



The Pulse

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Four Board Members Achieve Emeritus Status

Four Members of the Board of Governors of the Twin Cities Hospital were recently appointed to Emeritus status by the Joint Boards at their November meeting. To achieve Emeritus status a Board Member must have successfully completed nine years of service on the Board. Becoming an Emeritus Member is no easy feat when you consider that the Board meets on a monthly basis and many Board Members must travel up to six or seven hours one way just to attend the meetings.

Greg Gerloff, Grand Forks, ND, Kem Shriners, has served as Treasurer, Vice Chairman, and Chairman of the Board. He has been actively involved in partnership negotiations with Fairview/University. Mr. Gerloff is also a member of the Revenue Cycle Committee, which is looking at options for third party pay. Mr. Gerloff has been asked by the Board to continue to lend his expertise as part of the negotiating team working on the Fairview University Partnership.

Paul Gordon, Madison, WI, Tripoli Shriners, has served as Secretary of the Board and has most recently served as Chairman of the Human Resources Committee. Mr. Gordon's legal background in employment law has helped guide the Board in understanding various Human Resource issues. Mr. Gordon has also played a significant role in coordinating as well as attending screening clinics throughout the state of Wisconsin.

J. Kevin Johnson, Eau Claire, WI, Zor Shriners, has served most recently as Chairman of the Performance Improvement Committee. Mr. Johnson has the distinction of having attended all but one Board Meeting during his tenure on the Board – 108 meetings. He has been instrumental in coordinating screening clinics in Northwestern Wisconsin and has helped increase the visibility of Shriners Hospitals throughout the state of Wisconsin.

Carl V. Nielsen, Altoona, IA, Za-Ga-Zig Shriners has served as Secretary of the Board and also as the Twin Cities Hospital "Road Warrior". Carl believes that "When the going gets tough, the tough get going" and he has proved that time and again, literally logging thousands of miles while speaking on behalf of the Twin Cities Hospital. Carl has also been instrumental in the way the Shriners Hospitals for Children System does business by being an early and vocal advocate for the acceptance of third party pay. Carl's persistence and attention to detail have made him known throughout the Shrine System and the mere mention of his name usually evokes an immediate response.

Congratulations and thank you to the new Emeritus Members of the Board of the Twin Cities Hospital.

Donor Relations 2009

Thank you Donors!

It is the time of year to reflect and thank all of our donors for helping Shriners Hospitals for Children-Twin Cities *defy the odds*.

We are very fortunate to have the support of our Shrine Centers, Clubs, Units and individual Shriners. We are also fortunate to have donors and employees who support our mission through individual donations, grants, and planned giving.

This year we were granted \$119,809 from private foundations. Next year we hope to secure \$20,000 from grants for the Outreach clinics alone. If you know of a foundation in your area whose mission statement aligns with ours, please contact Harriet Rydel at 612.596.6119 or hrydel@shrinenet.org.



South Heart High School Class of 2010

Donates to Twin Cities Hospital

The South Heart High School Class of 2010 from South Heart, ND, recently held a fundraiser to benefit Shriners Hospitals for Children. The fundraiser was specifically for the benefit of children like Jared, a fellow classmate and member of the Class of 2010, who is treated at the Twin Cities Hospital. Holly Holinka, Senior Class Advisor, and the Class of 2010 just proved that we all can make a difference and these special seniors have a head start!



South Heart High School (ND) Class of 2010

2009 Shrine Center Challenge Comes to a Close

In early 2009, Shrine Centers serving the Twin Cities Hospital were issued a "challenge". Each Shrine Center was asked to increase the number of patient applications by 15% over their 2008 total. At the end of November 2009, two Shrine Centers have achieved that goal: Yeldez and Kaaba. (El Riad needs only one more application to meet their goal.)

R.E.A.D. Day at Shriners Hospital

What a party! Saturday, November 14th was a big day in the Twin Cities as the 10th anniversary of the R.E.A.D. program and the official declaration of National Reading Education Assistance Dogs Day was celebrated. The Twin Cities Hospital participated and it was a huge success. We look forward to next year!

Three dogs arrived at the Twin Cities Hospital at 9:00 a.m. and were busy with kids until 11:00 a.m. Over 20 kids from the Muscular Dystrophy Association, the Juvenile Rheumatoid Arthritis Association, and the hospital experienced reading to the dogs.



Patients Enjoy National R.E.A.D. Day

Each child picked a book of their choice and read the story to a dog. The kids had a great time and didn't want the dogs to leave at the end of the event. Each child was given a book and a sticker from the dogs.

Did you know: there are over 275 trained R.E.A.D. Teams in the Twin Cities!

Santa Visits the Twin Cities Hospital

Santa Claus and his Elf visited the Twin Cities Hospital on Saturday, November 21st. This turned out to be an extraordinary event that was enjoyed by everyone who took part in the day.

Thank you to photographers **Rich Kessler** and **Dennis Berry**, who donated time and materials for this event. Their talent, experience, generosity and patience helped capture the best of each child.

We can't thank them enough for all that they did for our kids!

Breakfast was served throughout the morning while **Magician Fred Baisch**, Osman Shriners, was on hand to show off his magic!

Koo Koo Kangaroo, a children's rap/musical group, performed live for all to enjoy. One-and-a-half year old Ben wasn't too taken with Santa Claus but he sure got the prize for best male dancer of the day!



Ben enjoying Santa?



Ben takes the lead on the dance floor

Letters to Santa were written while Elf Katie made sure each child got "magic reindeer food" to help Rudolph find their house. You can bet a lot of homes will have glitter on the front lawn this year!

Santa Claus, **Sanford Morris**, and Elf, **Katie Hawke**, have donned these roles for two years and have it down to a science. Santa's "twinkle" and Elf Katie's "effervescence" makes everyone smile – they make a winning team. Santa Sanford and Elf Katie have become a very special part of the Twin Cities Hospital holiday spirit!



From start to finish Santa's Elf was on the job!

Each child received a fluffy white bunny from Santa. These were donated specifically for this event and were the brainchild of two Rochester Ladies who were key figures at MSA09:

- ★ **Elvie Thompson**, General Chairperson for Ladies Events – MSA09; and
- ★ **Bev Groteboer**, Chairperson for the Shrine A Rama Dinner.

The bunnies were part of the theme centerpieces at the MSA09 Shrine A Rama dinner. Beside each centerpiece was a "Monies for Bunnies" cup for donations. Over \$3,700 was collected and donated to the Child Life Department at the Twin Cities Hospital.

Five ladies from the Rochester auxiliary also volunteered their time to support this event. **Elvie Thompson, Bev Groteboer, Pat Perkins, Brenda Hippert** and **Tina Gregor** spent the day greeting families, dancing, handing out reindeer food, and just being great with kids. Thank you Ladies!

Additional bunnies were graciously donated to the Hospital by the **Rochester Dragon Patrol** and the **Rochester Zagalas Car Club**. These bunnies will go to inpatients from now until the Holidays. Thanks for your generous contribution.

For pictures of this event see page 5.

November Hero of the Month



Mariah Brenner

Mariah was just six months old and living in China when she was adopted by Laurie Brenner, who lives in Duluth, Minnesota. At 18-months old Mariah was diagnosed with Osteosarcoma, or cancer of the bone, which resulted in a below-the-knee amputation at the age of 2.

Mariah came to Shriners at the age of 5 and promptly signed up for Camp Achieve, and achieve she does. Mariah looks at everything as a possibility and absolutely never gives up. Her attitude is exemplary and she does everything with an infectious smile. Mariah attended Camp Achieve regularly for seven years and just graduated this year. As she matured, Mariah took on a leadership role at Camp and was always eager to help staff. She has been a terrific role model for

other campers and an inspiration to anyone who works with her.

Mariah is an excellent student. She is active in dance, softball, and skiing. She also plays the viola and piano. Is there anything this talented young lady can't do? Not if you ask Camp Achieve staff members; they expect Mariah to achieve great things.

As Hero of the Month, Mariah will receive a \$400 gift card to Wal-Mart. *Congratulations Mariah!*

Volunteer Recognition

On Saturday November 21, 2009 a recognition luncheon was held to honor and thank all of the volunteers at Shriners Hospital for Children-Twin Cities. Volunteers put in thousands of hours in 2009 to help the Twin Cities Hospital succeed in delivering its mission. Many volunteers are students who manage to find time in their busy lives to give to others. Next time you see a volunteer make sure you thank them! If you have a need for a volunteer in your area, contact Maureen or Aimee in Child Life.

Three special volunteers who have since retired were recognized for their many years of service:

- ✚ **Jo Butte** created and ran the library for 8 years
- ✚ **Pete Pederson** spent 47 years as a stamp club leader!
- ✚ **Audrey Hanson** was Pete's able stamp club assistant for many years.

Thanks to all of you for everything you did to help brighten the lives of the children!

Healthy Holidays

Is it even possible to have a healthy holiday season? Non-stop eating, shopping and partying, are just a few things that make the holidays a potential health hazard both mentally and physically. While the Safety Committee has done a great job in helping us handle Code Pinks, Code Reds, and other emergencies, what's the policy for handling the holiday demands?

Try not to be in two places at once—it never works!

- Keep a pocket schedule handy to write down invitations and appointments as soon as you know about them.
- At home, put a calendar up so everyone can see it. Have all family members write their activities on the calendar with the start and end times. Don't forget to factor in travel times for each activity.
- Don't accept an invitation until you've checked the calendar at home.

Don't forget to enjoy the holidays!

- No one and no thing is perfect. Not you, not your house, not your family, so just plan to enjoy what you have and forget the other stuff.
- Set small goals. Instead of baking enough cookies to fill every cookie tin in Minneapolis, pick one of your favorite recipes and make a few dozen cookies.
- Have friends over and don't worry about dust on the table or toys piled up in the corner. They are your friends; they came to enjoy your company not vote on who's got the cleanest carpet. Actually, people are usually relieved to see another house that looks like theirs!

Food can be your friend; or at least doesn't have to be your enemy!

- Plan ahead. If you're going to Aunt Jane's house for dinner and she never serves anything that isn't made with cream, butter, or lard, take a large salad with you to add to the meal. (You probably won't be the only one thankful to see a green vegetable.)
- Don't eat the crust. Rumor has it that pie crust makes up most of the calories in a pie.
- Don't skip meals (especially breakfast). You'll just be hungrier at the next sighting of food and possibly over indulge.
- Did you know that an average holiday dinner can contain as much as 3,000 to 4,000 calories?

Links of interest:

<http://www.dietbites.com/article1175.html>

http://stress.about.com/od/holidaysurvivalguide/f/holiday_stress.htm



Upcoming Events

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| Dec 1 | Conference on Pediatric Orthopaedics: Transition from Pediatric to Adult Care |
| Dec 8 | Case Presentations |
| Dec 12 | First Day of Hanukkah |
| Dec 14 | Medallion Hunt Kick-off |
| Dec 15 | Cookie Decorating and Dessert Potluck |
| Dec 15 | Domestic Violence In-service
Cornerstone Advocacy Service |
| Dec 16 | Board of Governors Meeting |
| Dec 17 | Wear your Favorite Holiday Apparel |
| Dec 18 | Holiday Puzzle |
| Dec 22 | Transition Camp at the Twin Cities |
| Dec 25 | Christmas Day |
| Dec 26 | Kwanzaa |
| Dec 30 | In-house Evaluation Clinic |
| Dec 31 | Happy New Year! |

Breakfast with Santa - 2009



Thank you Santa, Sanford Morris

