

Cart Wheels

Summer/Fall 2017



Kids and migraines

No-stress school lunches

From foxhole to physician

Heart & soul mates



3 Need a pediatrician?
Top questions to ask during your search

4 No-stress school lunches
Feed your child something fun and healthy

6 The girl with the angel-shaped scar
Are there miracles in medicine?

7 Heart & soul mates
A search for new hearts uncovers a special friendship

10 In my own words
Seventh-grader on what it's like to have a brain tumor

12 Donor Spotlight
From foxhole to physician

14 When kids get migraines
How to help your child through the pain

16 Planned Giving
Wade Mountz Heritage Society inductees

17 Tribute Gifts

21 News and Notes

23 Upcoming Events

On the cover: Dale Howser and Za'Niyah Jackson

Taking time to pause, reflect and reset

After a busy spring and early summer filled with numerous community events, it's time to slow down a bit and reflect on the first half of the year. We've been inspired by the compassion and support we've seen from the community during our 125th year, and we are eager to continue our mission of caring and advocating for children in our region.



On the heels of announcing the creation of Norton Children's Cancer Institute, we hosted our annual Chili's® Clip for Kids event. Over 100 participants came out to clip, trim or shave their hair in solidarity with kids fighting cancer at Norton Children's Hospital, generating more than \$80,000 for our pediatric cancer care program.

The warmer weather was the perfect setting for many of our spring outdoor events, including the Children's Hospital Foundation Golf Outing, which brought in a record net \$411,000; Kickballin' for Kids, where adults could channel their inner child to benefit kids in our community; and the COOL Kids Triathlon, where youth could compete in the ultimate athletic challenge.

We also hosted one of our favorite events, Bourbon & Bowties™: A Taste of Corbett's, which benefited our diabetes program this year. We are happy to announce that in addition to bringing together hospital supporters for a fun-filled evening, the event raised more than \$260,000 for the Wendy Novak Diabetes Center, in conjunction with Norton Children's Hospital and University of Louisville, which provides care and education for children with Type 1 diabetes.

As the summer comes to a close, we encourage you to stay safe as you venture out on vacations and soak up the sun. On behalf of everyone at Norton Children's Hospital, thank you for your continued support of our mission. We wish you and your loved ones a refreshing and relaxing season!

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

Thomas D. Kmetz
Division President
Women's and Children's Services
Norton Children's Hospital

How to choose a pediatrician

Like a job interview, here are key questions you should be asking

The bond between your child's pediatrician, you and your child is a special one. A pediatrician is a major source of information, advice and medical support that you will rely on for many years to come.

If you are expecting, choosing the right pediatrician is a decision best made before the birth of your baby. Because a new baby typically will have a first checkup with a pediatrician during his or her first week, selecting one prior to delivery will eliminate a lot of stress in an already stressful first week at home. If you already have children, there may be reasons to find a new pediatrician.

You want to be sure you are comfortable with and trust the physician you choose. To help guide you through the decision-making process, here's a list of top questions to ask when choosing a pediatrician:

- How close is the pediatrician's office to my home, work or day care?
- What are the office hours, and are there weekend hours?
- How are questions handled during business hours? How about after business hours?
- Does the office offer same-day appointments if my child is sick?
- Is the pediatrician certified by the American Board of Pediatrics?
- What is the pediatrician's philosophy on important topics such as vaccinations, co-sleeping and breastfeeding?
- Does the office have additional providers, such as physician assistants or nurse practitioners?
- Does the office use an electronic medical records system, such as MyNortonChart?
- If my child needs to see a specialist, how is that physician selected and the referral handled?
- What types of tests can be performed in the office — throat cultures, blood tests, X-rays, etc. — and which have to be done elsewhere?
- How are billing and insurance claims handled?
- Am I able to meet with the pediatrician and tour the office prior to becoming a new patient?

—Mandy Raidt



Jameel T. Clark, M.D., pediatrician, and a young patient at Norton Community Medical Associates – Preston

“The goal of a pediatrician is to help your child grow and develop during healthy times and persevere through illness — and to the fullest extent possible, help them realize their miraculous potential. As health care becomes ever more complicated with the information available on the internet, a family must have confidence in the pediatrician they choose.”

—Andrew M. Donovan, M.D.
Norton Children's Medical Associates – Middletown
Pediatrician for 20 years

Are you looking for a pediatrician?

Whether you are soon to be a new parent, new to the area or just new to Norton, you're invited to a Norton Children's Newbie Night to meet pediatricians, ask questions and take a tour of the office. The doctors and staff at Norton Children's Medical Associates strive to make sure you and your child are comfortable, healthy and informed.

Find a Newbie Night at a Norton Children's Medical Associates office near you at NortonChildrens.com/Pediatricians or call (502) 629-KIDS.

FIVE MEAL Shopping list

- 1 pack fresh strawberries
- 1 bunch bananas
- ½ pound seedless grapes
- 1 bunch or bag fresh spinach
- 1 bag baby carrots
- 1 container grape tomatoes (or favorite raw veggie)
- 1 package sliced turkey pepperoni
- 1 tub hummus
- 1 bag shredded low-fat mozzarella cheese
- ½ pound low-fat colby jack cheese slices
- 1 can chickpeas (garbanzo beans) or favorite beans
- Deli turkey
- Greek yogurt ranch dressing
- Frozen tortellini
- Whole-wheat tortillas

No-stress school lunches Yes, it can be done!

What's one of the biggest school-year frustrations for parents? Making a school lunch your child will eat! You know they need good nutrition to fuel their day, but boy, oh, boy can it be difficult. Kids who eat a lunch with lean protein and complex carbohydrates avoid an afternoon slump, can focus better, feel less hungry after school and have an easier time maintaining a healthy weight. Try this shopping list and lunch planner to ensure your child gets the right nutrition — and you get a break from the frustration. These lunches can be made ahead of time.



Poppin' Pepperoni *Monday*

- 1 whole-wheat tortilla
- 6 slices turkey pepperoni
- 2 cheese slices, cut into thirds
- Handful of grape tomatoes
- Ranch dressing
- Handful of strawberries



Cut a tortilla into six wedges. Top each with pepperoni and cheese slices. Pack a container of ranch for dipping, along with a bag of grape tomatoes and a bag of strawberries.

Totally Tortellini *Thursday*

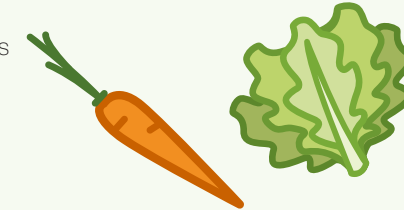
- 1 cup tortellini, cooked ahead of time
- 3 grape tomatoes, chopped
- Shredded carrots
- Mozzarella
- Strawberries



Combine the tortellini with tomatoes and shredded carrots. Sprinkle with shredded cheese. Include a bag of strawberries.

Great Greek Roll-up *Tuesday*

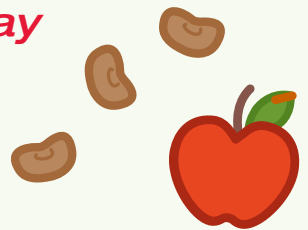
- 2 deli turkey slices
- 1 tablespoon hummus
- 3 spinach leaves
- 1 whole-wheat tortilla
- Carrots
- Grapes



Spread 1 tablespoon of hummus on a tortilla. Top with turkey and spinach. Roll tightly and wrap with plastic wrap. Refrigerate for at least 1 hour, then cut into 1-inch rolls. Add carrot sticks and grapes on the side.

Wrap It Up *Friday*

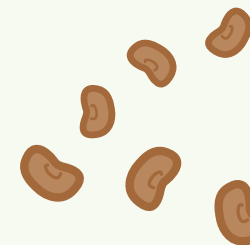
- 2 deli turkey slices
- 1 cheese slice
- 3 spinach leaves
- Beans
- Remaining fruit



Roll together the turkey slices, cheese slice and a few spinach leaves. Wrap in plastic wrap to retain its shape. Add a side of beans and a bag of fruit.

Super Sassy Bean Salad *Wednesday*

- ½ cup beans, rinsed
- 3 grape tomatoes
- 3 carrots, diced or shredded
- Mozzarella
- Ranch dressing
- ½ banana, peel on



Mix together beans, tomatoes, carrots and a sprinkle of cheese. Pack a small container of dressing. Add ½ banana or favorite fruit on the side.

Want more healthy and simple lunch ideas?

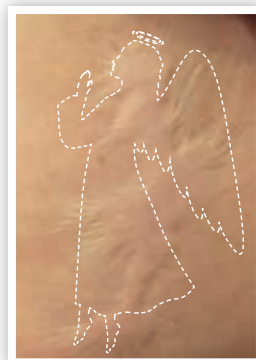
Norton Children's Hospital and Kroger are teaming up to help! Get more healthy lunch ideas and try samples at an upcoming Kroger "Lunch & Munch the Healthy Way" event. The first 100 kids will get a free lunchbox! Kids can enter a coloring contest, and parents can enter prize drawings.

Saturday, Aug. 19 • noon to 3 p.m.

Kroger Marketplace
4915 Dixie Highway
Louisville, Kentucky

Kroger Southgate
5001 Mud Lane
Louisville, Kentucky

The girl with the ^{angel}-shaped scar



Katie Savage has a larger-than-life personality. She's an active fourth-grader who loves archery, rock climbing and playing soccer. She also beat death.

The Savages conceived Katie by surprise after giving up hope of having another child. However, the celebration was short-lived. Katie's mother, Beth, went into spontaneous labor at 23 weeks — barely halfway through her pregnancy.

The Tennessee couple rushed to a hospital in Murray, Kentucky, with hopes that the doctors there could delay labor. Unfortunately, they could not stop Katie's birth and prepared the Savages for the worst.

Only about 30 percent of extremely premature babies survive. Without the necessary medical intervention, the chances are considerably smaller.

"They tried to get us to go to a different hospital, but because it was storming so bad, they couldn't fly a helicopter in," Beth said, remembering the night Katie was born. "We were to the point where we were going to just hold her until she passed. That hospital was not equipped to handle her."

Are there miracles in medicine?

However, a stroke of serendipity was about to give Katie the chance at life.

The Norton Children's Hospital "Just for Kids" Transport Team was en route to Murray to assist a different family. Weather made it impossible to fly, so the nearly four-hour trip was made by ambulance. The delayed travel time allowed the perfect window to open for Katie to be saved.

The family who was awaiting the transport team learned about Katie, and — in an act of extreme selflessness — allowed Katie to be taken to the hospital first instead of their own child.

"My doctor came in with tears streaming down her face and said, 'They're going to take the baby. The baby has a chance!'" Beth said.

Norton Children's Hospital is the only hospital in the area with mobile intensive care units designed for newborns and kids needing critical care.

At that moment Beth and Mike were given a renewed sense of hope for their child.

Transport Team members Donna Callahan, R.N., and Kristen Stewart were on duty that night. They quickly stabilized the first family's child before preparing to care for Katie.

"I'll never forget going in to see the family," Donna said. "I think they thought we were going to give them bad news. We said, 'This child is going to live! She's going to do well!'"

Donna's prophetic words couldn't have been more accurate. Many premature babies face an uphill battle of surgeries and long-term health issues.

While in the Norton Children's Hospital neonatal intensive care unit, doctors discovered Katie had holes in her heart. Those issues resolved on their own without surgery. An eye condition caused Katie to have stage 4 blindness, but it too resolved on its own when Katie was 4. She now has 20/20 vision.

Miracles? You decide. Katie's only physical reminders of the obstacles she overcame are a few scars. One, she says, is in the shape of an angel.

"It's kind of special for me to be alive," Katie said. "It makes me feel special that God helped me through all the tough times I went through."

—Anastasia Hill

Watch a video about the Savage family at NortonChildrens.com/Patient-Stories, then share your favorite Norton Children's memory in celebration of our 125th year.

Katie Savage with "Just for Kids" Transport Team members Donna Callahan, R.N., and Kristen Stewart



Doe Anderson Photo



Heart & Soul Mates

Dale Howser, Guy Harvey and Za'Niyah Jackson

Two kids holding out hope for new hearts.

A hospital staff person saw they could use someone to lean on.

How a load of laundry brought them all together ...



Rachel Waters at Dean Lavenson Photography

A search for **new hearts** uncovers a special friendship



Rachel Waters at Dean Lavenson Photography

Dale Howser and Za'Niyah Jackson

Dale

He had struggled from the beginning. Dale Howser, now 11, was born with hypoplastic left heart syndrome (HLHS), a serious defect that prevents the left side of the heart from developing or functioning properly. HLHS is a complicated diagnosis that often requires multiple surgeries, multiple medications and, in Dale's case, a pacemaker.

Like many of the other 4,300 children in the United States born with HLHS each year, Dale was regularly fatigued and had rapid heartbeat and breathing.

Last fall, Dale was feeling more fatigued than usual, and adjustments to his medications did not seem to help. With rising blood pressure and potential looming complications, he was admitted to Norton Children's Hospital. In December 2016, he was listed as a 1A priority on the heart transplant list.

Dale's mom, Rebekah, remembers that being a lonely time for the two of them.

"We had some visitors, but not many," she said. "We live two and a half hours away [in Vincennes, Indiana], plus it was flu season, and we needed friends and family to keep their germs away from Dale. It was hard on all of us, especially Dale and his sister."

Za'Niyah

She had always been a ball of energy. Ten-year-old Za'Niyah Jackson was in every way a typical, spirited little girl. With Za'Niyah having no history of serious illness, her mother, Shaunisha Martindale, wasn't particularly worried when she came down with strep throat in February.

Even when the pediatric nurse practitioner in her hometown of Owensboro ordered a chest X-ray to make sure there was no fluid in Za'Niyah's lungs, her family never imagined that something was terribly wrong with her heart.

"The doctor showed us her enlarged heart and admitted her to the hospital," Shaunisha said. "Soon after that, we were told that her heart was not pumping correctly and that they were flying her to Norton Children's Hospital for further evaluation."

The diagnosis: heart failure. Within days Za'Niyah was placed on a ventilator and then a mechanical pump called a ventricular assist device was implanted to help her heart do its job.

"She was very depressed," Shaunisha said. "She missed her brother and sister, felt terrible and was scared to even leave the room."

A fateful load of laundry

Fate stepped in with the help of Guy Harvey, a member of the Norton Children's Hospital environmental services team. Because he'd established a rapport with both families — the kids even refer to him as "Uncle Guy" — he was aware that both Shaunisha and Rebekah planned to do their laundry at an off-site laundromat. Worried that the women would be navigating their way through an unfamiliar city alone, he introduced them and suggested they go together.

Over the folding table, Shaunisha shared with Rebekah her concerns about Za'Niyah's loneliness and depression.

Upon returning to the hospital, Rebekah told Dale about Za'Niyah who, it turns out, was in the room right next door.

"He immediately got up, went into Za'Niyah's room and lifted up his shirt to show her his pacemaker," Rebekah said. "He wanted to let her know that she wasn't alone. Within an hour, they went outside together."

Walks outside, talks and games became an almost daily ritual for the two new friends.

According to Shaunisha, "Dale helped Za'Niyah become more like herself again. He was her motivation to get up and get moving."

Erle H. Austin III, M.D., cardiothoracic surgeon with University of Louisville Physicians and chief of cardiovascular surgery at Norton Children's Hospital, was the transplant surgeon for both kids.

"I think [their friendship] helped in both cases, because each had someone with whom he or she could identify and know that there was at least one other person in a similar situation — facing the same threats and experiencing the same fears," he said.

The calls

Finally, after more than three months in the hospital, Rebekah got the call that a heart was on its way for Dale.

It was a very long day and night for Rebekah, who didn't sleep for any of the 16 hours that Dale was in the OR. Luckily, she had the support of her father, brother and daughter, who came to Louisville immediately upon hearing the news.

Dale was in the pediatric intensive care unit for more than two weeks due to some initial complications.

"He kept trying to pull his breathing tube out so he could go back down and see his friend," Rebekah said.

By the time he returned to the floor, however, his friend had moved.

Za'Niyah's new heart became available on April 11, just over two weeks after Dale's.

"Za'Niyah had been nervous, scared and happy for Dale when he got his heart," Shaunisha said. "But she was even more so when she heard that her new heart was on the way. She was scared about the idea of having someone else's heart inside her."

The improvement for Za'Niyah was almost immediate. Her first words in recovery: "I feel so much better!"

Moving on, but not apart

Both kids are now back home. Both have healthy appetites, improved color and increasing energy.

"Now that the transplants are done, the outlook for both kids is quite good," said Joshua Sparks, M.D., the two friends' cardiologist and member of University of Louisville Physicians — Pediatric Cardiology. "They both had different diagnoses, and it does change the potential complications they face in the short term. But in the intermediate and long term, there are few differences between them now."

This fall, the kids will go back to school — Dale to sixth grade and Za'Niyah to fifth grade.

Unlike most of their classmates, their routines will include antirejection medications and regular trips back to Louisville to see Dr. Sparks and the rest of the heart care team.

"It is hard to find a doctor, much less a team, that I trust 100 percent with my child," Rebekah said. "I cannot express how wonderful the cardiac team at Norton Children's Hospital is."

Shaunisha agreed, adding, "The kids stay in touch with each other. We will try to have our office visits on the same day to give them a chance to continue on their journey. They are now heart buddies for life."

—Kathy Keadle

Advanced heart care, right here at home

At the heart of every child is a champion. A champion deserves children's heart specialists dedicated to providing a team approach to care, and that's what you'll find at Norton Children's Heart Center. Find more stories about our patients at NortonChildrensHeart.com.



In my own words

On being a kid with a ‘stupid tumor’ and how it changed my life

Sleep had never come easy to me. I went to bed happy and tired. My parents tucked me in and I closed my eyes. But nothing happened. I could not sleep. I felt yucky. I did not know why. There was no explanation. Until one day there was.

When I was in the first grade, several times a week I would go in my parents' room crying about my belly. My mom took me to see my pediatrician, Dr. Andrew Donovan (Dr. Donut to me), for the third or fourth time in as many weeks. This time he said, "Let's rule out the scary stuff." He scheduled me for an MRI.

A few minutes after getting home from the MRI, Dr. Donut called my mom. He carefully chose his words as he told her that it was the scary stuff — I had a brain tumor. My parents didn't tell me the whole story until I was older. They didn't want to scare me.

I immediately went to Norton Children's Hospital. After a night of MRIs, CT scans, pricks and probes, tears and prayers, the next morning, neurosurgeon Dr. William Gump, during a 10-hour surgery, removed most of the brain tumor we had named "the stupid tumor."

I spent about a week in the hospital. I had to relearn to sit up, feed myself and walk again. I figured out how to turn my neck, which was crazy sore. But I got to go home healthy, grateful and certain the worst of my journey was behind me. Only to learn 18 months later, that it wasn't. The stupid tumor came back.

The second surgery was shorter. The stupid tumor was much smaller. Dr. Gump was fairly certain he was able to remove all that was left of that stupid tumor. Thank goodness. I am so very grateful for the doctors and nurses at Norton Children's Hospital. Stephanie and Kristy were two of my favorite nurses. Stephanie's smile always made me feel better. Kristy would sneak me in some special mac-and-cheese, my favorite. She put a sign on my door that said "VIP": very important patient. I felt special there. I will never forget the way they cared for me.

I don't know how long the doctors and nurses have been there or how long they will stay. I don't know why they chose the careers they chose. But I know that they have special hearts and souls that give them the grace and strength to do what they do. They could have chosen easier paths, but they chose to care for people — not just people — but kids.

This journey changed me. It changed my family. We are closer to each other and to God. I try to find opportunities to use my story to help others. I even wrote a letter to Kyle Kuric when he had a brain tumor. He wrote me back — that was pretty cool!

Now I get MRIs every six months to make sure the stupid tumor is not coming back. So far, so good. I am a pretty typical seventh-grader. I hang with my friends. I do my homework. I sing in the Louisville Youth Choir. I beg my mom for Snapchat, which she won't let me have. I am happy and grateful. Oh, and I sleep a lot better, too.

—Megan Francke

Megan Francke with friends Audrey Lucas, left, and Riley Givens, right

From foxhole to physician Journey leads to supporting education

Dr. S. Randolph Scheen's experiences prompt \$1 million donation

While S. Randolph Scheen Jr. was sitting in a foxhole during World War II, he had an epiphany. After the war, he wanted to do something to help people — preferably as a physician.

Fast-forward two years to 1944. The young veteran enrolled in the premed program at the University of Louisville thanks to the GI Bill. He then was accepted into medical school in 1949.

“Actually, that year there were some 4,000 applications for 90 places, and I was concerned I would not be accepted, so I also applied to Michigan State University School of Wildlife Conservation with plans to be a forest ranger or something like that,” Dr. Scheen said in a 1991 Kentucky Medical Association Journal article.

What followed were dermatology residencies at Cincinnati General Hospital and then the Mayo Clinic, where he also earned a master's degree in dermatology from the University of Minnesota before returning to Louisville in 1959.

Through his journeys, Dr. Scheen cherished the importance of education.

“Education is important to helping one reach personal goals,” Dr. Scheen said. “In the world of medicine, it’s also important to advancing care for the community.”

When Dr. Scheen decided he wanted to make a transformational gift to a nonprofit organization, his daughters set to work researching options.

“We looked and looked, and nothing felt exactly right,” said daughter Anne DeMarco. “My sister, Ellen Corbett, and I then learned about the renovation project and construction of a conference center at Norton Children’s Hospital. We knew it was a perfect fit.”

The Scheens know family members and friends who have spent countless hours, days and weeks receiving care at Norton Children’s Cancer Institute. They had heard the stories about the great work done by caregivers at the hospital and have seen great value in the compassion shown to the thousands of children needing medical care each year.



S. Randolph Scheen Jr., M.D., and Elaine J. Wold

“Education, and supporting education for caregivers and medical students, is critical to ensuring children receive top-notch care,” Dr. Scheen said. “Without proper training and support, this is not possible.”

“Education is important to helping one reach personal goals. In the world of medicine, it’s also important to advancing care for the community.”

—S. Randolph Scheen Jr., M.D.

To support educational efforts at Norton Children’s Hospital, Dr. Scheen announced a \$1 million gift to the Children’s Hospital Foundation to establish the S. Randolph Scheen Family Conference Center.

“It is our hope that here, medical professionals will receive the education and training they need to continue providing the care this community has come to know and expect,” Dr. Scheen said.



S. Randolph Scheen Jr., M.D., with his family and friends at Norton Children’s Hospital

Rachel Waters at Dean Lavenson Photography

S. Randolph Scheen Family Conference Center

The new 7,000-square-foot conference center is under construction on the first floor of Norton Children’s Hospital and is expected to be completed in winter 2018.

“We know that education and training are essential to ensuring caregivers have the necessary knowledge to provide the highest level of care at Norton Children’s Hospital,” said Linnie Meyer, Ed.D., R.N., CFRE, chief development officer for Norton Healthcare. “As a regional children’s hospital with a commitment to excellence in education, this center will assist us in the critical role we play as the teaching hospital for the University of Louisville School of Medicine Department of Pediatrics, as well as in the necessary training for allied health and nursing professionals.”

Construction of the S. Randolph Scheen Family Conference Center is part of a \$78.3 million investment by Norton Healthcare to renovate several areas at Norton Children’s Hospital, including the “Just for Kids” Critical Care Center and two neonatal intensive care units. The project also includes the creation of the Jennifer Lawrence Foundation Cardiac Intensive Care Unit. The changes will occur in phases, with completion in 2021.

Support from a friend

Elaine J. Wold, a dear friend of Dr. Scheen’s, learned of the conference center and thought it was a wonderful project. She also has lent her support by making a gift of \$50,000 to the Children’s Hospital Foundation that will name the center’s atrium in recognition of the Wold family.

—Maggie Roetker

When kids get MIGRAINES

Tracy is the mother of 16-year-old Scott, who gets migraines — not just run-of-the-mill migraines (if there is such a thing), but horribly debilitating, scary migraines.

Scott started having migraines when he was around 5. He would get them about once a month and be in tremendous pain. They seemed to come on at the weirdest times and didn't seem to have much of a pattern. Through the years, though, Scott learned how to manage them.

Then the mother of all migraines hit. Scott called Tracy at work, which she was used to, but this time something was different. He was slurring his words. She immediately left work and picked him up at school. He lay down in the back seat and started saying things that didn't fit together. And his pupils were dilated. Tracy rushed him to Norton Children's Hospital, thinking he was having a stroke.

The hospital staff began asking questions about Scott. The family had just gotten back from spring break, where Scott hadn't been on his usual schedule — eating different foods, probably not drinking enough water and not getting enough sleep. Tracy knew all of these triggers, and the pieces started fitting together. Within a few hours, Scott was back to normal. It wasn't a stroke.



Scott's story brings to light the reality that migraines happen to kids and parents need to know how to recognize them.

"About 5 percent of all children experience migraine, and this increases to 10 percent during the teenage years," said Elizabeth Doll, M.D., neurologist with Norton Children's Hospital and University of Louisville Physicians – Child Neurology. "About half of all migraine sufferers have their first attack by age 12."

Migraine isn't just "a bad headache." It's a complicated neurological disease, with crushing head pain and other symptoms including nausea and vomiting; dizziness; and sensitivity to touch, sound, light and odors.

"In the past, migraine headaches were thought to be caused by changes in blood flow to the brain," Dr. Doll said. "We are now finding that it's not that simple. Migraines are thought to be caused by several different factors, including changes in brain chemicals and electrical signaling. Genetics also plays a large role."

It's quite common for kids with migraine to miss a lot of school and be unable to participate in after-school and weekend activities. In fact, kids who have migraine are absent from school twice as often as kids who don't.



Common signs of migraine

- Pounding or throbbing head pain, usually in one part of the head, that gets worse with movement
- Vision changes, called aura
- Nausea and vomiting
- Sensitivity to light, sound and smells



Additional signs in some kids

- Mood changes
- Dizziness
- Dilated pupils
- Confusion
- Weakness on one side of body

When should your child get medical attention? Dr. Doll recommends first discussing your child's symptoms with your pediatrician. Usually, there are simple lifestyle changes that can be made to avoid migraine triggers. Over-the-counter medications also can help when used sparingly. For more frequent or severe migraines, a referral to a child neurologist may be needed.

Common migraine triggers

Until you learn what triggers a migraine, it's best to keep a diary or journal of activities, food, sleep and when migraines occur so you can determine what causes them. Then, work to ensure your child:



Gets the right amount of sleep and sticks to it: Too little, too much or changes in the amount of sleep all can trigger migraine.



Manages stress: If your child gets anxious over big tests or life events, or she struggles with emotions, find resources to learn how to manage stress. Stay alert to things going on in your child's life so you can help her navigate them.



Eats right and on schedule: Missing meals or eating at inconsistent times is a big trigger. So are certain foods, the most common being chocolate, caffeine, MSG (found in processed foods), aged cheeses and soy foods. Your child should stick with eating whole foods, including fruits, vegetables, whole grains and lean proteins.



Stays hydrated: Your child should drink plenty of water throughout the day and not just when she feels thirsty.

"Another common trigger for migraine is hormone changes that come with puberty and menstruation," Dr. Doll said. "That can't be avoided, but there are ways to help your child through the pain."

How to help your child through a migraine

Once your child has been diagnosed with migraines and you know what to expect, they become more manageable and less scary. Here are some tips for getting through the pain:

- Use medication prescribed by your child's pediatrician or neurologist, or over-the-counter medicine as directed by a doctor.
- Have the child lie down in a cool, dark, quiet room.
- Show your child a relaxation technique: Relax all the muscles in the body, then stretch or contract the muscles, then relax; repeat.
- Place a cool washcloth or ice pack on the child's forehead.
- Massage the child's temples, neck or shoulders.
- Offer ginger ale and saltines to help ease nausea.

Can you stop a migraine before it starts?

New research has found that there are warning signs before a migraine starts. A study found that more than 40 percent of kids who get migraines experience extreme fatigue and sudden moodiness up to 24 hours before their head starts hurting. Noticing these signs gives you a chance to start medication or have your child hydrate and get some rest, which could keep the migraine from happening.

—Jennifer Reynolds

Growing to help more kids, thanks to community support

More than 15,000 children come to Norton Children's Hospital every year for neurological care. Thanks to support from University of Louisville Physicians – Child Neurology and the Children's Hospital Foundation, the hospital now has 11 pediatric neurologists and 15 neurology nurse practitioners. This means kids have more timely access to child neurology expertise.

In most cases, children with a referral from a pediatrician can be seen by a child neurologist within a few days. For more information on child neurology, call **(502) 629-KIDS**.

Through the generosity of a donation from the Robert W. Rounsavall Family Foundation in support of the program, the pediatric neurology medical director position at Norton Women's & Children's Hospital is named the Gretchen C. Rounsavall Family Foundation Medical Director of Child Neurology.

Aware of the need for additional child neurologists, the Rounsavall family wanted its gift to support this area.

Debra O'Donnell, M.D., child neurologist with University of Louisville Physicians, holds this endowed position.

Donors give \$1.3 million through society Wade Mountz Heritage Society inducts new members



From left: Steve Williams, Doug Means, Traci Simonsen, Sarah Bumpas, Alexander Bumpas, Lynn Meyer, Suzanne Juhl, Greg Juhl, Mary Jo Bean, Kathy Lamb, Wade Mountz, Peter Lamb, Joseph Checota, Pam Missi, Tony Missi, Wilbur Amick, Rebecca Dydynski, Philip Dydynski

Thirteen families have joined the Wade Mountz Heritage Society after making gifts totaling \$1.3 million to the Children's Hospital Foundation and/or Norton Healthcare Foundation. 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 \$41 million toward the future of health care in our community.

"These individuals have stepped forward to support the health needs of our community," said Lynn Meyer, Ed.D., R.N., CFRE, chief development officer, Norton Healthcare. "This is a long-term investment in the health and wellness of our community, allowing excellent, high-quality and innovative care at Norton Children's Hospital and Norton Healthcare to continue."

The model of charitable estate planning used for the Wade Mountz Heritage Society allows individuals to leave a lasting legacy that will make a long-term difference.

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

Members of the Wade Mountz Heritage Society were recognized at an annual dinner in May.

—Maggie Roetker

Wade Mountz Heritage Society 2017 inductees

- Anonymous (2)
- Wilbur E. Amick
- Mary Jo Bean
- Mr. & Mrs. Alexander Bumpas
- Mr. & Mrs. Joseph Checota
- Dr. & Mrs. Philip Dydynski
- Mr. & Mrs. Clinton E. Grosz
- Mr. & Mrs. Christopher Head
- Dr. & Mrs. Greg Juhl
- Mr. & Mrs. Adam Kempf
- Mr. & Mrs. Peter Lamb
- Mr. & Mrs. Anthony Missi

For a list of all previous inductees, visit NortonHealthcare.com/WMHS. For more information about the Wade Mountz Heritage Society or other giving opportunities to the Children's Hospital Foundation, call **(502) 629-8060**.

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

The following individuals in bold were recognized through tribute gifts to the Children's Hospital Foundation from Dec. 1, 2016, to March 31, 2017.

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Tributes make wonderful gifts for special occasions, such as:

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

To make a tribute gift, return the envelope enclosed in this issue of Cart Wheels or visit HelpNortonChildrens.com. You also may contact the 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: Children's Hospital Foundation, 234 E. Gray St., Suite 450, Louisville, KY 40202, (502) 629-8060 or foundations@nortonhealthcare.org.



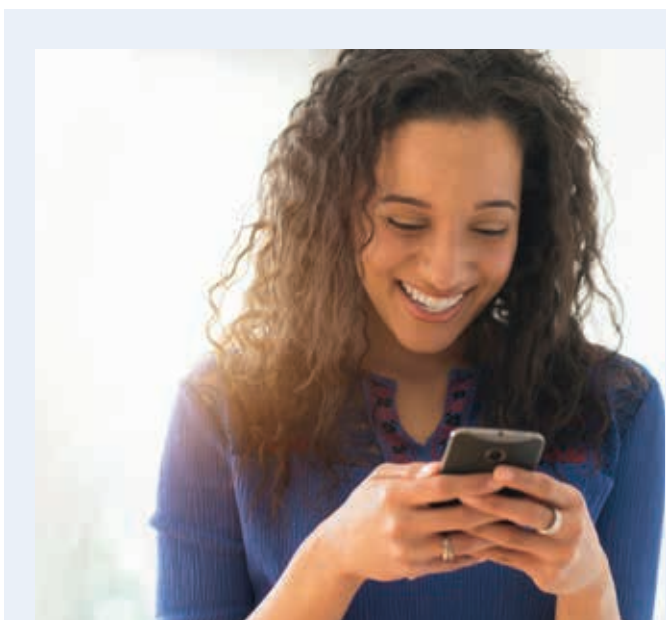
It's time to buy your Home & BMW Raffle ticket!

Tickets are on sale now for the 2017 Norton Children's Hospital Home & BMW Raffle, and this year is bigger and better than ever! Each \$100 ticket is a chance to win a new home in Norton Commons built by Ramage Company and valued at approximately \$600,000, and a 2017 BMW 2 Series convertible from BMW of Louisville, plus \$10,000 cash. Purchase your ticket early to be eligible to win monthly prizes including gas for a year, a curved 4K LED smart TV and free groceries for a year from Walmart! Grand prize and first prize winners will be drawn Nov. 18, 2017, at the annual Snow Ball gala. For details and to buy a ticket, visit HomeAndBMWRAffle.com.

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Become a Hero for Kids through a monthly donation

A lot of things happen monthly at Norton Children's Hospital: Some kids spend their first months in the neonatal intensive care unit, some have monthly checkups for chronic health conditions and some receive chemotherapy each month to fight cancer. When you make a monthly donation to Norton Children's Hospital, you become a Hero for Kids by helping us care for every child who comes through our doors daily, regardless of their families' ability to pay. Just like fighting life-threatening health issues takes a team, funding lifesaving care does too. Your recurring gift helps more than 170,000 children each year. Visit HeroesForKids.org to make a gift or donate.



The easiest way to keep up with your child's health

Keep up with your child's medical records by requesting proxy access in MyNortonChart. Proxy access allows you to schedule appointments with Norton Children's doctors and specialists, pay a bill, communicate with your child's health providers, request prescription refills, check on his or her health history and coordinate other health-related information. Request proxy access for your child by logging into your MyNortonChart account, choosing the "Preferences" tab and selecting "Personalize" from the drop-down menu. From there, go to "Who can view my record?" and select "Request access to a minor's record." Fill out the form and our health information management department will process your request.



If you don't have a MyNortonChart account, sign up today at NortonHealthcare.com/MyChart.

North Harrison Elementary breaks fundraising record in annual walk-a-thon

During this year's North Harrison Elementary School's annual walk-a-thon, students raised \$35,800 for Norton Children's Hospital, making this the most money they have ever raised in a single school year. The Ramsey, Indiana, school has raised more than \$430,000 for Norton Children's Hospital in the 29 years it has participated in the walk-a-thon. In partnership with Together With Important Goals Shared (TWIGS) of Norton Children's Hospital — a volunteer organization established in 1979 — the school has helped improve the lives of many patients. To celebrate, the Children's Hospital Foundation and TWIGS rewarded the students with a field trip to Louisville Slugger Field.



North Harrison Elementary students present a check to Norton Children's Hospital at Louisville Slugger Field.



Jamie Rhodes Photos



Western Kentucky University students dance for 12 hours to raise funds for Norton Children's Hospital.

Dance Big Red doubles funds to double-down on heart care

The third annual Dance Big Red was held in March at Western Kentucky University in Bowling Green and raised more than \$66,500 for pediatric heart and adolescent cancer care at Norton Children's Hospital. Nearly 700 Western Kentucky University students danced for 12 hours and surpassed their fundraising and participation goals by doubling numbers over 2016. Since the inaugural event, Dance Big Red has raised more than \$100,000 for Norton Children's Hospital, and the executive members have been involved with the Bowling Green Brave Hearts chapter.

Enjoy pizza on Papa!

Over the past two years, Papa John's has donated more than \$40,000 to Norton Children's Hospital through online pizza orders. As they gear up for their annual campaign this fall, Papa John's is offering 50 percent off regular menu price online orders to Louisville and Southern Indiana patrons through Sept. 18. Visit PapaJohns.com and use the promo code Norton50 to receive 50 percent off your order.

Offer good online only for regular menu price items for a limited time at participating Papa John's restaurants. Not valid with any other coupons or discounts. Limited delivery area. Delivery fee may apply and is not subject to discount offer. Customer is responsible for all applicable taxes. ©2017 Papa John's International Inc. All Rights Reserved.

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

	SEPTEMBER	
	9	<p>Bike to Beat Cancer, 9 a.m., Norton Children's Medical Center. Ride a distance of 35, 65 or 100 miles, or a 5-mile Family Ride around Norton Commons, all to make a difference for those battling cancer at Norton Cancer Institute and Norton Children's Cancer Institute. Powered by Bryant Heating & Cooling. Register at BikeToBeatCancer.org.</p>
	30 through Nov. 18	<p>Home & BMW Raffle open houses, every Saturday and Sunday, noon to 6 p.m. through Nov. 12, and Saturday, Nov. 18, noon to 3 p.m., 6119 Mistflower Circle, Prospect, Kentucky. Tour a beautiful new home in Norton Commons valued at approximately \$600,000 that could be yours for just \$100. Purchase a raffle ticket at HomeAndBMWraffle.com.</p>
	OCTOBER 8 to Feb. 4, 2018	<p>Hope & Healing: Celebrating 125 Years of Norton Children's Hospital, Frazier History Museum. Exhibit will explore our rich history through interesting and interactive displays for kids and adults.</p>
	NOVEMBER 10 to 12	<p>28th annual Festival of Trees & Lights, Louisville Slugger Field. Marvel at hundreds of beautifully decorated trees, wreaths and holiday décor for sale to raise funds for Norton Children's Hospital. Photos with Santa, children's crafts, holiday entertainment and Hanukkah activities are free with admission. Presented by Republic Bank. See a schedule and purchase tickets at FestivalOfTreesAndLights.org.</p>

Connect with us!

Follow us on Facebook, Twitter and Instagram to stay up-to-date on events and happenings around Norton Children's. Feel free to drop us a note or share your experience!



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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.

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

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Cart Wheels

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