven!

## Kids are curious!

- Do you carry medications in your purse or leave them on the counter? Always put medications, and toxic substances like cleaning supplies, cosmetics, perfume, aftershave and nail polish remover, out of sight and out of reach of tiny hands.
- Select age appropriate gifts. Toys with small pieces or loose parts can be a choking hazard for infants and toddlers, who have a tendency to put things in their mouths.
- Make sure that batteries are properly secured.
- Dispose of wrapping and packaging materials immediately as children can choke or suffocate on them.

## Kids are rambunctious!

- Cover electrical outlets, block your stairways and remove furniture or décor that may be hazardous to children.
- Keep candles, lighters and matches out of reach of children and away from the tree, decorations and wrapping paper. Cut candlewicks short to prevent a high flame. Use sturdy candleholders that won't easily tip over. Ensure that children are supervised while lighting candles and blow them out when you leave the room.
- If you have a tree in your home, make sure it is well secured and away from sources of heat. Avoid decorations that have sharp pieces or removable parts, or put them at the top of the tree.

Tips from the trauma program team, wishing you a happy and safe Holiday season!

**“Together we can go twice as far for families like Loïc’s”**

There's still time to make a donation and benefit from a 2018 tax credit!

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