

Summer/Fall 2021

Cart Wheels

A Very Special
DELIVERY

Ready for **BACK TO SCHOOL?**
Kids and the COVID vaccine
Make plans to **SPLASH 'N' DASH**



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

CART WHEELS
CONTENTS

- 3 Is your child safe on the internet?
- 4 Ready for school?
Tips for a healthy start
- 6 COVID-19 vaccine Q&A
- 7 Supporting mental health in LGBTQ+ teens
- 8 Teen misses no steps tackling bone cancer
- 10 A very special delivery
Baby with rare heart defect thriving after specialized care
- 12 Donor Spotlight
Texas Roadhouse: Legendary service to our hospital
- 13 Summertime fun for a great cause
- 14 Donors give more than \$5.4 million
Wade Mountz Heritage Society recognizes 2021 members
- 15 Meet the faces behind Home & BMW Raffle
- 16 Tribute Gifts
- 18 News and Notes
- 19 Upcoming Events



Lazy days of summer? Not this year!

I don't know about you, but we can feel the energy in the air. There's a hustle and bustle that's been missing for a year. People are getting back to their pre-COVID routines, getting out and about for summer fun, traveling and helping our community's economy. It brings joy to our hearts and is a wonderful sight to see!

Some news from our end: Norton Children's continues to be on the forefront of national research in several areas. Currently key among them is our participation in the recently launched COVID-19 vaccine clinical trial in children up to age 11. We are proud to be part of such important and lifesaving research.



While daily miracles continue to happen at Norton Children's Hospital, you may be finding that getting your kids back to in-person school is a small miracle in itself. Inside we've provided some great tips for ensuring your kids stay healthy as they hit the classroom.

But before school starts back, we can't wait for one of our favorite events — the Norton Children's Hospital Splash 'n' Dash Walk/Run on Saturday, Aug. 7, at Waterfront Park. You'll

find all the details inside, along with a few reasons why you and your family shouldn't miss this chance for some summer fun.

On behalf of everyone at Norton Children's, thank you for your continued support and generosity in helping us fulfill our mission of ensuring every child has access to care "Just for Kids."

Lynnie Meyer

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

Jennifer Evans

Jennifer C. Evans, M.D., MPH
System Vice President
Pediatric Services
Norton Healthcare

Emmett Ramser

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



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



Adults and children alike are spending more time online than ever before. These days, our link to the world and relationships comes from the internet — for work, school, homework, connecting with friends, playing games and more. When used responsibly, the internet is a great asset, but like anything else, it has risks, and there are people whose intent is to use it to victimize others. Unsupervised internet usage has created an open forum for predators to seek out children.

Teach your kids safe behavior when using the internet and social media:

- 1 Set up parental controls and strict privacy settings.
- 2 Create a family media agreement. This written document should include clear boundaries and rules on digital use and screen time, along with consequences for breaking the rules within the plan. It should be simple, clear and enforceable.
- 3 Communicate with your kids. Encourage them to talk to you if they feel uncomfortable with anything they have seen on the internet or messages they have received.
- 4 Never give out personal information. Information that should be kept private includes phone number, address, school name, photos and passwords.
- 5 Practice good internet manners. Teach kids to be kind online. Remind them to never send a message they would not say to anyone's face or send pictures they would not show to a family member.

- 6 Be wary of strangers. Kids should interact online only with people they know. Tell them not to accept friend requests from people they don't know in real life.
- 7 Know warning signs. Talk with your child if they are spending long periods of time online, shutting down or turning off screens when someone enters the room, or withdrawing, especially at night.

—Joyce Retz

Let's Talk Internet Safety

Aug. 5, 6 p.m. • Zoom

Oct. 7, 6 p.m. • Facebook Live

Norton Children's Prevention & Wellness is hosting this free class for parents of kids ages 10 to 18 with Lt. Mike Bowling, commander of the electronic crime branch of the Kentucky State Police. Lt. Bowling has over 20 years of experience in the field of investigating child sexual exploitation, and has conducted and participated in hundreds of exploitation investigations and complaints. He will share information on keeping kids safe on the internet, including:

- Potential dangers and tips to prevent online solicitation
- Harassment
- Illegal behaviors
- Popular social media platforms

Register for the Zoom event at [NortonChildrens.com/Classes&Events](https://www.nortonchildrens.com/Classes&Events). Go to the Norton Children's Facebook page for the Facebook Live event. No registration needed.

⇒ READY FOR ⇐

BACK TO SCHOOL?

Here are some health tips to get your family off to a good start

Most students in our area are preparing to go back to in-person learning after many months online during the pandemic. In addition to getting your child ready for the transition to the classroom, buying new clothes and stocking up on supplies, be sure their health is in check.

"Visits to your pediatrician can offer a chance to receive information from specialists on how to keep your child safe from illness while they are attending school," Dr. Howell-Berg said.

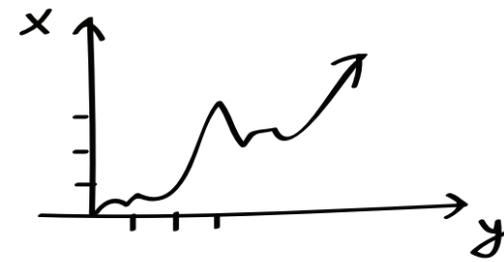
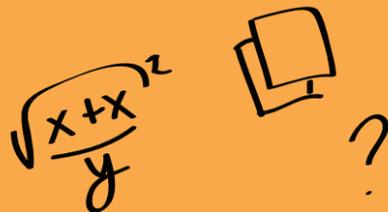
A well-child visit may include:

- Psychological and behavioral assessment
- Blood pressure and heart rate screening
- Cholesterol and blood sugar readings
- Fine and gross motor skills assessment
- Height and weight (BMI) screening
- Physical examination
- Check of reflexes
- Scoliosis screening
- Safety checks, such as wearing bike helmets and seat belts
- Sports-specific issues, including nutrition, exercise and training

$\pi = 3,14$



future



Masks and sanitizing

Taking pandemic precautions will continue this school year. Be sure your child has a supply of face masks that are comfortable when worn all day. Review how to practice social distancing, and be sure school supplies include personal hand sanitizer.

"If your child has a medical or other reason why a mask cannot be worn, be sure you've communicated this to the school and gotten guidance on how to prepare," Dr. Howell-Berg said.



Allergies and asthma

Before the first day of school, make sure your child's asthma is under control and your child knows how to handle an asthma attack. They also should be able to name any food or other allergies they have.

"If your child has food allergies, know what foods will be available at school and whether there are allergy-free options," said Adriana S. McCubbin, M.D., Norton Children's Allergy & Immunology, affiliated with the UofL School of Medicine. "If your child has an insect sting allergy, know the plan for keeping them safe during outdoor activities."

Asthma and allergies also must be communicated to the school. There may be forms you have to fill out, and you may have to supply the school with emergency allergy or asthma medication, as well as an asthma action plan or a food allergy emergency care plan.

"If your child's allergies or asthma are not well-controlled, discuss with your pediatrician getting a referral to an allergy or asthma specialist," Dr. McCubbin said.



Sleep schedule

Getting enough sleep is one of the best ways to ensure school success. Begin a school sleep routine a couple of weeks before school starts so they are adjusted by the first day. Elementary school-age kids need 8 1/2 to 11 hours of sleep per night.

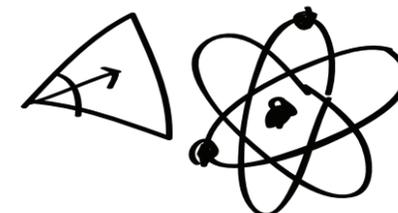
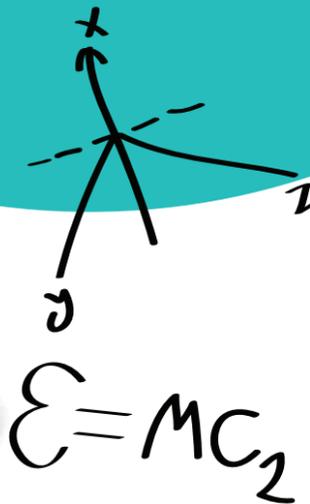
In addition to going to bed at the same time every night, your child should keep a consistent routine before bed, such as bathing and reading. This will train your child mentally and physically to prepare for a good night's sleep.

-Jennifer Reynolds



Establish a relationship with a children's health provider

Norton Children's Medical Group, affiliated with the UofL School of Medicine, offers pediatric primary care at more than 20 locations throughout Louisville and surrounding communities, including Southern Indiana. To find a pediatrician near you, go to [NortonChildrens.com/Pediatrician](https://www.nortonchildrens.com/Pediatrician).



Like



COVID-19 vaccine

Q&A

The vaccine is now available for ages 12 and up

The Pfizer COVID-19 vaccine is now approved for children as young as age 12. You may be wondering if you should get your child vaccinated and whether it's safe in younger people. Here are some facts about the vaccine.

Q: If the virus hasn't hit kids as hard as adults, why is it important to get the vaccine?

A: Since the start of the pandemic, more than 3.8 million kids have been infected with COVID-19. Many children with COVID-19 have no symptoms or a mild case. One or two kids out of 100 may get sick enough to need hospitalization.

Some who didn't even know they were infected or had mild cases will go on to develop a life-threatening complication called multisystem inflammatory syndrome in children (MIS-C), where internal organs, including the heart, become inflamed.

In addition, even if a child is infected with no symptoms, they still can pass it on to others.

Q: Is the vaccine safe for kids?

A: Millions of people have received the vaccine, and it has been proven safe and effective. In a clinical trial of more than 2,000 children ages 12 to 15, half got two doses of the vaccine and half got placebo saline shots. There were no COVID-19 cases among kids who got the vaccine and 18 cases among kids who got the placebo.

The same children who received the vaccine also developed a strong immune response.

"Not only does the vaccine bring us another step closer to getting back to normal life, but it has been shown to be very safe for people ages 12 and up," said Kristina A. Bryant, M.D., Norton Children's Infectious Diseases, affiliated with the UofL School of Medicine.

Q: Are there any side effects?

A: The most common side effects were pain at the injection site, tiredness, headache, chills, muscle pain, fever and joint pain. The side effects typically lasted one to three days and were generally more common after the second dose than the first.

Q: What should reluctant children or parents do?

A: It's a great opportunity to sit down with a pediatrician. Giving everyone a chance to voice their concerns as well as get the information they need can open the dialogue.

—Dan Blake

SCHEDULE YOUR CHILD'S VACCINE

Parents or legal guardians who would like to schedule their children for vaccination can make an appointment at [NortonChildrens.com](https://www.nortonchildrens.com). Choose from several clinic locations throughout Louisville Metro.

At the forefront of pediatric vaccine research

Norton Children's and the University of Louisville School of Medicine Department of Pediatrics are participating in a Phase 2/3 clinical trial of the Pfizer-BioNTech COVID-19 investigational vaccine for healthy children ages 6 months to 11 years. We are the only site in Louisville, Kentucky, offering children the opportunity to participate in this trial, which will involve 100 sites worldwide.

Read more about this historic moment in science and public health at [NortonChildrens.com/COVIDTrial](https://www.nortonchildrens.com/COVIDTrial).

Helping teens through depression

UNSECURED GUNS IN HOME PRESENT ADDITIONAL RISK

The spread of COVID-19 has slowed, but it doesn't mean there won't be lingering effects of the pandemic. With so many struggling, it can be hard to know if your child is just having a bad day or is showing signs of depression.

"The stress, fear, grief, isolation and uncertainty created by the COVID-19 pandemic can wear anyone down, but many children and teens have had an especially tough time coping emotionally," said Kerry S. Caperell, M.D., pediatric emergency medicine physician with Norton Children's Emergency Medicine, affiliated with the UofL School of Medicine.

Now more than ever, it's important to talk your kids about depression and focus on gun safety in the home. Nearly 1.7 million children live in a home with a loaded, unlocked gun, according to the American Academy of Pediatrics (AAP).

Suicide is the second leading cause of death among children and young adults ages 10 to 24 in Kentucky and the U.S. Depressed teens are at risk for suicide. Younger children are at greater risk because high levels of stress and isolation can affect their brain development. Having an unsecured gun in the house presents a life-threatening risk that your family can avoid.

KNOW THE SIGNS OF DEPRESSION

- Issues with memory or concentration
- Loss of interest in schoolwork or activities in which they usually participated
- Not enjoying time with family or friends
- Changes in weight (loss of appetite or weight gain)
- Persistent sadness or irritability
- Sluggishness due to changes in sleep patterns
- Talk of suicide

As a parent, be ready to listen and ask questions. Don't be afraid to show children how much you love them and that you're ready to help them get through the troubling issues.

GUN SAFETY AT HOME

While the safest thing for your family is not to keep a gun in the house, the best way to avoid firearm-related accidents is to talk to your children about the risks involved when keeping guns in the home. Often children and teens do not realize that handling a gun just once can lead to tragedy. It's important to take steps for responsible and safe storage.

GUN STORAGE TIPS

- Store guns in a locked location, unloaded, out of reach and sight of children.
- Store ammunition in a separate locked location, out of reach and sight of children.
- Hide keys and combinations to gun and ammunition safes.
- When a gun is not being stored, it should be on your person and in your immediate control at all times.
- If a visitor has a gun in your home, provide them with a space to lock it up.
- Dispose of guns you don't need in a safe way. Consult with law enforcement in your community on how to do so.

Find more gun safety tips at [NortonChildrens.com/GunSafety](https://www.nortonchildrens.com/GunSafety).

—Tom Heiser

Emergency mental health services

If your child is experiencing a psychiatric emergency, call 911 or go to the closest emergency room. Norton Children's emergency departments have behavioral and mental health specialists available to assess and properly treat children and teens.



Teen misses no steps tackling **bone cancer**

Jennifer Pascual, like most teens, has many interests. The 13-year-old, who lives in Southern Indiana, enjoys spending time with her large family. She loves animals and has many pets. She likes to draw and paint, play music and sing.

"I'm learning to play the ukulele," she said. "It's really fun."

Unlike most teens, however, Jennifer has a type of bone cancer called **osteosarcoma**. Osteosarcoma is relatively rare, yet it is the most common form of bone cancer among children and teens.

Kerry K. McGowan, M.D., pediatric oncologist/hematologist with

It's never easy to tell a family their child has cancer. When I told the Pascuals Jennifer's diagnosis, she was a positive force within her family. She set the tone of 'We've got this.'

—Kerry K. McGowan, M.D.

Norton Children's Cancer Institute, affiliated with the UofL School of Medicine, is Jennifer's main cancer doctor. She said nationwide, only about 400 new cases of osteosarcoma are diagnosed annually.

Dr. McGowan first saw Jennifer in December 2019 when she was admitted to Norton Children's Hospital after seeing her pediatrician for persistent burning pain in her right leg. Tests soon confirmed osteosarcoma in her femur.

"It's never easy to tell a family their child has cancer,"

Dr. McGowan said. "When I told the Pascuals Jennifer's diagnosis, she was a positive force within her family. She set the tone of 'We've got this.'"

In April 2020, Jennifer was scheduled for rotationplasty, a specialized surgical alternative to amputation. It removes the lower portion of the leg, including the knee joint. The foot and ankle are then rotated and reattached to the remaining part of the leg.

The ankle takes on the job of a knee joint. This gives the patient more potential for flexibility and function once they are fitted with a prosthesis.

According to Dr. McGowan, the rotationplasty, paired with today's advanced prostheses, can greatly improve outcomes.

"Patients can function well in daily living and even enjoy activities such as sports or dancing," she said.

As the time for Jennifer's surgery neared, she enjoyed working with art therapist Laura Chamberlin. Painting helped her stay busy and express her feelings.

One day Laura showed Jennifer some photos of famed artist Frida Kahlo, whose right leg was amputated due to childhood polio and a later injury. Jennifer was inspired by Kahlo, who painted bright flowers on her prosthesis.

Jennifer thought, "Lots of people have bad things happen but still do great things, and so can I."

Moving forward

Jennifer has continued to recover since leaving the hospital in October 2020. She sees Dr. McGowan for regular checkups.

Dr. McGowan said this can be a hard time for young patients, who typically get 10 weeks of chemotherapy, then another 18 weeks of it following surgery. At the same time, they have to get used to a new way of moving.

"Surgery is not the last step but an in-between stop in a long process.

Lots of people have bad things happen but still do great things, and so can I."

—Jennifer Pascual

Transitioning to full use of a prosthetic is a multistage process," she said, adding that thankfully kids often show surprising resilience.

"Jennifer has shown she is a very strong person from day one," Dr. McGowan said. "She has come a long way and is heading toward that final stage with her prosthetic."

Jennifer is happy about "graduating" to crutches and having less need for a wheelchair or walker. She is working on "training her brain" and building confidence to put weight on her prosthesis.

Jennifer said she looks forward to returning to school, but for now is taking classes online. She is not shy or worried about going out in public. She is eager to travel and visit family she has not seen in a long time.

"I'm moving forward and concentrating on my overall health," Jennifer said.

—Menisa Marshall



Kerry K. McGowan, M.D., and Jennifer Pascual

SEPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH

You can help raise awareness and support Norton Children's Cancer Institute! Go to [GoGoldForNortonChildrens.com](https://www.GoGoldForNortonChildrens.com) to learn how.



Sept. 11, 2021
Norton Cancer Institute – Brownsboro

Join the community in supporting the lifesaving cancer care available at Norton Children's Cancer Institute. Choose from a 15-, 35-, 65-, or 100-mile supported ride, a 5-mile Family Ride, an hourlong spin ride or a virtual ride. Volunteers also are needed to help support the mission and cheer on riders! 100% of funds raised go directly to support our mission to cure cancer and eliminate suffering.

Learn more and register at [BikeToBeatCancer.org](https://www.BikeToBeatCancer.org).



A Very Special DELIVERY

Sixtus, Oliver, Lena and Eleanor Iwu

Dean Lavenson Photo

Baby with rare heart defect thriving after specialized heart care

Lena and Sixtus Iwu say that looking at their daughter, Eleanor, you would never know what she's been through. The thriving baby girl has a rare congenital heart condition called long QT syndrome.

Eleanor's journey began before she was born in December 2020. A routine 20-week ultrasound by Lena's OB/GYN discovered Eleanor's heart rate was too slow. Lena was referred to the Norton Children's Maternal-Fetal Medicine team and later fetal cardiologists with Norton Children's Heart Institute, affiliated with the UofL School of Medicine.

Eleanor's type of long QT syndrome caused the slow heartbeats from second-degree atrioventricular (AV) block, preventing electrical signals in the atria from reaching the ventricles. In addition, Eleanor's heartbeats were sometimes fast and irregular. These heart rhythm issues made it difficult for her heart to pump blood effectively, making her quite sick.

Jyotha Matta, M.D., pediatric cardiologist, prescribed beta blockers (a heart medicine) for Lena to take to reach Eleanor in the womb. The medicine calmed Eleanor's erratic heart rhythm enough for her to grow and become healthier before she was born.

And then a special type of delivery

Due to possible complications Eleanor was facing, the Norton Children's Heart Institute team prepared for everything. They decided Lena should deliver at Norton Children's Hospital — an extremely rare event. Usually newborns expected to have complications are delivered at Norton Hospital and brought via pedway to Norton Children's Hospital. Lena delivered in one operating room next to another prepared for Eleanor. The heart institute team coordinated with specialists throughout the hospital so everyone would be ready to go.

"All the specialists put a game plan together," Lena said. "They did a presentation about us and coordinated all the details to make sure the delivery was perfect. They practiced it down to the second. While it wasn't the birth plan we had envisioned, it was perfect for Eleanor and it got her here safely, and that's what really mattered to us."

On the day of Eleanor's arrival, 36 health care team members were present to assist.

As soon as Lyndsey D. Neese, M.D., maternal-fetal medicine specialist, delivered Eleanor, the 4 1/2-pound baby was carried to the next room by Tamina R. Singh, M.D., neonatologist with Norton Children's Neonatology, affiliated with the UofL School of Medicine.

"Everyone was enormously happy because Eleanor was crying, vigorous and strong," said Christopher Johnsrude, M.D., director, pediatric arrhythmia service, Norton Children's Heart Institute.

All the specialists put a game plan together. They did a presentation about us and coordinated all the details to make sure the delivery was perfect. They practiced it down to the second. While it wasn't the birth plan we had envisioned, it was perfect for Eleanor and it got her here safely, and that's what really mattered to us."

—Lena Iwu

Too small for a permanent pacemaker, Eleanor had a temporary pacemaker implanted. She spent weeks in the Jennifer Lawrence Cardiac Intensive Care Unit (CICU), growing under the close watch of the heart institute team. At 6½ weeks, Eleanor underwent surgery to place a permanent pacemaker.

She recovered for another week in the CICU. When it was time for Eleanor to go home, the CICU team held a celebration parade for the family.

"When you look at her now, you almost can't believe she's been through it. She's active, moving and talking to us. It's pretty incredible to see how well she's doing," Lena said.

While Eleanor's heart journey will continue for many years, her parents know she is in the best hands.

"We are forever grateful to our team at Norton Children's!" Lena said.

—Anne Cannon

HEART CARE: A FAMILY AFFAIR

Eleanor's care led Lena to learn something about her own health: She also has long QT syndrome. When congenital conditions are found, a screening called "cascade family genetic testing" is done on family members. Lena discovered she and her brother have the same condition.

"I truly believe Eleanor saved our lives because I don't know if we would have known otherwise," Lena said.

Norton Children's has a long legacy of being a leading center for congenital heart disease care. Trained specialists provide inpatient and outpatient care for children and adults, including before birth and into adulthood.

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

Donor Spotlight

Saluting legendary service to Norton Children's Hospital

Texas Roadhouse is committed to legendary food and legendary service, but did you know the Louisville-based company's commitment to service extends far beyond the walls of its restaurants? Nowhere is that more obvious than through its long-standing support of Norton Children's Hospital, which has now expanded to include a partnership with the restaurant's newest concept — Jagers.

"Our partnership with Norton Children's started with Texas Roadhouse and has now expanded to our fast-casual restaurant, Jagers," said Diania Ciresi, senior manager, community relations/Andy's Outreach, Texas Roadhouse.

Located on New Dutchmans Parkway in Louisville and known for its burgers, hand-breaded chicken tenders and sandwiches, Jagers is donating more than \$160,000 in meal vouchers to women delivering babies at Norton Hospital and Norton Women's & Children's Hospital. Recently, staff at Norton Hospital's mother/baby unit also were treated to lunch from Jagers.

"We love supporting our community and are excited to give moms one less thing to think about after having a baby," Diania said.

From donating food for kids' "end-of-chemo parties" to giving more than \$665,000 through the Norton Children's Hospital Foundation over the years, Texas Roadhouse's impact has been great.

"Texas Roadhouse has been proud to partner with Norton Children's for over 15 years," Diania said. "It has given us the opportunity to support the Louisville community in many different ways."

Texas Roadhouse helped make possible Surgical Theater equipment for pediatric neurosurgery — virtual reality technology that creates an immersive 3D view of a patient's brain — as well as NicView cameras in the neonatal intensive care units to keep babies and families connected when they can't be together. Additionally, the company supported the addition of a 4,000-square-foot healing garden at Norton Children's Hospital.

Texas Roadhouse employees also have given their time and talent over the years volunteering at Norton Children's Hospital Foundation events and hosting their own employee-led events in support of patient families.

"We are so fortunate to have the ongoing support of partners like Texas Roadhouse and Jagers," said Lynn Meyer, Ed.D., R.N., CFRE, senior vice president and chief development officer, Norton Healthcare. "They really are a force for good for children and families in the communities we serve."

—Julie Krueer



Jagers employees provide a meal to Norton Hospital mother/baby unit caregivers.

Jamie Rhodes Photo

Dine out and give back

Tuesday, Aug. 31, 2021

Dine at any Greater Louisville Texas Roadhouse location on Tuesday, Aug. 31, and mention Aiden's Legacy. Texas Roadhouse will donate 10% of your bill (excluding alcohol) to Norton Children's Cancer Institute, affiliated with the UofL School of Medicine, through Aiden's Legacy and the Norton Children's Hospital Foundation.

Texas Roadhouse has hosted this fundraiser every year since 2014, raising more than \$145,000 for Lego gifts for patients as well as facility and equipment upgrades. This year's proceeds will fund a new facility dog — part of Norton Healthcare's Heel, Dog, Heal program — to serve childhood cancer patients.

DON'T MISS ANOTHER OPPORTUNITY TO ENJOY FRESH-MADE FOOD. SEE THE BACK COVER FOR A SPECIAL OFFER FROM JAGGERS!



Norton Children's coolest event of the year is just around the corner. Have you signed up for the Norton Children's Hospital Splash 'n' Dash Walk/Run? If you still need some persuading, here's what some past participants had to say:

Family fun for all ages

"Last August, I wanted something special to do together with my oldest son before he moved from Louisville. I didn't want a sad goodbye dinner, but to create a unique memory. Since we are a family that is very active together, I asked him to join me in the Splash 'n' Dash 5K run. My son jumped out of the car and saw the fireman turn on the fire hose, then he said, 'What have you gotten me into?' I smiled, pushed him up to the starting line, and we took off jogging together. We jumped over obstacles, ran through sprinkler structures, quick-stepped through tires, jumped into a dumpster full of water, and slid down an adult-size slip-n-slide.

"It was one of the most fun, meaningful experiences I have ever had with my son. We laughed, got very wet, and felt happy and connected. It is now going to be a family tradition."

Mom with young kids

"As a mom of three children ages 5 and under, I look forward to Splash 'n' Dash each year because it is a fun, safe opportunity to do something active as a family. The 1K is perfect for us because we can walk together. I can even bring the baby in the stroller, and the big kids still get to climb and splash their way through the obstacles on the course. Their most favorite part is the 'Just for Kids' Zone. They could spend all day bouncing on the inflatables, and my son looks forward to being sprayed by the local fire department every year. They even have a 'tot zone' with water tables and activities for babies.

"I love that Splash 'n' Dash provides me with the opportunity to ... make a difference for kids at Norton Children's Hospital."

Don't feel like you're fit enough?

Splash 'n' Dash offers an option for everyone. A short 1K route is perfect for walkers and families. A 5K route is sure to be packed with fun at a walking or running pace. Or you can walk or run a route of your choice on your own.

The biggest motivator of all should be for the cause, for the reason you will exercise and for the potential impact you could make. Whatever you do, the most important thing is to have fun!



Saturday, Aug. 7
Louisville Waterfront Park
Big Four Lawn

Splash, dash, walk or run in support of Norton Children's Hospital! Find all the ways your family can participate and register at [SplashNDash5K.org](https://www.splashndash5k.org).

Wade Mountz Heritage Society recognizes 2021 members Donors give more than **\$5.4 million**

Fourteen individuals and families have joined the Wade Mountz Heritage Society after making gifts totaling more than \$5.4 million to the Norton Children's Hospital Foundation and/or Norton Healthcare Foundation. They were honored and recognized at an event in May.

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 Healthcare and Norton Children's Hospital.

To date, members of the society have donated more than \$59 million toward the future of health care in our community.

"The members of the Wade Mountz Heritage Society have stepped up to make a difference for health care in our community," said Lynn Meyer, Ed.D., R.N., CFRE, senior vice president and chief development officer, Norton Healthcare. "We are grateful for their leadership in supporting Norton Children's Hospital and Norton Healthcare, and investing in driving innovation, research, patient care and education."

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. The society's model of charitable estate planning allows individuals to leave a lasting legacy.

2021 inductees

- | | |
|-----------------------------|--|
| Beth and Matthew Allen | Kristin and Jeremy Pickerell |
| Maria L. Bouvette | Heather and Nick Singleton |
| Anne and Steven Cannon | Kristen and David S. Smotherman, M.D. |
| Cure CF Inc. | Kristin and Aaron C. Spalding, M.D., Ph.D. |
| Kathleen and Kenneth Exline | Kirsten and Jeremy Sprecher |
| Rebekah and David Hussung | Amy and Corey Sugg |
| Amy and Mark Johnson | |
| Mari-Elise and Bruce Paul | |

Leave a lasting legacy

For many of us, there is a compelling need to make a difference that leads us to ponder our legacy. The Norton Children's Hospital Foundation offers many ways to make a planned gift, including charitable bequests, which enable you to further our work long after you are gone. A charitable bequest can help you save estate taxes by providing your estate with a charitable deduction for the value of the gift. With careful planning, your family also can avoid paying income taxes on the assets they receive from your estate. To learn more about planned giving, call **(502) 629-8060**.



Dean Lavenson Photo

MEET THE FACES BEHIND THE HOME & BMW RAFFLE

Thousands of people have made the Norton Children's Hospital Home & BMW Raffle a success over the past 11 years, but out of them all, two names rise to the top of the list: Charles Osborn III and David Ramage.

Charles is managing director of Norton Commons, and David is founder and president of Ramage Company. Norton Children's 11th raffle home is nearing completion now in Norton Commons — a 600-acre, mixed-use, new urbanism community in northeastern Jefferson County.

"It has been really rewarding to see the Home & BMW Raffle grow," Charles said. "There are dedicated fans who buy their chances every year and they spread the word. You do not often see that kind of excitement and longevity with charitable events."

This is the ninth year that Ramage Company has supported the Home & BMW Raffle. It develops the plans for each unique raffle home with C3 Studio LLC — a process that David looks forward to each year — and oversees construction of the home. David said he wanted to focus on connecting the inside of the 2021 raffle home with the outdoor rooms.

"I want the house to be comfortable and approachable, which is important given the pandemic our society has experienced for the past year," he said. "This home has multiple access points to the front porch, wraparound porch and side porch, plus a nice yard space."

The parks, green spaces, restaurants, retail stores, concerts and other events at Norton Commons help promote social interactions and getting to know your neighbors, according to Charles.

"Those interactions occur with greater frequency because Norton Commons has been — and will always be — laser-focused on walkability," he said.

The raffle homes are some of the most recognized houses in the neighborhood and bring a lot of pride to Norton Commons.

"Everyone recognizes that even if they are not the winner, their money is going to be put to good use helping families when they need it most," Charles said.

Since 2011, the Home & BMW Raffle has raised more than \$3 million for Norton Children's Hospital. Tickets are \$100 each and only 15,000 are available each year. The raffle sold out for the first time in 2020.

—Julie Kruer

Win a house. Help a child.



Every raffle ticket purchased includes the chance to win the grand prize of a new home in Norton Commons valued at more than \$600,000 and the first prize of a new BMW X3 from BMW of Louisville plus \$10,000 cash.

Learn more about this year's house and purchase your tickets at HomeAndBMWRaffle.com.



Chris Joyce Photography

Left to right: Anne Cannon; Heather Singleton; Jeremy and Kirsten Sprecher; Mark and Amy Johnson; Kristen and David S. Smotherman, M.D.; Kathleen Exline; Jeremy Pickerell; Kenneth Exline; Kristin Pickerell; Beth and Matthew Allen; Russell F. Cox; Mari-Elise and Bruce Paul; Kristin and Aaron C. Spalding, M.D., Ph.D.; Rebekah and David Hussung; Lynn Meyer (Not pictured: Maria L. Bouvette, Jessica and Joey Klausung [Cure CF Inc.], Amy and Corey Sugg)

Pictured above: David Ramage and Charles Osborn III in Norton Commons

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 July 1 to Dec. 31, 2020

Charles V. Aull

Karen Case
Tim & Lora Hall
Keith Howell
Mary & John Medley
Daniel & Amanda Rosenberger
Sandra Kay Smeathers

Dennis "Denny" Michael Barrett Jr.

GSV Acquisitions
Kimberly New

Jerry Berman

Arnold J. & Carol L. Zegart

Owen Henry Bessinger

Sandy F. Stahl

Mary Dean Beyke

Jean Copp
Billy & Peggy Pendley
Hugh & Patricia Sweatt

Delonia "Donnie" Bloomer

Robert & Connie Little
Carroll & MaryAnn Skaggs
Harold & Josephine Yuncker

David Joseph Boehman

Wayne & Jacqueline Gilliam

James Rodman "J.R." Botkins

Derby City Newcomers & Neighbors Club Inc.

Pamilla Ann "Nanny" Bracy

Phillip Anderson
Teresa Cotton Santos
AnnMarie Slaughter
Willie Smith

Deion Branch

Albert Butler

Catheryn "Cate" Brown

Gary & Susan Mudd

Keith Anderson Browning

Paula McClain

Connie Blount Burke

Glen & Juanita Jasper

Cheryl Duncan Cardwell

501st Legion Bluegrass Garrison
Author by Humana Operations Team
Stevi Brown

Carleen "Sammie" Carver

Anonymous

Henry Paul "Hank" Cease Sr.

Anthony & Linda Kaelin

Adyson Grace Chesnutt

Deanna Balentine

Brystol "Bean" Childress

Madison Lee

Mason Christensen

Anthony & Lisa Christensen

Weston Cooksey

Lauren Dyer Hurt

Cammie Lee Coots

Joan Bandy
Mr. & Ms. James A. Dennis
Hernan & Tempie Rodriguez

Susanna A. Corcoran

James B. Purkhiser

Joseph A. Cotter III

Anonymous

Donald & Anna K. Crump

Steven & Karen Crump

James E. Dailey

Samantha Franke
Greg & Amy Seibert

Jerome Matthew Dattilo

Diesel Injection Service Co.
Karol Holden
Will Larson
Genevieve Montgomery
Our Lady of Providence High School

Benjamin & Emily Derr

Anonymous

Robert Lee "Bobby" Dorris

Brenda S. Dorris

Carolyn Faye Duncan

Wade Squires

Paul Allen Durbin

Kevin D. Durbin

Charley & Louise Edrington

Steven & Karen Crump

Coral Ehret

Susan L. & Tracy L. Knapp

Drew Esposito

Joshua Baluch
Aaron Bucco
Rich Danhauer
Kit Devine
Karen Eldridge
William Harrison
John Mangini
Jennifer Rogers
Scott Ruhnau
Shirley Smith
Bernard & Kathryn Stilger
Daniel & Sheila Tapp
Rella Tower
Leona Wing

John Eubanks

Wood Mackenzie's WoodMac Riders

Cami Evitts

Amanda Evitts

Jacob Vincent Faris

Katie G. Sawin

Luke Fisher & Karlee Pedley

Jeff & Connie Lashbrook

Leona Gimmel

Fraleys Home Improvement Inc.

Nicole Grass

Jim & Sheila Grass

Sean & Amanda Hans

Dina & Tim Hans

Sandra Kay "Sandy" Harshfield

Anonymous

Emma Hawley

Tim Hawley & Ellen Green

Oliver Noel Hawley

Belinda Hickman

Muriel Heiland

Lynn A. Pereira

Michael Joseph Hellinger

Carol J. Hellinger

Willie & Elizabeth Henderson

Sarah E. Henderson

Helen Hickey

Robert T. Hickey

Eleanor Iwu

Beth Muckler

Donald Ray Janes

Kathy Sturgeon

Erika Lee Grawemeyer

Elizabeth L. Muse
Sally Smith

Lindsey Johnson

Calvin Miles

Shelby Dean Johnson

Alexander & Company CPAs PSC
Larry & Norma Bean
Wayne & Carol Bivins
BTM Engineering Inc.
Tammy Calhoun
Gaylia Dugger
Anna Farmer
First Christian Church
Michelle Ann Fischer
Richard & Judith Greenwell
Irmtraud Johnson
Jeff & Connie Lashbrook
William & Janet Luckett
Terry Moore
Billy Morton
Michael Smith
Carol Wright

Lisa Ann (Maupin) Jones

Chad & Megan Goodale
Carl & Linda Lovett
Track Tech Inc.
James & Joan Waldrop

Sophia Kaelin

Josh & Chandra Kaelin

Frederick J. "Fred" Kelley

Marla Kelley

Mary Ann Kelly

Campbellsville University
Jane Casey
Ronald & Charlotte Curry
Jim & Angela Frank
Danny & Faye Hawes
Ruth Sweetman
Lauren Witty

Collin Glenn Kidd

Hannah Kidd
Rhonda Thomason

Baylee Victoria King

Kayla Joiner

Phillip Kevin Landgrave

John Chmielewski

Zachary Daniel Langdon

Kathy M. McCarty

Judy Lanter

Paula McClain

Damarie Lyons

Mark Nelson
PF Louisville LLC

Zach, Katie & Finn Marcum

Alecia Meyer

Leffa Martine Mason

Danny & Lisa Cummins

Tyler Robert Mason

Steven & Janice Bullard
Joe & Trina Burnett
Lisa Cahill
Contemporary Galleries of Kentucky Inc.
Marian Dippolito
Marina & Paul Holt
Thomas & Judith Lawson
Jeffrey Pray
Bryan Styles
Ben & Judith Vost
James & Pamela Young

Owen Mattingly

Lang Family Foundation

Addie Laine McDonald

Wehr Constructors

Lee Ann McIntyre

Patrick McIntyre

Keaton McMurray

Joanna L. Gartman

Joshua McPheeters

Anonymous

Colston "Cole" Edward Melton

Bonnie S. White

Bryant David Merrifield

Lindsay Merrifield
Wiley Publishing Inc.

Addison Lynn Miles

Jennifer Sansbury

Loretta B. Moore

Tommy Drake

Mason Cooper Moore

Michael R. & Diana G. Hammers

Clemmer Rae "Clemmie" Morris

William S. & Ruth Drake

Rachel Moter

Lauren Petrzilka

Alice Mudd

William & Catherine Waldschmidt

Kyle Napper

Talasha Payne

Nurses in the ICU

Jeff Douglas

Grant Oller

Aileen Oller

Stella Louise Paul

Laura Neely

Fred E. Pearson

Vera Rice

Shelbie Pierce

Allen & Angela Pierce

Cheryl Plain

Forrest S. & Mary Julia Kuhn
Kelly McElroy Mount
William & Laura Starr
Karen Thomas

Michael Platt Sr.

Stuart & Nancy Billington
Linda H. Collins
Jim Denny
Martin & Virginia Duffy
Erwin A. & Judie Sherman

Adeline Pruiett

Himdaye & Errol Guayadeen

Frances Story Read

Charles Button
Happy Valley Livestock LLC
Joe & Anita Meek
Rickey & Jackie Nuckols
Jane C. Sundberg

Pat, Ed & Ethel Read

Thomas E. Read

Patricia A. Rice

Kristen Yost

Debbie Rickert

Brittany Allison

Gregory B. Robson, M.D.

Jonathan Nash

Arlene Rogers

Anonymous

Herman & Selma Schwartz

Donald R. & Ann Schwartz

Virginia D. Shaw

Joshua Pokorney
Steve & Peggy A. Zabetakis

Robert Dick L. Sheets Jr.

Charles & Phyllis Adams
Amy Atkinson
John Bensing
Martha & Leo Blodgett
Dawn Elsing
Richard & Ann Jones
Marilyn Khadr
James Ruwet
Suzanne M. Walker

Amy Elizabeth Shrader

Peter G. & Joyce Graves
Paul V. & Cindi Shrader

Jenny Sue Smock

Triple Crown Marketing

Nancy Squires

Dennis A. & Jacqueline D. Cain

Lesa Stivers

Tom & Sharon Boruff

Allison Paige Strahota

Marathon Petroleum Corp.
Leigh & Aaron Strahota

Diane Vittitow Stuckert

John W. & Janet S. Ames
Stephen & Kay Arnold
Susan N. Bench
Blake & Elizabeth Blythe
Mary Broecker
Rosanne Cahill
William & Brenda Carpenter
Bill & Sheila Crawford
Janice V. Crush
Stanley & Judith Dempsey
Mike & Cynthia Dickman
Carolyn & Dale Dodrill
Michael & Christine Duffin
Jennie A. Gelles
Joseph & Mary Beth Grant
Carol Gray
Mary Hall
Shirley C. Mahan
Bob & Sharon Nesmith
Jo Anne Patterson
Tyler Prewitt
John & Stacia Richards
Michael B. & Patricia S. Vairin
W. Cleland White III

Jan Sullivan, M.D.

Dr. & Mrs. Howard Shaps

Samuel G. Swope

John Yewell

Mariah Talley

Daymond & Monique Talley

Billy Calvin Tracy

Sonya Avery
Anonymous

Lisa Gayle Cheatham Tudor

Robert Tudor

Bill Unthank

Kathleen Mullins
Carolyn Wigginton

Phillip M. Van Rensburg

Desire Van Rensburg

Velander Family

Keven Crawford

Timothy Bruce Vincent

Teresa Vincent

Justin Wallace Wade

Anonymous
Lori J. Kraemer

Joe Wathen

Ed D. Tillett, M.D.

Joseph "Joe" Paul Wathen Jr.

Joseph & Carolyn Beam
Alice Rawlings
Teri Rawlings
Raymond Wathen

Pam Watkins

Kathleen A. Hayden

Carter Webb

Bluegrass Garrison of the 501st Legion – Derby City Squad
Robert M. Steinmacher & Bobie Jo Bilz

Mason Wedman

Amelia Steedly
James & Shawn Steverson

Isaiah White

Derek Hagenhoff

David Wilson

Anna Norris
Sam Norris

Gerri Young

Anonymous
Elizabeth & Michael Doyle
Larry & Shirley Dukes
Sandra Graham
Jayne Griffin
John Michael's Salon
Billy Wagoner
Dwight & Lynn Walker
Reece & Jennifer Young

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



Jamie Rhodes Photo

Healing garden opens

What used to be an empty concrete space at Norton Children's Hospital has been transformed into a beautiful 4,000-square-foot healing garden for families to enjoy, thanks to \$550,000 in funding from the Norton Children's Hospital Foundation.

Many of the garden's features were developed with input from hospital caregivers so the space could be used for therapy with

patients. Donors include C.M. and Dana A. Bowers, Elizabeth Turner Campbell Foundation, Bernadine Deis and family, Norton Children's Hospital Auxiliary, Leslie A. Taylor and Texas Roadhouse. The garden was designed by Land Design & Development Inc., and built by Messer.

Board welcomes new members

The Norton Children's Hospital Foundation Board of Trustees is pleased to welcome five new members. As the only free-standing, full-service children's hospital in Kentucky, Norton Children's Hospital has a broad reach across the region, from Bowling Green to Paducah and beyond. It's crucial to have board representation with broad perspectives and from other parts of the commonwealth. Welcome, new members.



Yolanda Acosta
Universal Woods
Louisville, Kentucky



William "Bill" Ehrig
Yum! Brands (retired)
Louisville, Kentucky



Adam Futrell
The Law Office of
Adam Futrell PLLC
Paducah, Kentucky



Andrew Koon
Advanced Business
Solutions
Louisville, Kentucky



Dr. Mark Lynn
Dr. Mark Lynn & Associates
Louisville, Kentucky

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

JULY	
	<p>Now to Aug. 26</p> <p>Bourbon & Bowties Restaurant Raffle. Purchase a \$25 raffle ticket to win \$100 gift cards to 26 participating Bourbon & Bowties restaurants. Only 1,000 tickets will be sold. Winner will be drawn on Aug. 26. Get your ticket at NortonChildrens.com/BourbonBowties.</p>
	<p>Now to Dec. 4</p> <p>Norton Children's Hospital Home & BMW Raffle. 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 \$600,000. Tickets are \$100 each; only 15,000 will be sold. Get your ticket at HomeAndBMWraffle.com.</p>
AUGUST	
	<p>7</p> <p>Norton Children's Hospital Splash 'n' Dash Walk/Run. Louisville Waterfront Park, Big Four Lawn. Choose a designated 1K splash route or one of two 5K dash routes with a scenic view along the waterfront. See details on page 13.</p>
SEPTEMBER	
	<p>11</p> <p>Bike to Beat Cancer. 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 or virtual ride. See details on page 9.</p>
SAVE THE DATE!	
	<p>Nov. 12 to 14</p> <p>Festival of Trees & Lights. Louisville Slugger Field. Mark your calendar for this Louisville holiday tradition. Find the perfect handcrafted holiday décor, sign up for a Santa experience and more. Presented by Republic Bank. Details at FestivalOfTreesAndLights.com.</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 @NortonChildren's!

BOARD OF TRUSTEES

Chair
Bruce Dudley
Partner, Wyatt, Tarrant & Combs LLP

Vice Chair
Marita Willis
Chief Empowerment Officer, Hope Collaborative

Secretary
Toni Rizzo
Retired President, Trinity Consulting Services

Treasurer
Mitchel T. Denham
Partner, DBL Law

Yolanda Acosta
Accounting, Universal Woods

Calvin Barker
Regional President Kentucky/Ohio, Truist Financial Corp.

Terrian C. Barnes
Retired Chief Diversity Officer, Yum! Brands Inc.

Ryan Bridgeman
President and Owner, RJE LLC

Ashley Novak Butler
Executive Director, Novak Family Foundation

Tony Christensen
President and Managing Partner, ACCESS Wealth Management

Kelly Cummins
Retired Executive, UPS

Jose Neil Donis
Publisher, Al Dia En America

Felisha Dowdy
Vice President, Private Wealth Relationship Manager
Paducah Bank - Louisville Office

William "Bill" Ehrig
Retired Senior Director
Government & Internal Affairs, Yum! Brands

Adam Futrell
Attorney & Owner, The Law Office of Adam Futrell

Mimi Hwang
Director of Operations, Hwang's Martial Arts

Dana Johnson
Senior Director of Diversity, Equity & Inclusion
Greater Louisville Inc.

Karen L. Keith
Attorney, McMasters Keith Butler Inc.

Andrew Koon
Sales Team Lead, Advanced Business Solutions

Dr. Mark Lynn
President & CEO, Dr. Mark Lynn & Associates

Rachel Miles-Merrick
Civic Volunteer

Melanie Minter, LMFT
Marriage and Family Therapist

Mary Newell
Director of Brand Marketing, Texas Roadhouse
and Bubba's 33

Mari-Elise Paul
Attorney, Stites & Harbison PLLC

Mark Prussian
Chief Executive Officer, The Eye Care Institute

David Ramage
Owner, Ramage Company

G. Hunt Rounsavall Jr.
Attorney, Rounsavall Title Group

Christine Schneider
President, Norton Children's Hospital Auxiliary

Rhonda Sheehan
President, TWIGS of Norton Children's Hospital

Peter Tevebaugh
Vice President, Finance and Planning
Mytix Polymers

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

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

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.

Summer/Fall 2021

Cart Wheels

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

Contact us at:

Norton Children's Hospital
(502) 629-KIDS • (844) 629-KIDS
Norton Children's Hospital Foundation
(502) 629-8060 • (800) 444-2523

President and CEO – Russell F. Cox
Medical adviser – Mark J. McDonald, M.D.
Executive editors – Lynnie Meyer;
Jennifer Evans, M.D., MPH; Emmett C. Ramser
Managing editor – Jennifer Reynolds
Creative director – David Miller
Graphic designer – Mary Lou Fitzer
Copy editor – Luisa Satterly

Visit us at NortonChildrens.com.



NORTON
Children's
Hospital Foundation

Cart Wheels
Norton Healthcare
P.O. Box 35070
Louisville, KY 40232-5070

NONPROFIT ORG
U.S. POSTAGE
PAID
LEBANON JCT., KY
PERMIT NO. 677



buy one entrée
get one free

Please present this coupon on your next visit.

OFFER EXPIRES 12/31/2021



10947-6772-9172

*Excludes side and drink. The second free entrée is of equal or lesser value to the purchased entrée. Not valid with any other offer. Excludes taxes and gratuity. One per person, per visit.