

Summer/Fall 2022

# Cart Wheels

BRAIN CANCER SURVIVOR HAS  
BIG DREAMS

*Get ready* FOR  
BACK TO SCHOOL!

**QUADRUPLETS  
SUCCESS STORY**

**SPLASH 'N' DASH  
MOVES TO NEW VENUE**



A publication of Norton Children's and Norton Children's Hospital Foundation

CART WHEELS  
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**On the cover:** Alashujon Leachman of Louisville, Kentucky

All photos were taken following CDC guidelines for proper use of masking and social distancing.



## Prepare now for back to school

### Kids' health checklist

#### Now

- Schedule an eye exam.
- Schedule general and sports physicals.
- Get any needed vaccines or booster shots.

#### 3 weeks before

- Get back to a bedtime routine.

#### 2 weeks before

- Complete medication authorization forms for school.

#### 1 week before

- Talk to your child about what to expect to reduce back-to-school jitters.
- Ensure your child's backpack is not too heavy.

#### Day of

- Start the day — and every day after! — with a nutritious breakfast.

### Easy lunchbox hacks

**Lunchbox pasta salad:** Mix together leftover pasta of any kind, 1 tablespoon mayo, 1 tablespoon Greek yogurt, a squeeze of lemon juice, favorite raw or cooked veggies (such as peas, green beans, carrots, tomatoes) plus a protein (such as diced chicken, ham, hard-boiled egg).

**Omelet rolls:** Ahead of time, make an omelet with a favorite cheese, meat, spinach and/or potato. Cut and place in slider-size buns or roll into a flour tortilla.

*Recipe inspiration from ChopChopCookingClub.org*



Nicole M. Bichir, M.D., pediatrician with Norton Children's Medical Group – NuLu and a patient

Dean Lavenson Photo

# WHAT'S A MEDICAL HOME? And why do you need one?

A medical home is not so much a place as a partnership — a team of pediatric care providers that knows your child's health history and provides your child's care as they grow. Your medical home providers create a bond that not only respects and honors your culture and traditions, but also develops a trusting relationship with you and your child through the years.

One of the best parts about having a medical home is being able to work with your child's health provider to individualize your child's care. Your provider can focus on what is most needed for your child and coordinate care among any other specialists or services needed. It also is a place to turn for health information and support.

"A medical home supports the child with a provider who best knows the child's medical history and values, especially for children with medically complex conditions," said Becky S. Carothers, M.D., pediatrician and executive medical director, pediatrics, Norton Children's Medical Group, affiliated with the UofL School of Medicine.

A medical home also offers peace of mind that your child can get care when and where they need it, from access to after-hours and weekend services to telehealth appointments and phone consultations to get answers to questions. These types of services can help families avoid a trip to an emergency room for nonurgent care because their doctor was unavailable or unreachable.

"For a parent, knowing that they have a health care professional who is aware of their family's needs is invaluable," Dr. Carothers said. "A medical home is the exact type of place that can offer that."

And speaking of value, a medical home can help cut down on health care costs by decreasing the number of outpatient and emergency visits because children who regularly see a pediatrician generally have better health outcomes.

—Adisa Mohammad Wali

## Find your medical home

More than 25 offices and 125 providers make Norton Children's Medical Group the largest network of pediatric primary care offices in the Louisville area and Southern Indiana. Many offices offer convenient weekday evening and Saturday morning office hours. Same-day appointments are available for unexpected visits, and new patients can be seen within 24 hours. Providers are available around the clock for late-night concerns.

Find the medical home most convenient for your family at [NortonChildrens.com/Pediatricians](https://www.nortonchildrens.com/Pediatricians).

# Coming together *for Clayton*

Sudden collapse leads family to Norton Children's team of specialists



Clayton Fackler with his special friend, Wiley

“WE WERE VERY BLESSED BECAUSE THE HOSPITAL HAD A HEART RHYTHM SPECIALIST [DR. JOHNSRUDE] AND GOOD HEART PROGRAM. WE WERE EXACTLY WHERE WE NEEDED TO BE.”

—Susan Fackler

In October 2009, Clayton Fackler was “a pretty typical 3-year-old,” according to his mother, Susan Fackler. That’s until the family was outside playing and Clayton suddenly collapsed, going into cardiac arrest. From there, Clayton began a health journey that included a devastating brain injury.

Thanks to a team at Norton Children’s working collaboratively from many specialties, Clayton continues to make strides in overcoming enormous obstacles.

After Clayton collapsed at his Brandenburg, Kentucky, home, local EMTs took him to a hospital in Corydon, Indiana, where he was stabilized. From there, Clayton was flown via helicopter to Norton Children’s Hospital by the “Just for Kids” Transport Team.

Among those who treated Clayton in Louisville was Christopher L. Johnsrude, M.D., pediatric cardiologist with Norton Children’s Heart Institute, affiliated with the UofL School of Medicine.

“We were very blessed because the hospital had a heart rhythm specialist [Dr. Johnsrude] and good heart program,” Susan said. “We were exactly where we needed to be.”

It’s believed that Clayton’s outdoor play caused his heart to go into an irregular rhythm due to a rare electrical condition of the heart that causes irregular heart rhythm, or arrhythmia, when a person exercises, becomes emotional or feels stressed.

Clayton experienced cardiac arrest a few more times and was placed in intensive care. He also received lifesaving therapy called extracorporeal membrane oxygenation (ECMO). After a heart catheterization, physicians learned that Clayton’s heart was structurally fine, and he was placed on beta blockers to help manage the arrhythmia. Clayton spent his fourth birthday at Norton Children’s Hospital and was discharged to a rehabilitation hospital in November 2009.

Because his heart stopped supplying blood to his brain, Clayton experienced a severe brain injury. It left him unable to speak, swallow or move his limbs. He requires a feeding tube. Without his brain being able to control his muscles, they began to contract and tighten, a disorder called spasticity. Clayton has required extensive orthopedic and neurological care for his muscle spasticity and related conditions.

Clayton and his parents, William and Susan Fackler



Dean Lavenson Photos

## Treating spasticity and scoliosis

One tool for treating spasticity is a medication called baclofen, which works in the central nervous system to relax muscles. The medicine is delivered directly into the spinal fluid by a pump system. With over a decade of experience placing these pumps, Ian S. Mutchnick, M.D., pediatric neurosurgeon and head of the pediatric restorative neuroscience team at Norton Children’s Neuroscience Institute, affiliated with the UofL School of Medicine, inserted a baclofen pump for Clayton.

“That was pretty life-changing for Clay,” Susan said.

When spasticity pulled Clayton’s hip out of socket, he had surgery performed by Laura K. Jacks, M.D., pediatric orthopedic surgeon with Norton Children’s Orthopedics of Louisville, affiliated with the UofL School of Medicine. Also a part of the Norton Children’s spasticity team, Dr. Jacks has over 20 years’ experience caring for kids with complicated muscle tone issues.

“Dr. Jacks has done multiple surgeries on Clay,” Susan said. “She did surgery on both of his hips. His arms started to contract, so she’s done surgeries on both of his wrists.”

Clayton’s condition also caused severe scoliosis that required another surgery. Rolando M. Puno, M.D., orthopedic spine surgeon with Norton Leatherman Spine, along with Dr. Mutchnick, performed the surgery to reconstruct Clayton’s spine with rods from the bottom of his back to the top.

“We were nervous about that surgery, but it ended up being the best thing,” Susan said. “After that, Clay could sit up, which before was painful for him.”

## Muscle tone remains Clayton’s issue

According to Susan, muscle tone remains an issue for Clayton. He works with Catherine P. Schuster, M.D., pediatric physical medicine and rehabilitation physician with Norton Children’s Physical Medicine & Rehabilitation, affiliated with UofL School of Medicine, and his care team to manage his baclofen pump.

Clayton also receives Botox injections every three months to help loosen his muscles.

“Of all of Clayton’s providers, we see the physical medicine team the most because we’re with them every seven to eight weeks,” Susan said. “They’re all super helpful to us when we’re trying to manage issues with his pump.”

Clay is now a teenager attending school several days a week. He still cannot speak but is using an eye communication device. He expresses himself through facial expressions — smiling, laughing, crying or screaming at times.

“Clay has a lot of fans and a big family,” Susan said. “Support from your family, your community and any resource you can get makes all the difference.”

—Kim Huston

## Multidisciplinary care at Norton Children’s

Because Norton Children’s is a network of over 500 pediatric providers across more than 170 locations, it is the place to turn for complex medical conditions like Clayton’s. Specialty programs support children and families needing expert care from a variety of specialists, and multidisciplinary clinics make it more convenient to see those specialists all at one location in a single appointment. Learn more at [NortonChildrens.com](http://NortonChildrens.com).

Norton Children’s relies on support from the community through the Norton Children’s Hospital Foundation so that advanced facilities and specialized services are available to all families regardless of their ability to pay. Find ways to help at [HelpNortonChildrens.com](http://HelpNortonChildrens.com).

# When 'one more' turns into four

It takes a specialized team to keep quadruplets safe during pregnancy and delivery



Dean Lavenson Photo

Luke, Eloise, Ruby and Annie Baker of Crestwood, Kentucky

At 29 weeks' gestation, Karen was admitted to the hospital for medically supervised bed rest. While under the watchful eye of nurses 24 hours a day, the babies inside her were up to mischief of their own.

"Somehow two of the babies switched places in the tight confines of the womb, and it was discovered quickly that one of them was having intermittent cord flow, meaning the baby wasn't receiving the oxygen and blood flow it needed to survive," Karen said. "So at 31 weeks, they scheduled my cesarean section."

## A TEAM ASSEMBLES

With two operating rooms, four incubators, two anesthesiologists, Dr. Nett and Dr. Jamie, along with an entourage of clinicians and scrub technicians, the Baker Four had a well-orchestrated NICU team awaiting their arrival on May 12, 2016.

"Logan and I both just remember thinking 'All of this is for us?'" Karen said.

Baby A (Luke) and baby B (Eloise) arrived uneventfully at nearly 3.5 pounds and 3 pounds, respectively. After a quick visit with mom and dad, they were taken to the Level III neonatal intensive care unit (NICU). Baby C (Ruby) and baby D (Annie), the two who had swapped places, required more attention. At 3.5 pounds, Ruby had to be intubated. Annie weighed in at nearly 2.5 pounds and took some time to rouse up. However, within 24 to 48 hours, all four of the Baker babies were breathing on their own and just needed time to grow. By 8 weeks, all the babies were thriving and sent home.

"We had a few follow-up visits with neonatology and at 1 year, they all had to be checked by a pediatric ophthalmologist," Karen said. "We were so blessed to have four healthy babies."

## STAYING CLOSE TO HOME

Karen and Logan expressed how appreciative they were to have specialized care close to home during the high-risk pregnancy and delivery.

"It was very reassuring to be right here in our community," Logan said. "We could bring our older children to visit while Karen was on medical bed rest. Once the babies were big enough we were able to bring their older brother and sister to meet them. Family members and friends could come and visit — I knew that my wife was well taken care of and that the babies were receiving the best care possible at Norton Women's & Children's Hospital."

Today the Baker Four have finished kindergarten and are looking forward to starting first grade in the fall. Their summer has been filled with taking care of the cows on the family farm, swimming and ballet classes for the girls, and their brother is looking forward to joining their school's cross-country team.

—Lynne Choate



Family Photo

The Baker Four

## From tiny babies to tiny hearts

Norton Children's specializes in caring for the tiniest miracles

Whether it's a high-risk pregnancy or a baby in need of high-tech heart surgery — and everything in between — Norton Children's has specialists in more than 40 fields who work collaboratively to provide the care your child needs, while keeping you close to home. Learn more at [NortonChildrens.com/Services](https://www.nortonchildrens.com/services).

IT WAS VERY REASSURING TO BE RIGHT HERE IN OUR COMMUNITY. ... I KNEW THAT MY WIFE WAS WELL TAKEN CARE OF AND THAT THE BABIES WERE RECEIVING THE BEST CARE POSSIBLE AT NORTON WOMEN'S & CHILDREN'S HOSPITAL."

—Logan Baker

# Sound health

Recent gift will expand the healing power of music for kids at Norton Children's



Music has the power to bring about joy, conjure memories and transport us to other times and places. It also has the power to heal. No one knew that more than the late Max G. Baumgardner, a longtime friend to Norton Children's Hospital.

Max was instrumental in bringing music therapy to Norton Children's Hospital in 2008. Now, a recent transformational gift from Max's estate will expand music therapy now and in the future. The gift will establish an endowment in Max's name that will fund additional music therapists for generations to come.

Currently, three pediatric music therapists serve patients through Norton Children's Cancer Institute, affiliated with the UofL School of Medicine; the Norton Children's Hospital psychiatric unit; and the Norton Women's & Children's Hospital neonatal intensive care unit. The additional therapists will be added to those locations as well as expand to Norton Children's Medical Center on the Norton Brownsboro Hospital campus.

## WHAT IS MUSIC THERAPY?

While each of us experiences music in a very personal way, many people find that music therapy can ease pain, discomfort and anxiety associated with health issues or hospitalization. It has the potential to enhance healing and recovery. It can improve quality of life for patients and their families, and give them an opportunity to share time together in a positive, creative way.

Specific interventions used are based on the music therapist's assessment of each patient's strengths and needs:

- Receptive music therapy: Live and recorded music listening, song analysis and discussion, music-guided visualization for relaxation
- Improvisational music therapy: Instrumental and vocal musical improvisation to encourage storytelling and symbolic play
- Recreative music therapy: Singing, playing instruments and moving
- Compositional music therapy: Songwriting, voice recording and legacy projects

“IT'S IMPORTANT FOR OUR COMMUNITY TO HAVE ACCESS TO NOT JUST HIGHLY SKILLED SPECIALISTS, BUT ALSO COMPASSIONATE AND SUPPORTIVE CARE THAT HELPS HEAL THE WHOLE PERSON. MAX UNDERSTOOD THAT WELL AND WAS PASSIONATE ABOUT ENSURING OUR COMMUNITY'S CHILDREN WOULD HAVE ACCESS TO THE HEALING POWER OF MUSIC.”

—Lynn Meyer, R.N., Ed.D., CFRE, senior vice president and chief development officer, Norton Healthcare

## THE LIFE AND LOVE OF MAX BAUMGARDNER

Max, a former Navy pilot and then private pilot, was an avid jazz lover. He supported his love of music through gifts to Norton Children's Hospital and the University of Louisville School of Music.

“It began when Max expressed an interest in making a difference and hoped to strategically focus his gift to impact as many children as possible,” Lynn said. “After he took a tour of Norton Children's Hospital, he was able to catch a glimpse of the miracles that took place there. He was especially impressed with the focus on healing the emotional needs of a child.”

After the tour, Max made his first gift to Norton Children's Hospital through a charitable trust remainder. When he passed away earlier this year, he left another gift to expand the music therapy program he helped establish.

In 2018, Max was awarded the Baylor Landrum Jr. Leave a Legacy Award from the Association of Fundraising Professionals Greater Louisville chapter. The award recognizes an individual who has made a planned gift or has helped to promote planned giving in our community.

—Jennifer Reynolds



From left, former Norton Healthcare President Stephen A. Williams, Max Baumgardner and Wade Mountz

Jamie Rhodes Photo

Live purposefully.  
Give purposefully.  
Create a lasting legacy.

## Wade Mountz Heritage Society inducts 2022 members

Max G. Baumgardner, who was a charter member of the Wade Mountz Heritage Society, was the epitome of living purposefully, giving purposefully and creating a lasting legacy.

In May, a new group of donors followed in Max's footsteps. They joined the Wade Mountz Heritage Society after making planned gifts totaling more than \$1.5 million to the Norton Children's Hospital Foundation and/or Norton Healthcare Foundation. To date, members of the society have donated more than \$60 million toward the future of health care in our community.

Established in 2008, the society recognizes individuals who have made irrevocable planned gifts of \$100,000 or more to the foundations, which benefit the hospitals and services of Norton Children's Hospital and Norton Healthcare.

The Wade Mountz Heritage Society is named in honor of the late Norton Healthcare President Emeritus Wade Mountz and embodies many of his core values, such as his vision, leadership, character, commitment and integrity.

Want to learn how you can create a lasting legacy? Visit [HelpNortonChildrens.com](https://www.HelpNortonChildrens.com) or call a planned giving specialist at (502) 629-8060.

# From brain cancer to scientist

## That's one special teen's dream

**B**ig dreams are nothing new for Alashujon Leachman. For most of his 13 years, Alashujon wanted to be an astronaut. That changed in February 2020 when he was diagnosed with medulloblastoma, a malignant brain tumor that can occur at any age but is seen most often in children. After two years of tests and intensive treatments, Alashujon now dreams of becoming a scientist. He hopes to go to college and someday help others.

### From unbearable pain to answers and hope

Alashujon's story mirrors that of many young patients with medulloblastoma, which typically starts in the cerebellum (the lower back part of the brain). In its early stages, the tumor often causes loss of coordination and balance. It can progress quickly and produce headaches, nausea, vomiting, fatigue, dizziness and double vision.

Alashujon's dad, Donnie, and stepmom, Chyenne, had noticed he seemed more tired than usual and was struggling with his schoolwork. They chalked it up to trouble adjusting to his new glasses and expected his "sunny smile" to return soon. However, his headaches worsened.

Everything came to a head when Alashujon's pain became unbearable. Donnie called Chyenne at work to say Alashujon had curled into a fetal position and could not let go of his head.

Chyenne rushed home and drove Alashujon to Norton Children's Hospital. His dad soon joined them in the emergency department.

Initially, doctors thought Alashujon's pain was related to a joint condition. An MRI scan soon confirmed the brain tumor, and he was admitted to intensive care.

"This was a stressful time with everything happening fast," Chyenne said. "We tried to stay focused and expect the best."

In situations like this, multidisciplinary care from a team with expertise in pediatric brain tumors is crucial. Luckily, Mustafa Barbour, M.D., pediatric oncologist with Norton Children's Cancer Institute, affiliated with the UofL School of Medicine, works with such a team. They see several new cases of medulloblastoma every year.



*Alashujon Leachman and cousin Dearrion Ferman at Waterfront Botanical Gardens, Louisville, Kentucky*

Dr. Barbour explained there are four medulloblastoma subtypes based on different gene mutations. Alashujon's subtype was aggressive. It required intense treatment, including surgery, radiation and chemotherapy.

This treatment regimen can be tough on children, their families and even their care team. Dr. Barbour takes heart, however, from seeing positive outcomes for patients and their families.

"When I see Alashujon in the clinic for follow-up every few months and see his smile, I know what we're doing is worth it," Dr. Barbour said.

### Stunning progress fuels hope

Within the last decade, Dr. Barbour has seen stunning progress in what medical experts understand about brain tumor biology and the DNA of cancer cells.

The ability to target cellular abnormalities and prevent cancer cells from dividing and growing is game-changing. Beyond this, immunotherapy — using a patient's immune system to fight cancer — is producing promising results.

"Effective treatments for medulloblastoma have come miraculously far," Dr. Barbour said. "Although targeted and immune therapies are not yet part of standard treatment for medulloblastoma, promising research in these areas is ongoing."

Dr. Barbour is happy to report that after completing his treatment, Alashujon currently shows no evidence of disease recurrence. Friday, May 13, 2022, was far from an unlucky day for the teen. He celebrated his 13th birthday that day free of any signs of cancer. Alashujon gathered with family and friends for fun, games and his favorite foods.

Dr. Barbour predicts even more successful medulloblastoma treatments with fewer side effects are on the horizon.

And who knows, perhaps a promising young scientist named Alashujon might just one day be part of the hard work, research and advocacy that makes that happen.

—Menisa Marshall

## The Norton Children's cancer care difference

Norton Children's Cancer Institute is home to Kentucky's leading multidisciplinary pediatric brain tumor program. It also offers an immunotherapy program and Kentucky's only CAR-T cell therapy treatment for pediatric patients.

Norton Children's Hospital's cancer care program is one of the oldest oncology programs in the U.S. that has been continuously accredited by the American College of Surgeons' Commission on Cancer. Backed by nearly 60 years of expertise, we have a proven care team of more than 200 leading cancer specialists, including oncologists, surgeons, nurses, social workers, chaplains, behaviorists, therapists and pharmacists. This skilled, multidisciplinary team is entirely focused on the needs of your child and family. Learn more at [NortonChildrensCancer.com](https://www.NortonChildrensCancer.com).



### Family Ride • Sept. 10, 2022

Get the whole family involved in supporting advancements in cancer care through the Norton Children's Hospital Foundation. The Bike to Beat Cancer Family Ride is a family-friendly distance of 5 miles around Norton Commons, starting and ending at Norton Cancer Institute – Brownsboro. All ages and abilities are welcome.

Registration is \$10 per participant, and no fundraising is required. Children ages 2 and under are not required to register. Learn more and register at [BikeToBeatCancer.org](https://www.BikeToBeatCancer.org).

# Norton Children's to establish child abuse center of excellence

**W**ith the unfortunate reality that Kentucky still outpaces the nation in child abuse, Norton Children's is taking the lead in reducing injuries and deaths across the commonwealth.

In April, Norton Children's Pediatric Protection Specialists, affiliated with the UofL School of Medicine, announced plans to establish a child protection center of excellence. The center — the only one of its kind in Kentucky — will include doctors, nurses, psychologists and other clinicians specifically trained in identifying, treating and preventing child abuse. It also will expand mental health, therapy services, parenting classes and prevention efforts available to families in need.

"This center will help lead the way to a decrease in the numbers of children who suffer from physical and sexual abuse and neglect," said Melissa L. Currie, M.D., child abuse pediatrician and director of Norton Children's Pediatric Protection Specialists.

The center of excellence will be a stand-alone facility within the community. So far, more than \$8 million has been raised to fund the center and Norton Children's other child abuse prevention efforts. The Kentucky General Assembly, through legislation sponsored by Sen. Julie Raque Adams, secured \$6 million in the most recent biennium budget. An additional \$2 million has been committed to the initiative by the Norton Children's Hospital Foundation, thanks to generous donations from local philanthropist Bill Ehrig and others from the community.

"Our rates of child abuse and neglect continue to cause great concern, and we, as a state, must take more steps to address this issue," Raque Adams said. "I'm proud that we are able to support these programs and improve the lives of children and families all across the commonwealth."

"Child abuse is a systemic challenge, and it will take all of us to move the needle," said Linnie Meyer, R.N., Ed.D., CFRE, senior vice president and chief development officer, Norton Healthcare. "The Norton Children's Hospital Foundation is committed to the cause, and we're asking for the community to join us in helping protect our most vulnerable citizens."

Norton Children's Pediatric Protection Specialists is the only full-service pediatric forensic medicine program that serves all 120 counties in Kentucky. It provides medical assessment for suspected victims of child maltreatment, regardless of whether they are seen at a Norton Children's facility. The team assesses thousands of children per year, creates court-worthy documentation about findings, liaises with community investigators, and testifies in family and criminal courts when needed. The program also teaches medical professionals; community partners, including child protective services and police; and many other groups about child maltreatment recognition, reporting and intervention.

According to the U.S. Department of Health & Human Services Children's Bureau "Child Maltreatment 2020" report — released this year — Kentucky's rate of child abuse victims is 17 per 1,000 children. This is double the U.S. average of 8.4. While that number is a decrease from the previous year, local health experts believe the COVID-19 pandemic led to a drop in reporting as opposed to a reduction in abuse.

Stay tuned for an announcement of a location for the center of excellence. If you would like to support this lifesaving initiative, visit [HelpNortonChildrens.com](https://www.helpnortonchildrens.com).

—Joe Hall

## 7 ways to stop child abuse

Raising children is hard and sometimes frustrating. No one wakes up thinking they will abuse a child that day. In order to deal with the difficult times safely and successfully, have a "plan of action" that includes ways to diffuse a situation before it leads to maltreatment. Make note of these tips and share them with everyone who cares for your child in your absence:

**ESTABLISH A SAFE PLACE:** If you feel you are losing your cool, put the child on his or her back in a safe place and step away for a few minutes.

**HAVE A DISTRACTION:** Sometimes there's that one toy, book or cartoon that can short-circuit a tantrum. Know what that is and where to find it.

**WRITE DOWN YOUR CHILD'S FAVORITE GAME:** Sometimes there's that silly game that turns things around.

**LEAVE A CHECKLIST:** Leave a list of things to check when baby is crying, such as dirty diaper, hungry, hot or cold, etc.

**HELP A FRIEND OR NEIGHBOR.** Offer to watch a friend or neighbor's children even just for a half-hour to give the parent a break.

**AVOID THE CRASH:** Encourage anyone caring for your child to stick to nap times and bedtimes.

**CALL FOR HELP:** If you need support or someone to just hear you out, call **(800) CHILDREN (244-5373)**.

Find more prevention tips and how to identify abuse at [DontHurtChildren.com](https://www.DontHurtChildren.com).



“I’m ready!”

Mom and Dad  
don’t have to worry  
about me!

“I have my diabetes  
supplies and my  
medical alert ID.”

## Donation will help **teens with diabetes** flourish in adulthood

Like any parent with a child heading off for college, Angie has a growing list of worries that keep her up at night. And with her high school graduate managing Type 1 diabetes, that list grows longer every day.

Norton Children’s is hoping to ease at least some of the worries of parents like Angie — thanks to a \$2 million donation from the estate of Louisvillian Phillip Sandlin and Children’s Miracle Network partners.

The gift will establish an endowed chair in diabetes transition care and expand overall diabetes care at Norton Healthcare.

“All of our programs at the Wendy Novak Diabetes Center are patient- and family-centric. This gift will allow us to completely transform care for our teenagers and young adults when they are facing some of their biggest life challenges,” said Kupper A. Wintergerst, M.D., chief, pediatric endocrinology, and director, Wendy Novak Diabetes Center, Norton Children’s Endocrinology, affiliated with the UofL School of Medicine.

“As teens mature, they begin to rely less on their parents for diabetes care and more on themselves,” said Lisal Folsom, M.D., M.S., director, Wendy Novak Diabetes Center Transition to Adult Diabetes (TAD) Program, and medical director, adult diabetes, Norton Healthcare. “This period in their development comes with unique concerns. Health care providers can play a critical role in guiding adolescents and their families so they are equipped to make good decisions about their health and gradually develop more autonomy.”

Some issues teens and young adults need to learn about before they can successfully transition to adulthood include:

- Changes to privacy laws and patient rights once a person turns age 18
- Health insurance changes
- College life or living on their own
- Managing adult relationships
- Alcohol and substance use
- Employment considerations
- Diabetes management in the adult world
- Screening tests
- Parents gradually “letting go” of their child’s diabetes care

The TAD Program is the center’s first step in addressing the gap in support that many young adults experience. Still in development, the program currently is available to Wendy Novak Diabetes Center patients ages 16 to 26. The goal is to help these patients gain

confidence and prepare to successfully manage diabetes on their own. Using input from patients who have transitioned to adult care, as well as currently published data, the program offers education and tools to guide a successful transition.

Enrolled patients work with a certified diabetes care and education specialist to complete a series of educational modules. After the patient completes the TAD Program and is at least age 18, they are eligible to transition to an adult endocrinologist but are not required to immediately make that change. Whether it is after they graduate college or before their first work experience, each young adult will work with their diabetes team to plan the actual transfer to an adult diabetes care provider when the time is right for them.

“It’s not as simple as just picking out a new doctor online and showing up at their office,” Dr. Folsom said. “The goal of a transition program is to empower and build confidence in order to set our patients up for success. We will then work with their new adult diabetes provider to create the connections needed to ensure their transition is the positive experience it needs to be.”

With the establishment of the endowed chair in diabetes transition care will come the ability to expand the TAD Program to exciting new heights. Potential areas that may receive support include other life transitions, including support through college, beginning a career, long-term relationships and family planning.

—Jennifer Reynolds

### It takes a village

A lot of new challenges come with young adulthood — transitioning to adult diabetes care doesn’t have to be one of them. It takes a community effort to help ensure programs like this continue to be developed to support the health needs of our neighbors and loved ones.

As children’s hospitals across the country face a shortage of pediatric specialists, those with access to greater resources to provide funding for equipment and research tend to have greater interest from specialists. Having these specialists at Norton Children’s Hospital and its sister facilities means that families do not have to travel outside of the region when their children need specialized medical care.

Find ways to help at [HelpNortonChildrens.com](http://HelpNortonChildrens.com).

## Gifts to the Norton Children's Hospital Foundation help Norton Children's Hospital and its sister facilities

The individuals in bold were recognized through tribute gifts to the Norton Children's Hospital Foundation from Jan. 1 to May 15, 2022.

**All the Staff on 7 West**  
Crew Blackburn  
Leah McCarty

**Isaiah Alonso**  
Troylesha Jackson

**Angel's Share**  
Anonymous

**Elizabeth "Lizzie" Banet**  
Luticia Jevtovic

**Fred Bennett**  
Dan & Judy Askins  
Julie Burns  
Dara Corrigan

**John L. Blair**  
Mary Stevens

**Beverly Ann Blessinger**  
Catherine Weible

**Sophia Boguszewski**  
Jean M. Boguszewski

**Elizabeth "Lizzie" Brinson**  
Angel Hughes

**Brooklynn for winning her battle**  
Alizae Claxton

**Sandra Ratliff Brown**  
Donna Pope

**Jeff Buckner**  
Richard S. & Mary Bert Wolf

**Carleen "Sammie" Carver**  
Anonymous

**In memory of the Children**  
Theodore F. Heavrin

**Bristol "Bean" Childress**  
Dana & Stephen Matukas

**Braxton Lee Churchman**  
Maranda Churchman

**Craig Cobane**  
The Haskins Foundation Inc.

**Joseph A. Cotter III**  
Anonymous

**Donald Crump & Charley Edrington**  
Steven & Karen Crump

**James Thomas "J.T." Cunningham**  
Michael & Paula Bryan

**Laura Day**  
William & Connie Day

**Lisa Gay Delarosa**  
Norma J. Bonza

**Jamie Domene**  
Lisa Domene

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Tributes make wonderful gifts for special occasions, such as:

- In recognition of someone's anniversary or marriage
- In honor of a birthday, promotion or other event
- In recognition of the birth of a baby

To make a tribute gift, return the envelope enclosed in this issue of Cart Wheels or visit [HelpNortonChildrens.com](http://HelpNortonChildrens.com). You also may contact the Norton Children's Hospital Foundation at (502) 629-8060.

*Efforts have been made to include all tribute gifts. If a name was overlooked or printed incorrectly, please accept our apologies. You are invited to contact us to correct the error: Norton Children's Hospital Foundation, 234 E. Gray St., Suite 450, Louisville, KY 40202, (502) 629-8060 or [foundations@nortonhealthcare.org](mailto:foundations@nortonhealthcare.org).*

## New location Dash over to Tom Sawyer Park!

Norton Children's Hospital Splash 'n' Dash Walk/Run on Saturday, Aug. 6, 2022, will be at a new location! This year's event will take place at E.P. "Tom" Sawyer State Park, 3000 Freys Hill Road, Louisville. Included again this year is a competitive 5K option with official timed results and awards for top finishers. Not feeling competitive? Not a problem. The event still will feature the traditional wet and wild 5K we all love and a child-friendly 1K course. As always, proceeds from this fundraising event benefit Norton Children's Hospital.

To learn more and register, scan the QR code or go to [SplashNDash5K.org](https://www.nortonchildrens.com/SplashNDash5K.org).



Jamie Rhodes Photos



## Derby week golf tradition returned

The Kentucky Derby brings many great traditions to Louisville. One of them occurs on the Monday of Derby week — the Norton Children's Hospital Foundation Golf Outing, presented by Truist, at Lake Forest Country Club and Valhalla Golf Club. This year's event included 73 teams that raised \$365,000 for Norton Children's Hospital. Participants also enjoyed the John Asher "Just for Kids" reception on the Sunday before the golf outing. Thanks to our generous sponsors and community support that always make this a great fundraising event!



## Good things grow here!

Norton Children's Prevention & Wellness partnered with 2NOT1 Fatherhood & Families to create a community garden at the California Community Center in Louisville. The garden will supply vegetables and herbs to families in the California neighborhood, along with teaching families how to grow their own food. 2NOT1 promotes the safety and well-being of children by implementing strategies to keep fathers involved and families together.

The initiative was supported by the Norton Children's Hospital Foundation and Cigna Foundation, along with volunteers.

For more information on events listed below, call **(502) 629-8060** or visit [HelpNortonChildrens.com](https://www.nortonchildrens.com).

AUGUST	
	<p><b>4, 11, 18</b></p> <p><b>Healthy Living Wellness Group.</b> led by certified health coaches, is for parents of children ages 8 to 17. This three-part class series is aimed at supporting families on their wellness journeys by helping them reach their wellness goals in an engaging and supportive virtual group setting. Attendees are encouraged to attend all three classes. Additional dates available. Register at <a href="https://www.nortonchildrens.com/Classes-Events">NortonChildrens.com/Classes-Events</a>.</p>
	<p><b>22, 29</b></p> <p><b>Growing Cooks</b> is a two-week basic cooking class series for ages 13 to 18. Parents/guardians are encouraged to attend with their teen. Learn how to cook using local, fresh ingredients and hone kitchen safety and cooking skills. Class size is limited. Additional dates available. Register at <a href="https://www.nortonchildrens.com/Classes-Events">NortonChildrens.com/Classes-Events</a>.</p>
	<p><b>Now to Nov. 19</b></p> <p><b>Norton Children's Hospital Home &amp; BMW Raffle.</b> Win a house, help a child! Purchase your chance to win a BMW X3 SUV from BMW of Louisville plus \$10,000 and a new home in Norton Commons valued at over \$750,000. Tickets are \$100 each; only 15,000 will be sold. Get your ticket at <a href="https://www.HomeAndBMWraffle.com">HomeAndBMWraffle.com</a>.</p>
SEPTEMBER	
	<p><b>10</b></p> <p><b>Bike to Beat Cancer,</b> Norton Cancer Institute - Brownsboro. For more than a decade, thousands have come together to support loved ones and further the lifesaving mission of Norton Children's Cancer Institute and Norton Cancer Institute. Choose from various routes, a spin ride, virtual ride or a kid-friendly Family Ride. Details on the Family Ride on page 11. Register at <a href="https://www.BikeToBeatCancer.org">BikeToBeatCancer.org</a>.</p>

Connect with us!   

Follow us on Facebook, Twitter and Instagram to stay up to date on events and happenings. Feel free to drop us a note or share your experience @NortonChildrens!

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## Providing care that's "Just for Kids"

Norton Children's maintains an unwavering dedication to the children of our community and region by offering pediatric specialists at Norton Children's Hospital, Norton Women's & Children's Hospital, Norton Children's Medical Center and Norton Children's Medical Group pediatric practices throughout Kentucky and Southern Indiana. To learn more about our programs and services, visit [NortonChildrens.com](http://NortonChildrens.com).

The Norton Children's Hospital Foundation raises funds exclusively for Norton Children's Hospital and its sister facilities, providing support for facilities, equipment, new technologies, clinical research, child advocacy and health education for patients, parents, physicians, staff members and the community. For more information about charitable contributions that help children, call **(502) 629-8060** or visit [HelpNortonChildrens.com](http://HelpNortonChildrens.com). To learn more about volunteer opportunities at Norton Children's Hospital, call **(502) 629-6122**.

Summer/Fall 2022

## Cart Wheels

A publication of Norton Children's and Norton Children's Hospital Foundation

Contact us at:

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