

Spring 2020

# Cart Wheels

## Norton Children's, UofL join forces



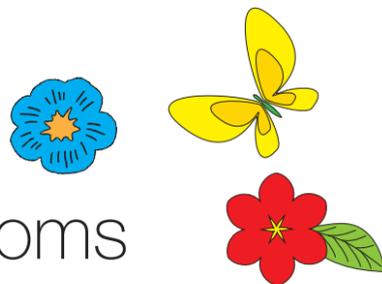
New heart unit opens  
Navigating the tough stuff  
*Who let the dogs out?*



CART WHEELS  
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**On the cover:** From left, Kimberly A. Boland, M.D., professor and chair, University of Louisville School of Medicine Department of Pediatrics; facility dog Zeke; Kevin M. Jones Jr.; Sara and Lara McClanahan; Jennifer C. Evans, M.D., MPH, system vice president, women's and pediatric services, Norton Healthcare; and Caleb McClanahan



## Where hope blooms

Things change quickly at Norton Children's Hospital. But one thing remains steadfast: There's always hope. Whether it's saving the life of a child born with a complex heart defect or simply making things a bit easier for a parent whose child needs specialized care — hope blooms in every corner of the hospital.

Appropriately named, "Where Hope Blooms" is a new mural adorning the entrance to the hospital. Because so many families come to us at their most vulnerable time, the artwork is designed to remind them that hope happens here every day.

In addition, even more great things are happening for the more than 185,000 children cared for at Norton Children's facilities each year. Inside these pages you'll read about some of them, including the grand opening of the new Jennifer Lawrence



Cardiac Intensive Care Unit. Building on the hospital's long legacy of pioneering pediatric heart care, the unit brings together the latest inpatient care services and technology with the expertise of our expansive team with Norton Children's Heart Institute, affiliated with the UofL School of Medicine.

We've also had some big changes behind the scenes through a new affiliation with UofL Physicians — Pediatrics practices. While this

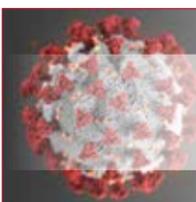
means nearly 600 providers have been added to our workforce, for families in Kentucky and Southern Indiana it translates to quicker, easier access to specialty pediatric care and a more robust research and academic focus. The partnership is making children's health care better, both today and into the future!

On behalf of everyone at Norton Children's, thank you for your continued generosity in helping us fulfill our mission.

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



**Looking for the latest information on COVID-19?**  
Norton Healthcare's resource page is being continually updated.  
Visit [NortonHealthcare.com/COVID-19](https://www.nortonhealthcare.com/COVID-19).

## Pup party at Norton Children's Facility dog program continues to grow

**T**he four-legged medical staff at Norton Children's facilities is growing thanks to generous community support.

Yarie, a 2-year-old golden lab cross, joined Norton Healthcare's Heel, Dog, Heal program in January. She works in the "Just for Kids" Critical Care Center at Norton Children's Hospital. Yarie joined current children's facility dogs, Rosa, Holly and Doc.

Research shows that having full-time facility dogs has many benefits for patients and families. Sometimes it's providing emotional comfort by lying at the foot of a child's hospital bed or sitting by their side before a procedure. Other times they're helping with physical recovery by encouraging kids to get out of bed, walk and play.

"Facility dogs not only offer comfort but provide children with an outlet to verbalize their fears," said Heather Stohr, manager of child life therapy at Norton Children's Hospital. "We currently have around 400 requests for facility dog visits every month."

And the requests continue to increase. One of the newer ways the furry employees are assisting is helping children overcome a fear of dogs.

"I've had parents request that their child have a positive experience with a dog after a negative encounter," Heather said. "Having the dogs available is helpful in many ways."

The hospital staff also is benefiting.

"The caregivers unfortunately have to deal with a lot of situations that are stressful and sometimes sad," Heather said. "A few minutes with a dog can help relieve stress or anxiety."

Funding for Yarie came from proceeds from the Norton Children's Hospital Foundation's 2019 Bourbon & Bowties™ event. Later this spring, an additional dog will join Norton Children's Hospital thanks to PetSmart Charities, which provided a \$50,000 gift. This will bring the total number of dogs in the systemwide Heel, Dog, Heal program to 10.

"We're grateful to the community and PetSmart Charities for stepping up to help us expand a program that has been so beneficial," said Lynn Meyer, Ed.D., R.N., CFRE, senior vice president and chief development officer, Norton Healthcare. "These gifts allow even more children and families to receive additional help to calm their fears, relieve anxiety and heal."

A gift from the Independent Pilots Association (IPA) Foundation established the facility dog program, with support from the Sam Swope Family Foundation, Dunbar Foundation Inc., Unified Technologies, North Harrison Elementary School and Barbie Meyers. Norton Healthcare's adult-service locations have four facility dogs on staff, which were made possible by a generous gift from Edie Nixon.

Heel, Dog, Heal partners with Paws With Purpose, a Louisville-based organization that trains assistance dogs for children and adults with special needs. Six facility dogs are graduates of Paws With Purpose.

—Joyce Retz



Facility dog Yarie celebrated her second birthday in January.

### Want to support Heel, Dog, Heal?

Your donation can help ensure facility dogs remain available at Norton Children's facilities. To make a gift, go to [NortonHeelDogHeal.com](https://www.NortonHeelDogHeal.com).



# Navigating the tough stuff

## Parents should talk about difficult topics with children

Children encounter troubling issues every day, from divorce, major illness and death of a loved one to community violence, natural disasters and other tragedies making the news.

To guide a child's understanding of difficult issues, parents should initiate discussions and welcome their child's questions, according to Katy Hopkins, Ph.D., pediatric psychologist, Norton Children's Medical Associates, affiliated with the UofL School of Medicine.

Avoiding conversations may backfire if children draw faulty conclusions on their own or seek information from untrustworthy sources.

"Parents do their children a disservice if they think that by not talking about tough topics, children won't think about them and will be protected from that reality," Dr. Hopkins said. "Children should have adult things explained to them in an age-appropriate way because they are impacted by adult things."

As soon as a child questions or seems to be thinking about an issue, it's time to talk. Dr. Hopkins said parents should find a quiet moment to speak with their child and have answers prepared.

With elementary-age children, Dr. Hopkins tells parents to broach topics broadly rather than reference specific issues. For example, when a school shooting occurs, a parent could say, "I wonder if kids in your class were talking about what happened at another school."

If the child answers no, the parent can say, "I'm just curious what you talk about with your friends." If the child did learn about the

shooting, the parent can ask what the child heard and how they feel about it, then discuss the issue in an age-appropriate way.

When having conversations with children on difficult topics, Dr. Hopkins recommends that parents:

- Share feelings and show control of anger, fear and sadness. This will help children feel secure.
- Tell the truth. Share facts and dispel rumors and inaccuracies.
- Give full attention to the child. Acknowledge their feelings, and don't judge or minimize them.
- Reassure that things will get better, you are there for them, they can ask questions anytime, and they and the people they care about are safe.
- Encourage children to do something about what they're feeling. Create care packages, organize or participate in community events, or raise money for charities.

—Hayley Kappes

### Worried about your child's stress?

If talking about concerns isn't helping your child feel better, it's time to meet with your child's pediatrician. MyNortonChart now offers convenient online appointment scheduling for Norton Children's Medical Associates providers. Log in to your online MyNortonChart account or the MyChart app to get started.



Heart patient Everett Brown

Dean Lavenson Photo

# A NEW DAY

## for kids needing complex heart care

“The lifesaving work that happens here every day astounds me. I am so grateful for the doctors that dedicate their lives to saving others.”

—Jennifer Lawrence

# The heart of the hospital Jennifer Lawrence Cardiac Intensive Care Unit opens

Dean Lavenson Photo



JoAnna Wade, R.N., cares for Everett Brown in the CICU.

**N**early four years in the making, the new Jennifer Lawrence Cardiac Intensive Care Unit (CICU) was dedicated in late December 2019 with a celebration attended by more than 125 donors, physicians, staff members, former patients and family members. The CICU began caring for patients in early January.

The CICU was named for Louisville native Jennifer Lawrence, who helped make the unit possible through a \$2 million challenge grant. This challenge resulted in more than \$7 million raised from many generous individuals and businesses through the Norton Children's Hospital Foundation.

"We are so grateful to Jennifer and so many more who have helped support this project," said Lynn Meyer, Ed.D., R.N., CFRE, senior vice president and chief development officer, Norton Healthcare. "Having a child in the heart failure program or on the heart transplant list takes a toll on families. Through the generosity of our donors, we can support these families, while keeping them here at Norton Children's — close to their support system of friends and family."

## Why a CICU?

The CICU was planned with patients and ever-changing heart care in mind. Children recovering from heart procedures, including open heart surgery and heart transplants, or who have heart failure or other conditions requiring intensive care, can have long stays in the hospital. The unit makes that time more comfortable for families, with private rooms, private bathrooms and showers, and the ability to be with the child as much as possible. Additionally, adults with

congenital heart conditions that require care are treated in the CICU. Research shows that care in a CICU can improve outcomes — and provide a better experience for patients and their families.

"It's been shown that a dedicated pediatric CICU that has its own devoted staff and specific policies and protocols helps with faster recovery and lower complications — all leading to getting patients home safely, faster and more efficiently," said Bahaaldin Alsoufi, M.D., chief of pediatric cardiac surgery for Norton Children's Heart Institute, affiliated with the UofL School of Medicine. "We now have the physical space to concentrate all our expertise and do what we do best — mend children's hearts."

Patients in the unit are under the care of an expansive team of specially trained providers, including doctors from about 10 different specialties, specialized nurses and nurse practitioners, pharmacists, dietitians, social workers, and a host of ancillary and support staff. A cardiac intensive care doctor is present in the unit 24 hours a day, seven days a week, should a child need emergency evaluation.

A nurse clinician also is available for families to help coordinate the very complex care and to help families prepare for life outside of the CICU.

The unit is equipped with some of the most advanced technology available for heart care, including ventricular assist devices (VADs) and extracorporeal membrane oxygenation (ECMO), an advanced medical technology that provides heart and lung bypass.

## The unit's first patient

In early January, children moved into the unit. Then 5-month-old Addisynn Seay was the first to arrive. She was born with a complex congenital heart defect and underwent her first open heart surgery in July 2019 and a second shortly after moving into the CICU.

"For Addisynn to be the first one to experience the cardiac intensive care unit is pretty big for her. She's been through a lot, so for her to do this is truly an honor," said Addisynn's mom, Summer Seay. "It's so much greater. The privacy is great."

—Joyce Retz



Left: Erle H. Austin III, M.D., and Jennifer Lawrence; right: Gary and Karen Lawrence present a heart signed by their daughter, Jennifer Lawrence, during the CICU's dedication.

## A legacy of pioneering heart care

Norton Children's Hospital's dedication to create the Jennifer Lawrence CICU builds on a legacy of improving outcomes and transforming pediatric heart care in Kentucky. The hospital performed Kentucky's first pediatric open heart surgery, and in 1986, it was the second site in the country to perform a successful infant heart transplant.

Today, more than 5,000 children a year visit Norton Children's Heart Institute for specialized heart care, and more than 17,500 heart procedures are performed annually.

Norton Children's Heart Institute is home to the only full-service pediatric heart failure and transplant program serving Kentucky and Southern Indiana. No other congenital heart surgery program in Kentucky, Ohio or Southern Indiana is rated higher by the Society of Thoracic Surgeons star rating system than the Norton Children's Heart Institute Pediatric Cardiothoracic Surgery Program.

Want to support continued advancements in pediatric heart care? Learn how at [HelpNortonChildrens.com](https://www.helpnortonchildrens.com).



Addisynn Seay is the first patient to move into the CICU.



Jamie Rhodes Photos

## Erle H. Austin III, M.D. Help us honor a beloved heart surgeon

Thousands of children have been touched by the care and compassion of Erle H. Austin III, M.D., renowned pediatric cardiothoracic surgeon at Norton Children's Hospital.

In addition to saving countless lives, for more than 30 years Dr. Austin has served as a leader in Kentucky's medical community. He has worked to advance cardiology programs at Norton Children's Hospital while teaching generations of cardiologists, cardiac surgeons, nurses and medical students.

Norton Children's Hospital is working to establish an endowed chair in the name of Dr. Austin. This Pediatric Cardiovascular and Thoracic Surgery Endowed Chair will honor his lifetime of work at Norton Children's Hospital and the University of Louisville.

The endowment will help expand the hospital's regional presence, improve its national rankings and facilitate the ability to attract and recruit the next generation of workforce, with the goal of elevating care for children in our community and region.

To give to the endowment fund in honor of Dr. Austin, call the Norton Children's Hospital Foundation at **(502) 205-4976**.

# Never too little to be a hero

This year's Bourbon & Bowties honors girl with cystic fibrosis



Albert and Hazel Leggett

For the Leggett family, home is their bubble. Medications neatly line the counters, medical equipment fills the coffee table and exposure to germs is limited. Life is less overwhelming here.

That's because Julia and Albert Leggett's 2-year-old daughter Hazel has cystic fibrosis (CF). They received Hazel's diagnosis before

she was born, and they've been fighting for her health — and the health of others with CF — ever since. Hazel and her parents will be honored at this year's Norton Children's Hospital Foundation Bourbon & Bowties™ event on June 4.

"Our goal is to keep Hazel healthy as long as possible given that she has a progressive genetic disease and a limited life expectancy," Julia said. "I hate those words."

## What is cystic fibrosis?

People with CF have a defective gene that causes a thick, sticky buildup of mucus in the lungs, pancreas and other organs. The mucus in the lungs clogs the airways and traps bacteria, leading to infections, extensive lung damage and, eventually, respiratory failure. In the pancreas, mucus prevents the release of digestive enzymes that allow the body to break down food and absorb vital nutrients.

Albert describes in one word what it was like when they found out Hazel had CF: Devastating.

"Julia was 18 weeks pregnant and, up until that point, neither of us had any experience with cystic fibrosis," he said.

For a child born with CF 60 years ago, life expectancy would have been five years or less. Now, a child with CF is expected to live to age 44 or older. That number is improving every day through research, according to Julia. That's why she and Albert sit on the board and volunteer their already limited time to Cure CF Inc., a parent-led nonprofit that raises funds for CF research locally at Norton Children's Hospital and nationally.

## A day in the life of Hazel

Every day, Hazel, her parents and caregivers run a gamut of medical interventions that help keep Hazel healthy. She takes medications before each meal, wears a percussion vest several times a day that violently shakes the thick mucus from her lungs,

undergoes hourlong nebulizer treatments, gets more medications and, if she's sick, even more medications. Now that she's an active, spunky toddler, sometimes she tolerates the treatments and sometimes she doesn't. She never gets a break.

"We do a lot every day to keep Hazel well, but truly she is thriving because of the families that walked this path before us," Julia said. "The ones without the percussion vests, without enzymes and without hope."

It's when the Leggetts venture beyond their home and medically staffed day care that CF starts to feel larger, heavier and more isolating. A recent family vacation to Florida required days of planning, packing, lists and systems to be able to leave home for a week.

## Six feet of separation

Another way CF can be isolating is that people with the disease can't be within six feet of someone else with CF. This is because of the risk of cross-infection. Their mucus increases the risk of infection by airborne illnesses transferred through a cough or sneeze.

Julia and Albert have grown close with parents of other kids with CF through volunteer work, but the reality is their children can't play together and will not be able to support one another in person as they grow older.

This year's Bourbon & Bowties event will help fund a social worker to support families of kids with CF, which will be a hugely helpful resource, according to Julia, for all the families like theirs who will make countless visits to the Cystic Fibrosis Center at Norton Children's Hospital for their child's care.

"I've met a lot of amazing people in my life," Julia said. "But my daughter is my hero, and I will continue to fight for her health all day, every day, in every way possible."

—Julie Kruer

## Mark your calendar for Bourbon & Bowties

The 11th annual Bourbon & Bowties honoring Hazel Leggett is Thursday, June 4, with proceeds benefiting cystic fibrosis care at Norton Children's Hospital.

Visit [NortonChildrens.com/BourbonAndBowties](https://NortonChildrens.com/BourbonAndBowties) for details, including how to purchase tickets.

Can't make it but want to help? Another way to support this event is by purchasing a \$25 raffle ticket for a chance to win \$2,600 in gift cards to Louisville's hottest dining spots. Purchase restaurant raffle tickets at [NortonChildrens.com/BourbonAndBowties](https://NortonChildrens.com/BourbonAndBowties).



# Norton Children's surgeon nationally recognized for lifetime of trauma care



Levi Kpoh

Dean Lavenson Photos



Parent Café attendees Jasmine, Gaia and Genevieve Devoe

## HELPING CHILDREN

be healthy, play and prosper in the West End

On the heels of opening a Norton Community Medical Associates office at 1700 W. Broadway, whose goal is to strengthen and improve health in the West End, Norton Children's Prevention & Wellness has joined forces with several partners with the same goal in mind.

Two of these partnerships, Play Cousins Collective and Sowing Seeds With Faith, are making an impact on families in this area of Louisville that is experiencing social and health inequalities.

Play Cousins Collective is an extended family of support for African American caregivers and their children intended to build a sustainable community and help its members thrive. The collective grew out of a need for culturally relevant, peer-to-peer support to motivate citizens to be active in their community; to build up and affirm their children; and to heal from adverse childhood experiences and generational trauma.

Norton Healthcare has served as a partner with Play Cousins Collective for the past year. Through the Ulmer Family Wellness Program, Norton Children's Prevention & Wellness has supported Parent Cafés, where families gather for peer-to-peer learning around topics that explore ways to improve health and build resilience. In addition to the cafés, "Playtime with Play Cousins" offers a weekly play group for parents of infants with support from Norton Healthcare clinical education nurses.

Sowing Seeds With Faith offers summer enrichment camp for which Norton Children's Prevention & Wellness has provided the

health and wellness portion for the past three summers. Campers learn tools to make healthy food choices, relieve stress and prevent substance use.

With an eye on creating a community where children are free to live, play and prosper, Norton Children's Prevention & Wellness is working to grow its reach of support throughout the West End with additional resources, including:

- Car seat checks
- Bike rodeos
- Cooking classes
- Parenting programs
- Food pantries
- Teen wellness, puberty and hygiene programming
- Summer Fruit and Boot Camps

—Nikki Boyd

### Fruit and Boot Camp comes to the West End

This fun-filled class is designed to teach parents and school-age children how to eat right and stay active together. Learn more and register at [NortonChildrens.com/FruitAndBoot](http://NortonChildrens.com/FruitAndBoot).

July 29 • 6 to 7:30 p.m.  
Republic Bank Foundation YMCA  
1720 W. Broadway

Norton Children's Hospital is home to the region's only Level I Pediatric Trauma Center, meaning it is equipped to provide the highest level of trauma care. Mary E. Fallat, M.D., is one of the main reasons why.

When Dr. Fallat, pediatric surgeon and the Hirikati S. Nagaraj, M.D. Endowed Chair in Pediatric Surgery at the University of Louisville, started in the mid-1980s, there wasn't a pediatric trauma program in the city.

"It was pretty much the surgery resident and emergency department nurse taking care of these patients," Dr. Fallat said. "It wasn't a team approach, and there was little education on how pediatric trauma should be treated."

Dr. Fallat made it her mission to establish a trauma center at Norton Children's Hospital. She was grateful for colleague and administrative support that allowed her to build the program. Efforts were rewarded when the hospital received its first national trauma center designation from the American College of Surgeons in 1988. In 2003, David Foley, M.D., pediatric general surgeon, was recruited and transitioned to trauma chief in 2006.

### Trauma care today

The Norton Children's Hospital trauma team cares for children injured by falls, motor vehicle crashes, gunshots, sports and more. The approach to care has evolved over 30-plus years.

"It's a carefully coordinated team," Dr. Fallat said. "The team includes emergency physicians, surgeons, respiratory therapy and radiology. The operating room, lab and blood bank are notified. There also are children's neurosurgeons, orthopedists and pediatric intensive care staff on standby if we need them. Everyone is highly trained and we work in unison to provide the best possible care."

### National award for trauma service

Dr. Fallat has been instrumental in improving pediatric trauma care beyond Louisville. She helped establish trauma system legislation so all citizens in Kentucky could get quality care. She's served on national and federally appointed trauma committees and completed a grant to help first responders cope with death in the field.

For these efforts, Dr. Fallat recently received the Pediatric Trauma Society's Lifetime Achievement Award. The award is given to professionals who have had the biggest impact on improving trauma care nationwide.

"It was very humbling to receive the award, but I had a lot of help getting here," she said.

Despite all of her achievements, Dr. Fallat doesn't plan to slow down anytime soon. Currently, she's examining pediatric trauma centers across the country to see how regional care can be improved. She also still enjoys serving patients here at home.

"I still love taking care of kids and their families," she said.

—Joe Hall



Mary E. Fallat, M.D.

Dean Lavenson Photo

### TWO WAYS TO SUPPORT EXCEPTIONAL TRAUMA CARE

The Norton Children's Hospital Foundation established the Hirikati S. Nagaraj, M.D. Endowed Chair in Pediatric Surgery with the goal of recruiting and retaining key leaders in the field. You can help it continue into the future with a gift in support of the endowment or by supporting the trauma program directly through a donation to the Norton Children's Hospital Foundation. Visit [HelpNortonChildrens.com](http://HelpNortonChildrens.com) for details.

# Norton Children's and UofL join forces 'just for kids'!

**I**t's official! In March, Norton Healthcare, UofL Physicians – Pediatrics and the University of Louisville School of Medicine officially began a new affiliation designed to make it easier for families to access expert pediatric inpatient and outpatient care.

Norton Children's Medical Group now operates the former UofL Pediatrics outpatient offices. The model combines each organization's strengths to enhance medical care for children.

"Children will benefit from the strong academic training programs and research that will continue through the UofL School of Medicine. Working together will help us attract additional specialists to Louisville to care for children with the most complex medical issues," said Kimberly A. Boland, M.D., professor and chair, department of pediatrics, University of Louisville School of Medicine.

"Ultimately, the goal is to develop and deliver the best possible programs, services and patient experience for the children of Kentucky and beyond," said Jennifer C. Evans, M.D., MPH, FACOG, system vice president, women's and pediatric services, Norton Healthcare. "We look forward to seeing what great things we can accomplish together, not only in clinical care but in educating future pediatricians and making new discoveries in the field of child and adolescent health care."

## Expanding access and expertise

### STRONG ACADEMIC TRAINING AND RESEARCH:

Norton Healthcare's support of UofL's clinical research and academic mission means more power can go into finding tomorrow's cures.

### MULTIDISCIPLINARY CLINICS:

Children with chronic medical conditions can visit one location to see a team of specialists on the same day, for convenience and coordinated care. More than 20 additional clinics are planned over next two years.

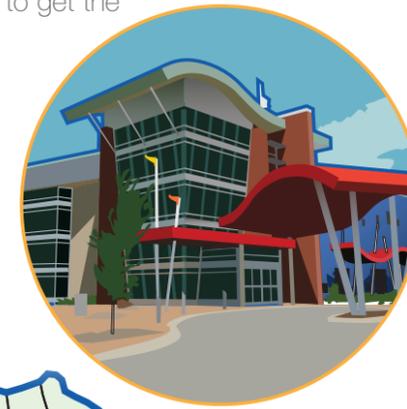


**SERVING THE REGION:  
OVER 50 LOCATIONS IN  
30 COUNTIES**



### IMPROVED ACCESS: OVER 250 ADDITIONAL PROVIDERS

More specialists means it's easier for families to get the care they need.



**EXPERTISE:** Working together to recruit, train and retain highly skilled and experienced physicians.

# HEART TEAM HELPS YOUNG MAN THRIVE as firefighter and father

Lauren and Lukas Coward

Dean Lavenson Photo



**T**wenty-five-year-old Lukas Coward was born with Ebstein anomaly of the tricuspid valve, an extremely rare heart condition that accounts for less than 1% of all congenital heart defects.

Diagnosed at 18 months old, he never felt limited by the condition. He was an active, healthy, happy child who just happened to see a cardiologist.

As an adolescent, Luke stopped seeing his cardiologist regularly.

"I was an 18-year-old male — you think you're invincible," he said. "I felt fine, and I didn't grasp the severity of what I was dealing with."

Luke felt called to service and became a firefighter with the Jeffersonville Fire Department in Indiana. Then, the condition that had never caused him any issues as a child began to show symptoms. As a person with a congenital heart condition becomes an adult, they are then classified as having adult congenital heart disease (ACHD).

At 20 years old, Luke began experiencing episodes of a fluttering feeling in his chest and abnormally fast heartbeats — called supraventricular tachycardia (SVT). As a firefighter, he was used to pushing himself physically — but these episodes would happen even during mild physical activity.

After trying different types of medication management, Luke was told he should see an ACHD specialist. He was referred to physicians with Norton Children's Heart Institute, affiliated with the UofL School of Medicine.

## Surgery becomes the only option

A multidisciplinary team of physicians decided that surgery would be needed. But before that, Luke would need an electrophysiology (EP) study and catheter ablation to address the SVT. During the 10-hour procedure, Christopher L. Johnsrude, M.D., leader of the pediatric and adult congenital arrhythmia service at Norton Children's Hospital, created a 3D model of Luke's heart. It showed that Luke's heart anatomy was very complex and that he had multiple types of SVT. Using specialized catheters, Dr. Johnsrude applied a short burst of heat or cold to fix the abnormal rhythms.

Afterward, Luke's heart care team decided that a "cone procedure" would be the best surgical repair option to address Luke's abnormal tricuspid valve. The complicated operation involved creating a cone-shaped valve out of Luke's abnormal valve. He had the surgery on March 7, 2019. The firehouse's battalion chief, several firefighters and the union president sat with Luke's wife, Lauren, a Norton Children's Hospital nurse, during the whole experience.

Luke was back on a fire truck three months later.

"During that time, I was doing cardiac rehabilitation, walking and exercising, and doing all recommended exercises," Luke said. "There were other firemen out longer for shoulder surgery. I was impressed by how quickly I healed."

While he didn't think much of his condition as a child, he's come to respect and understand it as an adult.

"I'm glad of the reassurance my care has given me," Luke said. "I now feel 100% about my health and abilities. It's so nice to have the heart team behind me. I didn't know I could feel this good."

## And then a new beginning

During this time, Luke and his wife, Lauren, found out they were expecting their first child. Because congenital heart conditions can be hereditary, he and Lauren consulted specialists at Norton Children's Maternal-Fetal Medicine.

They were followed throughout the pregnancy with ultrasounds and fetal echocardiograms, which ultimately resulted in great news:

"The cardiologist told us our baby looked perfect!" Lauren said.

In March — a full year after Luke's surgery — Lauren gave birth to a healthy baby boy, Eli.

—Kim Huston

## HEART CARE FROM BEFORE BIRTH TO ADULTHOOD

Nearly one in 100 children has some type of congenital (present at birth) heart defect. Thanks to advances in fetal testing, congenital heart defects can be detected before birth, giving physicians and parents time to prepare and create a treatment plan.

This has led to more adults like Luke living full lives with ACHD. The Coward family is evidence that receiving care from a specialized team trained to treat congenital heart conditions in babies, children and adults makes all the difference.

With funding from the Norton Children's Hospital Foundation, Norton Children's is able to offer fetal echocardiography testing at six locations in Louisville and Central and Western Kentucky. Thanks to the generosity of the Harold, Juanita, David, Dennis and Gary Koon Family Charitable Foundation and students who participated in Western Kentucky University's Dance Big Red through the Norton Children's Hospital Foundation, fetal imaging equipment recently was purchased for Norton Children's Hospital Outpatient Center — Bowling Green.

Learn more at [NortonChildrensHeart.com](http://NortonChildrensHeart.com).



Family photos

## Gifts to the Norton Children's Hospital Foundation help Norton Children's Hospital

The individuals in bold were recognized through tribute gifts to the Norton Children's Hospital Foundation from Sept. 1 to Dec. 31, 2019.

**Abigail Faith Allen**  
Jerry & Kathy Walston

**Jordan Alvey**  
Cheri Fluhr  
Christine Johnson

**Boyd & Lawson Anderson**  
Diane Wright

**John E. Anderson**  
Mr. & Mrs. Gary M. Anderson

**Barren River Regional Cancer Center**  
Rondal C. & Patty Wilson

**Leeland Joseph Baumgartle**  
Daniel & Martha Suddarth

**Austin Cable Beach**  
Anonymous

**Angela Marie Becvar**  
Craig & Laura Jones

**Marilyn Bientz**  
Angela Rowe

**Anna Edith Bivins**  
Jodell Renn

**Addison Jo Blair**  
Janesa L. Creason

**Marie Blankenship**  
Debbie Adair  
Anonymous  
Gary & Patsy Bailey  
Betty Blankenship  
Carolyn Blankenship  
Sandra Broady  
Eva Cline  
William & Brenda Collins  
Imogene Garmon  
Sammye Graven  
Birdie Dell Hall  
Mark & Susan Hughes  
Robert & Felicia McLean  
Tim Napier

Tracy & Darcy Oliver  
Scottsville Fire Department  
Scotty & Lana Stovall  
George & Brenda Strickler  
Union Chapel Sunday School  
Joyce Wood  
Marsha Fay Woodward  
Joe & Lynn Young

**Claire Morgan Boone**  
Franklin Boone

**Edgar Paul Bunch & Tobey Stroud**  
Beverly Higgs

**Virginia F. Burton**  
Albert J. Burton

**Jade Cain**  
Paducah Jazzercise Center

**Reagan Carter**  
T.A.P. Sisters

**Lauren, Brianne, Noah, Charlotte, Claire, Benjamin, Calvin, Samuel, Kenneth & Alice Cecil**  
Ben J. & Janet L. Cecil

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- 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).*



Patient Olivia Stewart puts the finishing touches on the mural outside Norton Children's Hospital.

## Everything's coming up roses!

In February, Norton Children's Hospital teamed up with a local artist group called "Often Seen, Rarely Spoken" to complete an interactive mural on the front exterior of the hospital facing Chestnut Street.

The mural is named "Where Hope Blooms." Because so many families come to Norton Children's Hospital at their most vulnerable time, the artwork is designed to remind them that hope happens every day at the hospital.

The mural is 25 feet tall by 15 feet wide. It took 7 gallons of paint and 40 cans of spray paint to complete.

Snap a photo in front of the mural and share @NortonChildrens using #WhereHopeBlooms.



## 2019 holiday events raise nearly \$1 million

Winners of the 2019 Norton Children's Hospital Home & BMW Raffle were drawn during the Snow Ball gala on Nov. 23. The grand prize winner of a new home in Norton Commons, built by the Ramage Company, is Deborah Kipper of Riverside, California. Because of the win, the recently retired Kippers are in the process of selling their California home in order to make a permanent move to Louisville!

The winner of the 2020 BMW 2 Series convertible from BMW of Louisville plus \$10,000 cash is Malcolm Carraco of Carrolton, Kentucky.

Monthly prize winners:

- Kathleen Lambert of Louisville – gas for a year
- Anthony J. Manni of Prospect, Kentucky – Apple iPad and Microsoft Surface Pro
- Richard Stocke of Louisville – groceries for a year

The 2019 Festival of Trees & Lights, including the raffle and Snow Ball gala, raised a combined total of \$805,700 benefiting the area of greatest need at Norton Children's Hospital.

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

	<b>MAY</b>  18	<b>Wendy Novak Diabetes Center Golf Invitational</b> , Valhalla Golf Club. Participants enjoy a fun day of golf, games and a reception with an open bar, private dinner and auction.
	<b>JUNE</b>  4	<b>11th annual Bourbon &amp; Bowties™</b> , 6:30 p.m., the Bridgeman residence: Fleur de Lis Farm, Prospect, Kentucky. Enjoy an evening of gourmet hors d'oeuvres from Louisville's top chefs, music, and live and silent auctions. Tickets on sale May 7, 9 a.m., at <a href="http://NortonChildrens.com/BourbonAndBowties">NortonChildrens.com/BourbonAndBowties</a> .
	  6	<b>Norton Children's Night at the Louisville Bats</b> , 7 p.m., Louisville Slugger Field. The first 500 kids up to age 12 will receive a limited edition Louisville Bats and Norton Children's baseball hat.
	  6 and 7	<b>20th annual Wings for Kids</b> , Saturday's air show begins at 10 a.m.; Sunday at 11 a.m. Bill Fluke Airfield at E.P. "Tom" Sawyer State Park. Bring the family to a radio-controlled air show hosted by the River City Radio Controllers, and see a variety of flying exhibitions. Proceeds benefit the "Just for Kids" Transport Team at Norton Children's Hospital. Learn more at <a href="http://NortonChildrens.com/WingsForKids">NortonChildrens.com/WingsForKids</a> .

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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 Associates 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**.

Spring 2020

## Cart Wheels

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

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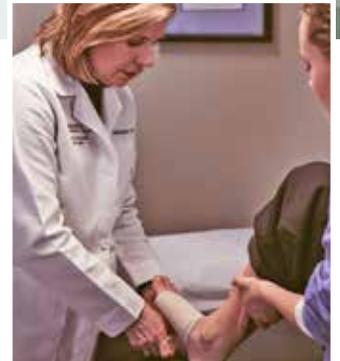
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