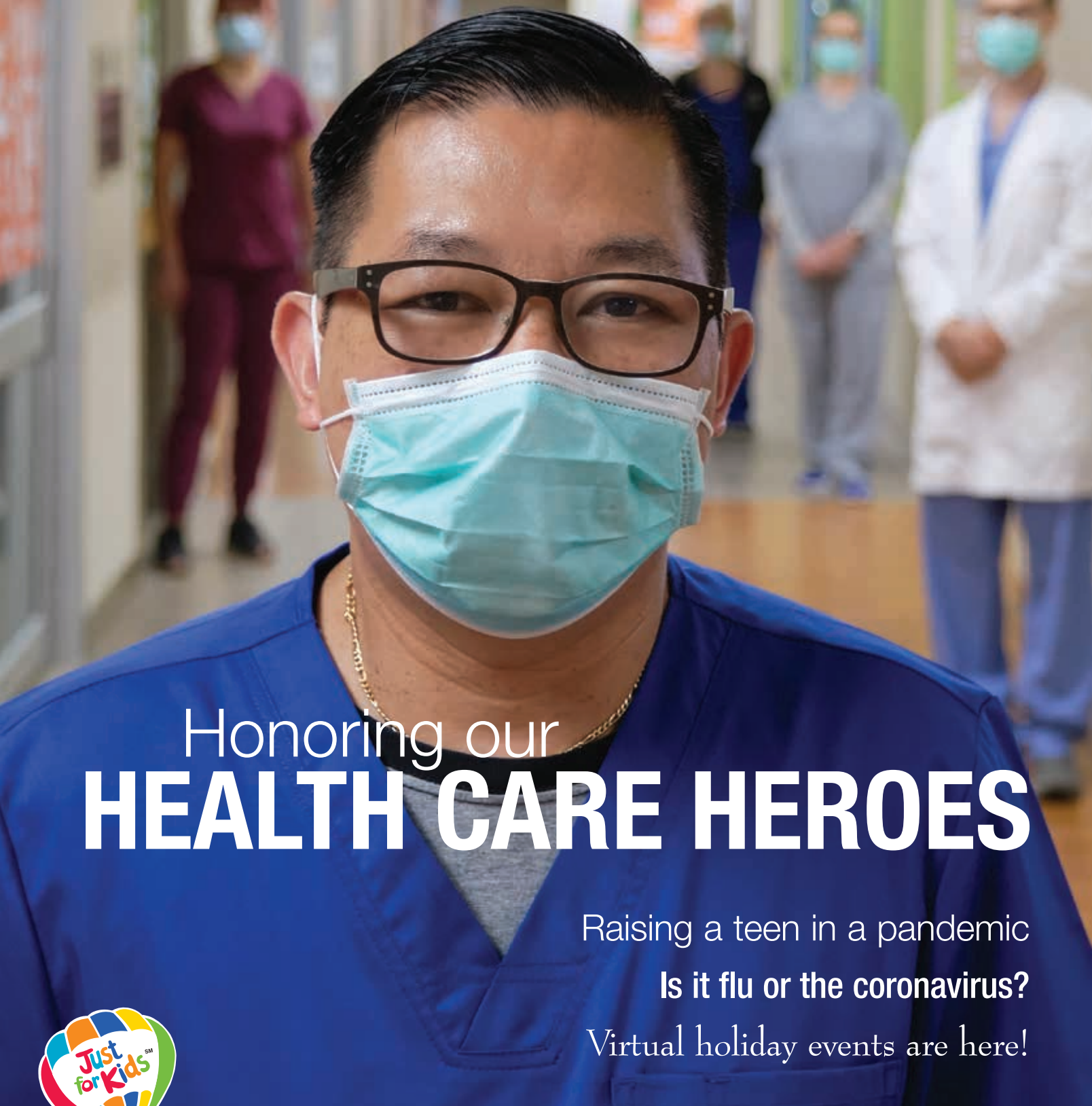


Fall/Winter 2020

Cart Wheels



Honoring our
HEALTH CARE HEROES

Raising a teen in a pandemic

Is it flu or the coronavirus?

Virtual holiday events are here!



CART WHEELS
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Finding the hope of the season in time of uncertainty

Thank you for taking a few moments during these extraordinary times to read this issue of Cart Wheels magazine. In light of all that has been happening in our community and around the globe, it's hard to believe the holiday season is already upon us — a time that typically brings comfort and joy. Two things we all could use more of right now.

For us at Norton Children's Hospital, we take some comfort in thinking back to the 1918 flu pandemic. Norton Children's was here during that pandemic, and they got through it. Things returned to normal, and the city thrived once again. And Norton Children's is here today. The COVID-19 pandemic has forever changed how we respond to the health care needs of our community, but we are certain we will get through it. The city will return to normal, and it will thrive.



While Norton Children's has been a beacon of hope for so many years, it's our community that has become a beacon of hope for us this year. From thank-you cards, meals and sidewalk art to lift the spirits of our health care heroes and donations of critical PPE, the outpouring of support over these past months has been nothing short of amazing. You are proof that we truly are in this together.

We are disappointed that we can't hold our Festival of Trees & Lights events in person this year, but we're excited to offer some innovative virtual events. Every organization that relies on donations has suffered this year due to the pandemic, but the need doesn't stop for any of them. Now more than ever the hospital is strained to keep health care workers, patients and visitors safe, while also providing lifesaving care. We hope you'll consider our virtual fundraising events in your holiday giving this year — and find them a fun way to "Bring the Holidays Home."

From the Norton Children's family to yours, we wish you comfort, joy, good health and safety this holiday season.

Lynn Meyer, Ed.D.,
R.N., CFRE
Senior Vice President
Chief Development Officer
Norton Healthcare

Jennifer C. Evans, M.D., MPH
System Vice President
Women's and Pediatric Services
Norton Healthcare

Emmett C. Ramser
Chief Administrative Officer
Norton Children's Hospital



Sid and Mary Lou Fitzer of Louisville, Kentucky

In my own words Raising a teen in a pandemic

Senior year 2020. We have been grieving this loss since March. Our son, Sid, a graduating senior from duPont Manual High School, missed proms, parties, spring break, college prep, graduation and the list goes on. A year that can't be rescheduled or postponed. It's just gone. Our whole family, angry and sad, yelling and crying. As parents, how do we guide him through tough emotions, grief and understanding how actions have consequences? We have no good answers.

Sid opted to defer the start of college until fall 2021. He took a full-time job at General Electric working the late shift. The days of a joyful summer became a year of being part of the workforce.

We wanted Sid to have *some* happy memories from this year, so when he was invited to go on a beach trip in July with a friend's family, we reluctantly agreed. I made the flight arrangements. We went over every detail of being on a plane and the precautions to take. He went and we worried. Upon his return, he learned that some of his friends on the trip had tested positive for COVID-19. That meant two weeks off from his job while waiting for test results. He was negative, thankfully. But now I have guilt for letting him go. It put us all at risk. My husband is a partner in a business that would suffer greatly if he were to contract the virus. My mom is 92 years old and I could potentially expose her. Not one of our best parenting decisions.

So we move on. Tragedy diverted. Until weeks later, another of Sid's friends tested positive after Sid had spent time with him. As we waited for the test results, my husband and I made a plan for him to move out so he can continue to work should Sid be positive. I would

need to sequester at home, staying away from all of our family. This time, the talk got tougher with Sid. Teenagers think that because they keep their friend group small that the social distancing, wearing masks, not driving in the same car don't apply. Finally, a bulb went off for Sid. He understood the domino effect.

The emotional aspect of this pandemic can be overwhelming for kids. Sid has had to learn to think far beyond himself — something we didn't have to do as teens. And we, as parents, make poor decisions to avoid saying "no" again and again.

So where do we go from here? How do we help our teens understand this is greater than them — greater than all of us? Doing what is best isn't the easiest, but it is necessary.

—Mary Lou Fitzer

Are you struggling to parent through the pandemic?

Join a Norton Children's child psychologist for a free virtual class, "Teen Talk: Mental Health." This parent-teen discussion will address the challenges facing teens during the coronavirus pandemic. Get tools to relieve stress and hear about available resources. Recommended for boys and girls ages 11 to 17 and their parents.

Dec. 10 • 6 to 8 p.m.

An internet-connected computer or mobile device and email address are needed. To register, go to [NortonChildrens.com/LetsTalk](https://www.nortonchildrens.com/LetsTalk).

On the cover: Health care heroes Nigel S. Guinoo, R.N., and emergency department team members stand ready at Norton Women's & Children's Hospital

Jameson's excellent ride

Preschooler made aggressive brain tumor treatments look like child's play



Jameson (left) and Jackson Milby

In 2016, twin brothers Jameson and Jackson Milby had just celebrated their fourth birthdays and received a thumbs up after routine wellness checks by their pediatrician, James A. Tavelli, M.D., with Norton Children's Medical Group – Okolona. That was welcome news because Dr. Tavelli had been monitoring Jameson for a possible hip condition related to his position in the womb — Jameson was on the bottom, bearing his brother's weight.

Parents Adam and Angela's relief was short-lived. Within weeks of the twins' checkup, Jameson started having headaches, nausea and vomiting.

"I'm one of those moms who calls the doctor for a scrape on the knee, so I made an appointment right away," Angela said.

Dr. Tavelli ordered an MRI and 24 hours later, Jameson was in surgery at Norton Children's Hospital to remove a brain tumor. He spent the next three days in intensive care while family and friends awaited word about the biopsy.

On the third day, William C. Gump, M.D., pediatric neurosurgeon with Norton Children's Neuroscience Institute, affiliated with the UofL School of Medicine, shared Jameson's diagnosis: medulloblastoma, the second most common cancer in children after leukemia.

"I'll never forget Dr. Gump walking in the room, telling us that the biopsy showed it was cancerous," Angela said. "I had always wanted to be a mom, and we had worked so hard to have these babies."

Adam and Angela tried to stay calm, but learning more about Jameson's high-risk cancer and treatment options did nothing to quiet their fears. Considering Jameson's age and aspects of his condition, the multidisciplinary care team at Norton Children's Cancer Institute Neuro-oncology Clinic suggested an advanced regimen of chemotherapy, limited radiation and a stem cell transplant — 10 months of treatment in all.

Doctors prepared the family to witness a change in typical 4-year-old behavior, but Jameson's response surprised everyone. He giggled, jumped on the bed and played baseball on an imaginary field in his hospital room.

"At one point, he was up there with his little bald head and all these tubes coming out of him," Angela said. "But when we would turn on music, he would always jump up and dance."

With the comfort of his father's care and fun distractions planned by friends and family, Jackson quietly weathered his brother's illness, but the twins clearly missed each other.

I can remember not having much hope in the beginning, reading and researching and seeing all the negative stories. Just to see how Jameson handled this makes me want to give that hope to anyone who goes through this."

—Angela Milby



Dean Lavenson Photos

"Jackson didn't always understand why they couldn't be together," Angela said. "That really pulled at our heartstrings. We tried to keep everything as normal as possible and include him in everything, but it was difficult."

Three years after treatment, Jameson's cancer hasn't returned — a good sign that it won't, according to Michael Huang, M.D., Jameson's pediatric neuro-oncologist with Norton Children's Cancer Institute, affiliated with the UofL School of Medicine. "The longer that window gets, the better the chance he will stay in the clear."

Angela says her family is forever grateful for the medical staff at Norton Children's Hospital.

"You could just tell that every single one of them cared about doing what was best for Jameson," she said.

After a 10-month hospital stay, Jameson was thrilled to come home and resume his role as his brother's keeper.

Now a second-grade student at Crossroads Elementary School in Mount Washington, Kentucky, Jameson looks forward to checkups with what he calls his "funny doctors," as well as occasional play dates with Nurse Julie, a Norton Children's Hospital caregiver who formed a special bond with the Milby family.

"My main focus is just doing whatever they want to do," Angela said of her boys. "Life is short, and we're still catching up on all the stuff they missed that year."

—Crystal Hammon

CAR-T therapy opening up new possibilities in cancer care

The next big advancement in cancer treatment, a revolutionary immunotherapy known as CAR-T (chimeric antigen receptor T cells) therapy, is now available at Norton Children's Cancer Institute, thanks to funding provided by the Norton Children's Hospital Foundation.

CAR-T therapy genetically reprograms the patient's own immune cells to recognize and kill cancer cells that have resisted conventional chemotherapy.

For now, CAR-T is only available for leukemia, but researchers are working to expand the types of childhood cancers that can be treated with this type of immunotherapy, including brain tumors. Clinical trials using CAR-T therapy to treat solid tumors will be more commonly available in the next three to five years.

Learn more about multidisciplinary cancer care and available therapies at [NortonChildrensCancer.com](https://www.nortonchildrens.com). You can support continued research and advancements in pediatric care at [HelpNortonChildrens.com](https://www.helpnortonchildrens.com).

Doctor uses own journey with Type 1 diabetes to help kids

RYAN J. DYESS, M.D.

is part of the nationally recognized team at Wendy Novak Diabetes Center caring for kids with Type 1 diabetes. For the pediatric fellow with Norton Children's Endocrinology, affiliated with the UofL School of Medicine, Dr. Dyess knows all too well what these patients are going through. He has lived with Type 1 diabetes since he was 9 years old.

"I had no energy and was thirsty nonstop," Dr. Dyess said. "I started drinking Gatorade, which made the problem worse. My parents knew something was up when I wanted water constantly — I was never a water drinker."

His pediatrician discovered his blood sugar was too high to read. He was admitted to the hospital, where he got the life-altering diagnosis.

"Our whole world changed," Dr. Dyess said. "I had to completely adjust my lifestyle, from what I ate, to learning about insulin injections, to monitoring my blood sugar. That's a lot for a kid and family to deal with."

Diagnosis leads to becoming a doctor

Even though Dr. Dyess spent his teen years managing his Type 1, he hadn't yet found his calling to become a physician and had a passion for technology, earning his undergraduate degree in computer science.

But after graduation, he started thinking about medical school. He thought he could combine his experience with Type 1 with his love of technology to advance the field and help people.

"I experienced firsthand how technology has revolutionized diabetes care," he said. "When I was a kid, I gave myself insulin injections and monitored my blood sugar with a finger prick and a test strip. Now we have insulin pumps and continuous glucose monitoring that is almost instantaneous. It's exciting to see how research and technology have improved people's lives. I wanted to be a part of that effort."

When Dr. Dyess, a West Coast native, was looking to do his fellowship, he interviewed all over the country. He chose the University of Louisville because of its reputation. The program is tied to the Wendy Novak Diabetes Center at Norton Children's Hospital. The Norton Children's program is ranked in the top 20 in the country, according to U.S. News & World Report. It's also one of only a few hospitals to have a Certificate of Distinction for Inpatient Diabetes Care from The Joint Commission.

I experienced firsthand how technology has revolutionized diabetes care. It's exciting to see how research and technology have improved people's lives. I wanted to be a part of that effort."

—Ryan J. Dyess, M.D.

Using his story to help others

Whether it's a child recently diagnosed, a teen going through lifestyle changes or an adult who's been living with Type 1 for years, Dr. Dyess can relate. He uses his own personal journey to help his patients find light in times of darkness.

"When patients are first diagnosed with diabetes, they are going through an experience that can be really scary," he said. "Having someone who can say, 'Hey look, I can get you through this. I know what you're going through,' can genuinely help. Telling some of the stories that I've experienced growing up seems to put my patients at ease."

He's also very honest about his own journey.

"I still get frustrated with having Type 1," he said. "There are days when it starts to get me down, but I don't let it keep me down. Diabetes changes your life, but it doesn't have to control your life."



Ryan J. Dyess, M.D., Norah Price Fellow in Pediatric Endocrinology

Future of diabetes care

"Patients with Type 1 have more flexibility than ever before," he said. "We're starting to see 'closed loop systems' that combine a continuous glucose monitor and an insulin pump to regulate glucose with less burden required from the patient. I think we'll see more of these hit the market soon."

He feels smart devices also will play a role in diabetes care.

"So much information and technology is already integrated through our smartphones and watches," Dr. Dyess said. "I expect these devices will eventually allow patients to see all sorts of data anytime they want. Not only will this help them manage their condition, but also allow them more freedom and flexibility than ever before."

—Joe Hall

INVESTING IN THE FUTURE OF DIABETES CARE

Thanks to a generous donation from the Price Foundation to the Norton Children's Hospital Foundation, Dr. Dyess became the Norah Price Fellow in Pediatric Endocrinology. Norah was diagnosed with Type 1 diabetes at age 4. The Price family's support of the work of the Wendy Novak Diabetes Center makes it possible for Norton Children's to attract and retain highly trained specialists and to advance care that achieves national recognition.

If you'd like to help further diabetes and endocrinology care at Norton Children's Hospital, find ways to help at HelpNortonChildrens.com.



Keeping kids in **GAME** shape for returning to sports

The coronavirus pandemic has left many young athletes with few options for keeping their bodies in game shape, and trying to return to previous activity levels too quickly can put them at risk for injury.

If your child is returning to youth sports, it's important to make sure that they're taking the necessary precautions to prevent injury. Jennifer M. Brey, M.D., pediatric orthopedist with Norton Children's Orthopedics of Louisville (COOL), affiliated with the UofL School of Medicine, offers these tips to keep your child in the game and out of harm's way.

- **Condition before returning to competition**

Going from little to no activity straight into full exertion puts a lot of strain on muscles and joints. Kids should try to stay active before the season starts and ease their way back to pre-pandemic activity levels. Many injuries seen in the COOL office during the past few months have been from kids who rested completely during quarantine and then got injured when sports resumed.

- **Rest and recover**

Young athletes may feel the need to make up for lost time, but allowing the body the proper time to cool down is even more important after a long break from competition. Too much activity for athletes with open growth plates can cause *apophysitis*, an inflammation or injury to the area around a growth plate, such as Sever's disease or little league shoulder.

- **Don't push through pain** – Occasional aches and pains that resolve with rest are normal, but pain that lingers over multiple days may require a longer period of rest or medical evaluation. Any athlete experiencing acute pain from a twisting injury to the knee or ankle should rest immediately and see a doctor if the pain persists.

- **Remember the little things** – Stretch, stay hydrated and take warmups seriously. Studies show that short periods of low-intensity exertion often are beneficial in preventing injury.

–Henry Winkelhake

Get the right kind of care for your young athlete

Norton Children's Orthopedics of Louisville is the foremost provider of pediatric orthopedic care in Greater Louisville. They understand that growing children have their own unique needs, as do their bones and muscles. Whether it's a sports injury, broken bone or condition that will need a lifetime of care, our pediatric orthopedic specialists provide specialized care for kids of all ages. Make an appointment by calling **(502) 443-8598**.

Good things can be contagious, too Pandemic doesn't stop hospital volunteer

In these uncertain times, it's evident how quickly fear, pessimism and yes, viruses, can spread. However, it's important to remember that good things can be contagious, too.

When Cindi Shrader's daughter, Amy Elizabeth, passed away at Norton Children's Hospital in March 1986, she left behind a legacy of positivity that would spread to touch the lives of countless people.

The compassionate care provided to Amy Elizabeth by our Norton Healthcare heroes helped inspire her mother to later become a hero herself. Today, Cindi remembers her daughter by dedicating herself to supporting the patients, families and employees of Norton Children's Hospital.

"I guess when you lose a child, you realize you just don't want to lose that connection," Cindi said.

Volunteering in the gift shop is one of the many ways that Cindi gives back.

"It seems like a small contribution, but if I can make a difference in one person's day, that's worth it," she said.

Even though there are not as many visitors at Norton Children's Hospital these days, Cindi is proud to provide relief to the few that remain during the coronavirus pandemic. Many of these families desperately need a break from the situations they're facing, and the gift shop can be a safe place to wander in, receive a warm smile and feel the considerate support of someone who understands.

Cindi and her husband, Paul, also keep the memory of Amy Elizabeth alive with Amy's Playroom on the sixth floor of the hospital, a space where patients can unwind and simply be a kid. The toys and games in Amy's Playroom provide a much-needed escape for children going through hard times.

To honor the anniversary of Amy Elizabeth's passing, in March Cindi and Paul provided lunch for the entire sixth floor, despite the visitor restrictions and uncertainty of the beginning weeks of the pandemic.

In addition to the meals, toys, gifts, smiles and support Cindi brings to the table, she also proves to be a Norton Healthcare hero herself through her leadership. She served on the Norton Children's Hospital Foundation board of trustees for more than 12 years.

Cindi's wide-ranging impact goes to show that making a difference can take a variety of forms.

Thank you, Cindi! You are a #NortonHealthcareHero!

–Henry Winkelhake



Paul and Cindi Shrader in Amy's Playroom at Norton Children's Hospital

“It seems like a small contribution, but if I can make a difference in one person's day, that's worth it.”

–Cindi Shrader

BE A HERO FOR KIDS IN NEED

From volunteering to donating, there are many ways to help make a difference for kids in our community. Find out how at [HelpNortonChildrens.com](https://www.helpnortonchildrens.com).



Bring the holidays home

Home for the holidays will mean a lot more this year for many families. And for the caregivers at Norton Children's, keeping children in their homes — and not the hospital — means the world. While our usual Festival of Trees & Lights and Snow Ball events will look a little different this year, you can still participate from the comfort of home — no matter where home may be this holiday season.

Help kids at Norton Children's Hospital through virtual holiday events



Festival of Trees & Lights

Like always, hundreds of designers will put their personal touches on trees, wreaths and greenery for sale to benefit Norton Children's Hospital through the 31st annual Festival of Trees & Lights, to be held virtually Nov. 13 to 15, 2020.

Holiday decor

From sports themes, to children's cartoon characters, to modern and classic designs, decorative items will be available for your Christmas celebration. Trees come in 2-, 3-, 4-, 7- and 9-foot heights. Wreaths are 24, 30 and 36 inches in diameter. Swags, also known as teardrops, and mailbox covers also will be available.

Items will be sold online Nov. 13 to 15 at

FestivalOfTreesAndLights.org.

Looking for Santa?

A special Santa experience also will be available. Kids can log in to see Santa's workshop, then make a craft and share a treat with the man in red. Kids also can receive a video message or a personalized video. Go to **FestivalOfTreesAndLights.org** for details.

Get in the spirit on Facebook!

The Festival of Trees & Lights Facebook page will offer fun family games and crafts. We'll also share sneak peeks, tips for decorating and special presentations to help you make your holidays special.

Snow Ball virtual gala

Now in its 31st year, the Snow Ball is one of the largest annual fundraisers for Norton Children's Hospital. This year's first-ever virtual Snow Ball will offer new and fun ways to participate.

Attend from home

Join us Saturday, Nov. 21, 7:30 to 9 p.m., on Facebook Live for a special presentation from Norton Children's Hospital. Take a behind-the-scenes virtual tour and learn more about some of the event's silent auction items. Check the Snow Ball Facebook page for the latest on start times and more.

Gourmet dining

A special dinner package will feature a three-course meal for two from The Village Anchor, Le Moo or Grassa Gramma. It will include a bottle of wine and commemorative Snow Ball gift (one per household). The package is \$300, with proceeds benefiting Norton Children's. To purchase, visit **NortonChildrensSnowBall.com**.

Bid on the finest

The Snow Ball silent auction will feature luxury items such as vacations, fine dining experiences, jewelry and one-of-a-kind gifts. Register to bid at **NortonChildrensSnowBall.com**. The auction will go live on Friday, Nov. 13, and will close the evening of the virtual gala. Register by Saturday, Nov. 21, at noon, to be entered to win a special package that will be delivered to your house that evening during the live presentation (winner must live within 20 miles of Louisville!).

Purchase a raffle ticket

A highlight of the Snow Ball is the Norton Children's Home & BMW Raffle drawing. First prize is a 2021 BMW X3 SUV from BMW of Louisville plus \$10,000. Grand prize is a new home in Norton Commons built by Ramage Company and valued at over \$750,000. Tickets are \$100 each and may be purchased online at **HomeAndBMWraffle.com** or by calling (502) 629-8060. Only 12,000 tickets will be sold. The drawing will be during the virtual Snow Ball event.

Honoring our health care heroes

This year's Festival of Trees & Lights, presented by Republic Bank, and Snow Ball, presented by Konica Minolta, will honor our Norton Children's health care heroes.

Childhood illnesses have not stopped during the pandemic. Celebrations like "end of chemo" parties have been halted. Parents of children with serious health conditions fear they will contract the coronavirus. And families have been unable to celebrate their children leaving the neonatal intensive care unit as they normally would.

Our health care heroes have had to wear many hats — supporting parents, educating families and trying to make a hospital stay less stressful. These caregivers are physicians, nurses, nurse practitioners, chaplains, respiratory therapists, child life and expressive therapists, food service professionals, cleaning and maintenance staff, technicians and so many more.

Make a donation any time in honor of a health care hero by visiting **HelpNortonChildrens.com**.

—Maggie Roetker



Addi & her daddy

Addisynn and Michael Seay of Louisville, Kentucky

Father and daughter share heartfelt bond

Addisynn Seay will always be daddy's little girl! While Summer and Michael Seay's three children all hold a special place in their hearts, Addi and her daddy share a special bond — both are heart warriors.

The two were born with congenital heart defects. When Michael was born in 1995, he had a hole in the wall of the heart between the left and right atria (upper chambers of the heart), known as a patent foramen ovale, as well as a ventricular septal defect, which is a hole in the wall separating the right and left ventricles. He underwent open heart surgery when he was 6 months old at Norton Children's Hospital. His surgeon was Erle H. Austin III, M.D., pediatric cardiothoracic surgeon with Norton Children's Heart Institute, affiliated with the UofL School of Medicine.

Fast forward to July 18, 2019. Michael and his young family were enduring a similar situation. Addi was born with a very complex congenital heart defect involving her ventricles, valves and pulmonary arteries, and usually requiring multiple heart surgeries starting in the first week of life.

"While the majority of congenital heart defects are not inherited, some are genetic or hereditary," said Bahaaldin Alsoufi, M.D., chief of pediatric cardiac surgery for Norton Children's Heart Institute and the University of Louisville School of Medicine. "Michael's condition didn't require surgery when he was a newborn, but Addi's condition is more challenging and she needed surgery in the first week of life. She will require multiple future operations to completely repair her complex defect."

Cardiothoracic surgeons at Norton Children's Hospital perform more than 300 surgeries annually with excellent outcomes that compare with other top-ranking children's heart programs across the country, according to the Pediatric Cardiac Critical Care Consortium, an organization aimed at improving quality of care for patients with critical pediatric and congenital cardiovascular disease.

"We are grateful that parents entrust our team with the care of their precious children, and we take that responsibility very seriously to provide children with the best outcomes and help the family during these stressful times," Dr. Alsoufi said.

Guiding his daughter through life with a special heart

Michael's lifelong heart condition uniquely positions him to guide Addi through the challenges she'll face. He was always aware of his condition when it came to what activities or sports he could participate in, and he continues to be seen by a cardiologist.

During Addi's first year, she has undergone two open heart surgeries, in addition to multiple cardiac catheterizations.

"Congenital heart defects vary in severity and complexity," Dr. Alsoufi said. "Therefore, congenital heart disease is considered a lifelong condition and adequate follow-up is necessary to give patients the best quality of life."

As parents, Michael and Summer are preparing for future procedures, routine follow-ups with specialists and, when the time comes, guiding Addi to cope with her heart disease as she grows older, while being able to enjoy her life like other children.

"Like mine, Addi's heart is special. It has to be guarded and watched over," Michael said. "I will proudly help her find her limits and excel in the areas she loves."

Happy heart-a-versary

Addi will always have two special days to celebrate, according to her mom.

"Her birthday is a very special day that we will always celebrate, but we will also celebrate her heart-a-versary — the anniversary of her first heart surgery, when she demonstrated just how strong and courageous she can be," Summer said. "And though she will have more milestones and days to demonstrate her bravery, that day will forever be a day of triumph."

—Lynne Choate

Hitting the road to reach more kids like Addi

The Norton Children's Hospital Foundation is helping more kids throughout the commonwealth get the lifesaving heart care they need. A Toyota Highlander was purchased in early 2020 for pediatric cardiologists to travel to monthly clinics in cities across Kentucky. This effort lessens the burden on families who otherwise would have to travel to Louisville for their child's heart care.

Visit NortonChildrensHeart.com to learn more about the nationally recognized care available at Norton Children's Heart Institute. For ways to support pediatric heart care, go to HelpNortonChildrens.com.



Is it **FLU** or the



Is there a way to tell the difference?

With flu season upon us amid the coronavirus pandemic, parents with children feeling under the weather may find themselves confused and anxious about symptoms. Many symptoms of seasonal influenza and coronavirus/COVID-19 are the same.

COVID-19 and flu can cause:

- » Vomiting and diarrhea (more common in children than adults)
- » Fever or chills
- » Cough
- » Difficulty breathing
- » Fatigue
- » Sore throat
- » Runny or stuffy nose
- » Body aches
- » Headache

One frequent symptom of COVID-19 that doesn't usually come with flu is loss of taste or smell.

NORTON CHILDREN'S MEDICAL GROUP IS STANDING READY

The pediatric providers with Norton Children's Medical Group, affiliated with the UofL School of Medicine, offer care, along with flu shots, at more than 20 area locations. Same-day, evening and Saturday appointments are available at some locations.

Go to [NortonChildrens.com/Pediatricians](https://www.nortonchildrens.com/Pediatricians) to learn more.

Emergency warning signs of any viral infection include:

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » Confusion
- » Inability to wake or stay awake
- » Bluish lips or face

If a child has these symptoms, contact a health care provider right away. It can be difficult to tell based solely on symptoms whether an illness is COVID-19 or flu. Confirmation needs to come from a nasopharyngeal swab test.

Who's most at risk for COVID-19 and flu?

Anyone can get COVID-19 or the flu. Because flu and COVID-19 are two different diseases, it's possible to have both at the same time.

While typically kids appear to get through COVID-19 more easily than adults, some children have become seriously ill and died. In addition, the flu can hit children under age 5 particularly hard, especially those younger than 2.

A flu shot is crucial

This year it's more important than ever for children ages 6 months and older to get a flu shot or nasal flu vaccine. Even though the flu vaccine is not always 100% effective, it can lessen symptoms and help the child avoid severe illness or hospitalization. We don't yet know how the two viruses contracted at the same time will affect a child, so taking any available preventive steps is crucial.

—Joyce Retz

Reviewed by Kristina A. Bryant, M.D., hospital epidemiologist for Norton Children's Hospital

Answering the **call to serve**

Earlier this year, the rapid spread of the coronavirus made it critical that accurate health information be distributed as quickly as possible to Kentucky residents.

The Kentucky Poison Control Center of Norton Children's Hospital stepped up to establish the commonwealth's COVID-19 Hotline in early March.

The center is led by Ashley Webb, Pharm.D., DABAT, who oversees a 14-person team that saw typical call volume double overnight. They continue to work around the clock to answer the public's questions about COVID-19.

Ashley is no stranger to acting quickly and effectively to prevent crises. She further demonstrates this by leading statewide call lines for questions about HIV/AIDS and opioid addiction.

"This group of nurses and pharmacists brings a wide variety of expertise and perspective, empowering our team to provide accurate information and effective recommendations to as many people as possible," she said.

For this dedicated group working long nights and weeks, "that isn't my job" isn't in their vocabulary. Rather, the call center team has made it their mission to provide caring support to every question, every caller, every day.

"They are the most compassionate people I know," Ashley said. "They've taken calls where they've had to calm terrified parents, take control of the situation, and provide reassurance and recommendations. We couldn't accomplish all that we do without their empathy and expertise."

For many callers, this team was the first to tell them about COVID-19 symptoms, the first to tell them about the importance of social distancing, the first to explain serology testing. When the need arose for a state hotline to field questions about multisystem inflammatory syndrome in children (MIS-C), they were the first to raise their hands and step up to operate the line.

"We've been the first line of defense in many cases, providing the information that lays the foundation for preventing the spread and knowing when to seek medical attention," Ashley said.

—Henry Winkelhake

The Kentucky COVID-19 Hotline has received over 140,000 calls since March.

Kentucky COVID-19 Hotline: **(800) 722-5725**



COVID-19 Hotline call center team members Ashley Webb, Pharm.D. (center), Maria Chapman (left) and Jessica Purser, R.N. (right)

The Kentucky Poison Control Center relies on donations to fulfill its mission of being a resource for trusted information, 24/7. To help support the center, give at [HelpNortonChildrens.com](https://www.HelpNortonChildrens.com).

Gifts to the Norton Children’s Hospital Foundation help Norton Children’s Hospital

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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. 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.



Jamie Rhodes Photo

Norton Children's Medical Center celebrates 10 years

It's already been a decade since Norton Children's Medical Center opened on the Norton Brownsboro Hospital campus. The regional pediatric outpatient care facility offers outpatient surgery, testing and emergency services in an environment designed "Just for Kids."

Since its opening, the facility:

- Has cared for 345,000 children
- Sees 36,000 children a year
- Treats 21,000 patients a year in the emergency department
- Provides ear, nose and throat; orthopedic; and urological surgeries, among others



Pandemic doesn't stop restaurant raffle

The pandemic may have canceled this year's Bourbon & Bowties event, but it didn't cancel the popular Restaurant Raffle! And Nicole Carol is the lucky winner who doesn't have to worry about what's for dinner for a long time!

A \$25 raffle ticket bought a chance to win \$100 gift certificates to 26 Louisville-area restaurants. Only 1,000 tickets were sold. Proceeds supported Norton Children's Hospital. Nicole, who lives in Louisville, was randomly chosen via Facebook Live on Aug. 4.

Thank you to our participating restaurants. To see a list, go to NortonChildrens.com/Bourbon-Bowties-Restaurant-Raffle. Mark your calendar for next year's Bourbon & Bowties on June 10, 2021.




Splash 'n' Dash makes waves from neighborhood backyards

Even though families could not join together at Waterfront Park to splash 'n' dash for kids at Norton Children's Hospital, this year's virtual event managed to raise nearly the same as in years past. More than 150 splashers and dashers raised over \$37,000 — and counting!

Participants got creative, from backyard pool tricks to bucket challenges and lakeside fun. Some chose to challenge friends and family through Facebook tags to one-up their fun.

Visit SplashNDash5K.org to learn more about the annual event, and mark your calendar for Aug. 7, 2021!

For more information on events listed below, call **(502) 629-8060** or visit HelpNortonChildrens.com.

NOVEMBER	
	<p>Now to Nov. 21</p> <p>Norton Children's Hospital Home & BMW Raffle Last chance to win a 2021 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 12,000 will be sold. Get your ticket at HomeAndBMWraffle.com.</p>
	<p>13 to 15</p> <p>Festival of Trees & Lights Get in the holiday spirit from home by logging on to FestivalOfTreesAndLights.com. Find the perfect handcrafted holiday decor, sign up for a Santa experience and more. See pages 10 and 11 in this magazine details. Presented by Republic Bank.</p>
	<p>21</p> <p>Snow Ball virtual gala, 7:30 to 9 p.m., Facebook Live. A variety of ways to celebrate await! Follow the Snow Ball Facebook event page and see pages 10 and 11 in this magazine for all the details. Presented by Konica Minolta.</p>
DECEMBER	
	<p>7</p> <p>Growing Cooks Home for the Holidays Special Event, 6 to 7 p.m., Zoom virtual event. Growing Cooks is an online cooking experience for teens ages 14 to 18. Learn how to make a wholesome, healthy holiday treat to share with family. Presented by Norton Children's Prevention & Wellness. Register at NortonChildrens.com/Classes&Events.</p>



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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!

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.

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. To learn more about volunteer opportunities at Norton Children's Hospital, call (502) 629-6122.

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