

# HERE *for* LIFE

CHRISTUS Santa Rosa Foundation



SEASON OF CHANGE

## Time *for* Transformation



CHRISTUS<sup>®</sup> SANTA ROSA  
Foundation

# HERE *for* LIFE

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Here for Life is a publication of the  
CHRISTUS Santa Rosa Foundation.

On the Cover: Our children will be first! Our  
cover photo depicts the transformation of our  
children's services into a world-class  
freestanding hospital.

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Or visit our website to make an online  
contribution at:

**[www.santarosafoundation.org](http://www.santarosafoundation.org)**

The Foundations of CHRISTUS Santa Rosa are  
two charitable foundations under one roof. Our  
mission is to support our San Antonio hospitals  
by raising money for critically needed patient  
health and wellness programs, cutting edge  
medical technologies and compassionate care for  
patients of all ages. While we share staff and  
office space, the two foundations have different  
needs and are governed by separate boards.

The Friends of CHRISTUS Santa Rosa Foundation  
supports the health and wellness of adults  
throughout south and central Texas.

The Santa Rosa Children's Hospital Foundation  
supports the Children's Hospital of San Antonio.  
We are the only Children's Miracle Network  
Hospital in the city.

For hospital information: 210-704-2011

**[www.christussantarosa.org](http://www.christussantarosa.org)**

## TABLE of contents

### 3 WORD FROM THE TOP

*Here for Life* celebrates transition.

### 4 TRANSFORMING TO THE CHILDREN'S HOSPITAL OF SAN ANTONIO

Celebrating the construction of a world-class  
children's hospital in downtown San Antonio.

### ACE UNIT FINDS NEW HOME

The ACE program takes a fresh  
approach to treating geriatric patients.

### 7 CARING AND COMPASSION DRAWS FAMILY TO CHILDREN'S HOSPITAL

### NEW BRAUNFELS BIRTHING CENTER GROWS!

### VOLUNTEER SPOTLIGHT

Meet Robyn Bowles, a volunteer dedicated  
to bettering children's lives.

### 11 FOUNDATION NEWS

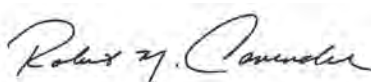
Stay up-to-date with the latest information from  
Christus Santa Rosa Children's Hospital.

### 16 WARM-UPS REDUCE KIDS' SPORTS INJURY RISKS

Learn the three steps to safer  
game play.



# WORD *from the* TOP



**BOBBY CAVENDER**  
CHAIR, THE SANTA ROSA CHILDREN'S  
HOSPITAL FOUNDATION

This year has been full of challenges and growth for our Foundation. With that in mind, the underlying theme of this issue is "transformation." Not only are we transforming into a new hospital in downtown San Antonio — now called the Children's Hospital of San Antonio — we are seeing growth and change at every level of the programs we support, so in this issue of *Here for Life*, we present the first-ever joint magazine which portrays both sides of our Foundation and the wonderful work that is happening in our community.

The Santa Rosa Children's Hospital Foundation and Friends of CHRISTUS Santa Rosa Foundation may operate with separate boards, but they have a common goal: a commitment to the health of the community.

As we close an amazing year, we bring you a variety of stories about brave patients, innovative programs for the elderly and the vision for the new Children's Hospital. This issue includes the new birthing center at CHRISTUS Santa Rosa Hospital — New Braunfels, as well as a peek at our new website and upcoming programs and events.

Here's to another exciting year for the Foundation.



**LAURIE GRIFFITH**  
CHAIR, FRIENDS OF CHRISTUS  
SANTA ROSA FOUNDATION





# Transforming *to the* Children's Hospital *of*

**CHRISTUS Santa Rosa made a bold announcement on April 20.** They were moving forward to build a world-class children's hospital in downtown San Antonio. The team laid out a plan that day that included closing adult services at the City Centre location and transforming the existing campus into a freestanding, separately licensed hospital to be known as Children's Hospital of San Antonio.

The announcement was met with skepticism by some sectors of the San Antonio community, as there had been various plans with different partners over the last 20 years, none of which moved forward. The CHRISTUS Santa Rosa team, backed by CHRISTUS Health and the blessing of the Sisters of Charity of the Incarnate Word, is forging ahead to create the new hospital.

"By creating a freestanding, academic children's hospital, we have an opportunity to improve access to care, improve and expand the types of care, and enhance the experience of the patient and the patient's family," says Marcy Doderer, F.A.C.H.E., regional vice president and administrator of Children's Hospital of San Antonio. "We will provide 99 percent of things that a child would ever need in a health care system."

## **BUILDING A FEELING OF COMFORT**

The new hospital will cost \$135 million and include an 800,000-square-foot expansion. Private rooms, with up to 275 available beds, will include features to help treat the needs of children and their families. The campus will also include an on-site research center, new play, recreation and education spaces, and more than \$41 million earmarked for the latest equipment and technology.

The value of the land and infrastructure totals \$250 million, which brings the initial capital investment to nearly \$400 million.

Houston-based WHR Architects will lead the design team with San Antonio's own Overland Partners, who will champion exterior design. Stanley Beaman & Sears, an Atlanta-based group with extensive experience building children's hospitals, will be the pediatric design specialists.

Construction began in August and will

*"By creating a freestanding, academic children's hospital, we have an opportunity to improve access to care, improve and expand the types of care and enhance the experience of the patient and the patient's family."*

*—Marcy Doderer*



Marcy Doderer, F.A.C.H.E., regional vice president and administrator of Children's Hospital of San Antonio.

continue through 2014. The hospital will be open for children's services throughout this time and received its accreditation as a separately licensed hospital in September.

## **NEW PROGRAMS FOCUS ON TREATING MOTHER AND BABY**

The new hospital will offer several new programs, one of which is maternal fetal medicine.

"We want to create the best place for a mom to have a baby, should that baby need the highest level of care," says Doderer. "Rather than having to be transported, we want to have a very strong obstetrical program where mom can be cared for in the same hospital."

Another area of opportunity is a new bone marrow transplant program, which, according to Doderer, is not currently available to oncology patients. A Level 1 Trauma program specifically for children is also in the works.

# San Antonio



"I am so excited about the potential to bring additional resources to bear for the kids of San Antonio and South Texas," says Doderer. "All children deserve access to a children's hospital."

## REACHING OUT TO THE COMMUNITY

Historically, community and philanthropic support have been vital to the success of children's hospitals. The Children's Hospital of San Antonio will turn to donors to support programs that are important to the community, but do not always have a financial return.

"We rely on philanthropy to help underwrite recruitment of scientists and physicians and so many other services that are so essential to the health of our community," says Doderer.

## How Will the Foundation Help?

CHRISTUS Santa Rosa made a bold move in committing to build the Children's Hospital of San Antonio, but the best children's hospitals in the country are traditionally supported by strong philanthropy efforts.

The goal is for the Children's Hospital of San Antonio to be in the top tier among children's hospitals in the country. That means we need to recruit and retain the best nationally recognized pediatric physicians and give these physicians the resources to develop cutting edge health care programs.

It's so much more than constructing a building. It's about building a community for the best pediatric health care with people, resources and programs. It's about leading research and creating solutions for the future needs of the youngest patients.

## Help Us Meet This Challenge

The Foundation is ready to meet the challenge for our children and is developing a long-term plan. If you are interested in how you can help in this effort, call John Bel, vice president and chief development officer, Foundations of CHRISTUS Santa Rosa, at 210-704-2800.

*"We want to create the best place for a mom to have a baby, should that baby need the highest level of care,"*

*—Marcy Doderer*





The ACE program is dedicated to making patient rooms feel like home.



The medical staff meets daily to discuss each patient's needs.

# ACE UNIT *Finds New Home*

Imagine your mom or grandmother is in her late 70s, and you suddenly find yourself in the hospital with her because she has fallen, is not eating, or has some kind of infection. The hospital is an unfamiliar place. It is loud and bright. People keep coming in and out of her room and she becomes increasingly disoriented and scared.

This scenario plays out daily for many Americans, but it's one that the Acute Care for the Elderly (ACE) program is designed to address. The ACE program takes a unique approach to the care of geriatric patients and is at the cutting edge of treating older patients differently.

## CREATING A STABLE ENVIRONMENT

The concept is simple and focused: Integrate the facets of care for older patients and keep them relaxed and calm and with their families. ACE is a friendly homelike atmosphere. It's quieter than most hospital departments, with special lighting and flooring.

The team includes nurses, a speech therapist, chaplain, dietitians, pharmacists, physicians, and certified nursing assistants. Elderly patients admitted to the unit are automatically screened for risk factors like drug reactions, fall risks, and delirium. But the team approach does not stop there. Each day, the team sits down and discusses each patient, setting

the stage for communication excellence, and according to Robert Parker, M.D., chief of the division of community geriatrics at UTHSCSA, it's the biggest reason for their high patient outcomes.

"Continuous exchange of information helps us get a clear understanding of the patient needs," says Dr. Parker. "I just can't emphasize how impressive that is to witness." The team meetings are followed by family meetings, too. "We really try to find out their understanding of the situation," Dr. Parker says.

## A GROWING SUCCESS

This approach is clearly working. Last year, the ACE unit had about 2,000 admissions with an average length of stay at 3.6 days, which is far lower than the national average. Even more impressive is a benchmark related to the percentage of patients readmitted within 30 days (with the same diagnosis). ACE had a 3.4 percent rate compared to the national rate of 12–14 percent.

As part of the transformation to the downtown campus, ACE recently relocated to the medical center. Within three weeks, demand for the ACE unit increased. The

unit was full and two patients were waiting to be admitted.

"We really felt welcomed. Everyone here has been very interested to learn about this process," says Dr. Parker. "My vision is to spread this concept among all the adult units. There's no reason why we can't train staff in all units to get the same outcomes."

## GRATEFUL FOR THE FOUNDATION'S HELP

Dr. Parker credits the Foundation with helping to create some of their success.

"The wonderful thing about getting support from the Foundation is that we can do things we could not do otherwise," says Dr. Parker. This includes software and books for teaching fellows in geriatrics, as well as upgrades to patient rooms.

"One example is that patients don't bring or have hearing aids when they are admitted. We have these handheld amplifiers that we've purchased that allow us to be able to communicate with patients without yelling at them."

Without a doubt, the ACE unit is changing the way we care for the elderly.



Would you like to help further the vision of the ACE unit?  
Visit [www.santarosafoundation.org](http://www.santarosafoundation.org) for ways to help.

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# CARING *and* COMPASSION DRAWS FAMILY *to* CHILDREN'S HOSPITAL

*by Mary Denny*

**For 15-year-old Autrey Haskell the diagnosis was grim:** a tumor in her hip was malignant and required immediate attention. It was 4:30 on a Friday afternoon, and Autrey's devastated mother placed calls to recommended cancer hospitals, some out of town or out of state. All but the Children's Hospital of San Antonio offered a recording asking the distraught family to "leave a message." To the family's relief, nurse/supervisor Sal McKeel answered the phone. McKeel is an R.N., and the clinic supervisor of the Howard A. Britton, M.D., Children's Cancer and Blood Disorder Center at the hospital.

"He said, 'No parent should have to go through a whole weekend with a diagnosis like that. Come to the emergency room right away and we'll be waiting for you,'" recalls Autrey's mom, Shannon. "To me, this really speaks to who they are. We never considered going anywhere else."

## **MEDICAL STAFF BECAME FAMILY**

At the hospital, the grim diagnosis turned even more terrifying. Doctors discovered the tumor was actually secondary to metastasized Stage IV lung cancer, with an estimated survival rate of 20 percent. The family "lived on the eighth floor" for a year and half, while Autrey underwent more than 11 surgeries, very aggressive chemotherapy, and six punishing weeks of daily radiation. Throughout the ordeal, the doctors, nurses, and staff, "embraced us as a family and helped us cope with all the medical and emotional issues at hand," says Shannon.

## **DETERMINED TO MAKE A DIFFERENCE**

Autrey left the hospital before doctors felt she was ready. "They were right," admits her mom, but she was determined to graduate with her high school class. Still closely monitored, Autrey was a counselor at Camp Discovery, a camp for cancer patients in Kerrville. She helps raise money for UTSA's For the Kids, and is an eloquent spokeswoman for the hospital. This fall, the courageous teen is a freshman at Texas A&M.

At age 15, Autrey Haskell was diagnosed with a malignant hip tumor.







# New Braunfels

*This summer*, CHRISTUS Santa Rosa Hospital — New Braunfels opened a renovated birthing center to offer enhanced services to mothers and babies. The center features 16 private labor and post-delivery rooms in warm, inviting colors with hardwood floors and a comfortable, family friendly setting. The expansion created an opportunity to add a neonatologist.

about the new neonatologist that they had on staff. It was a comfort for me to know that if there were any problems that they were right there to take care of her.”

Fortunately, little Madeline Mueller, who was 7 pounds, 18 ounces, and 21 inches long, was strong and healthy and did not need that higher level of care. The Mueller family was happy to be close to home, too.

“It was important to me to be close to my home. I feel very lucky that I got to have the best of both worlds,” said Cassie.

“We deliver about 900 babies here each year, so we have a very active birthing center,” says Jim D. Wesson, F.A.C.H.E., vice president and administrator at CHRISTUS Santa Rosa Hospital — New Braunfels. “There are times when perhaps a mother would feel more comfortable knowing that if the baby needed a higher level of care, we could care for it in our community, rather than being transferred to San Antonio.”

## TREATING MOTHER AND BABY

Cassie and Josh Mueller were among the first to use the new center when their baby Madeline was born on August 2.

“I was very nervous walking in because it was my first time having a baby,” Cassie Mueller said. “They were very calm and comforting. I knew

## PEDIATRIC CARE CLOSE BY

The new center is also linked with the pediatric specialists in San Antonio.

“Another factor important to us is the affiliation we have with the pediatric group in our downtown location,” says Wesson about the Children’s Hospital of San Antonio. “If a baby needs an even higher level of care required at a children’s hospital, we have that direct relationship.”

## INCLUDING THE COMMUNITY

New Braunfels is a tightly knit community, so Wesson and his team engaged them to conceptualize how the unveiling event might take place. The result was a Labor and Delivery Expo with exhibitors offering information and services to new families.





*"It was important to me to be close to my home. I feel very lucky that I got to have the best of both worlds,"*  
—Cassie Mueller

Members of the Foundation Development Council, including Marian Benson, Brannon Brooke, Eric Couch, Craig and Beth Hall, Susan Granzin, Larry Hammonds, Udo Hoffman, Roxolin Krueger, Douglas Miller II, Tiffany Soechting, Pat Wiggins and Barry Williams, have held several events in the past year.



# Birthing Center *Grows!*

The event also garnered attention for some unique artwork, which has a permanent place at the birthing center. Developed as a cooperative effort with McKenna Children's Museum in New Braunfels, the selected pieces were installed as part of the opening.

Perhaps the biggest impact of the opening of the New Braunfels birthing center is yet to come. The Foundation is building a presence with a new Development Council; they are raising awareness through networking, events, and service, including the opening of the new birthing center.



The Mueller's appreciated the expert level of care the birthing center staff provided.

Jeffrey Paul, M.D., the new neonatologist at CHRISTUS Santa Rosa Hospital – New Braunfels is keeping busy since the center opened this summer.

"In the first two months, I kept asking the nurses, 'is this normal?' We've been very busy. With New Braunfels growing as it is, I expect us to grow."

When the center opened, Dr. Paul and the support team at the birthing center were focused on getting the team trained on using the respiratory equipment that is vital to premature newborns.

"It's very much a team effort," says Dr. Paul of the team at the birthing center.

"My biggest goal is to keep families together. It's always one of the worst things to have to transfer the baby and the mom can't leave for 24 hours," said Dr. Paul. "By the end of the year, we will be able to care for babies born at 32 weeks who are greater than 1,500 grams."



Learn more about CHRISTUS Santa Rosa Hospital – New Braunfels by visiting [www.christussantarosa.org/NewBraunfels](http://www.christussantarosa.org/NewBraunfels).



## Miracle Jeans Day a Hit

Every year, credit unions across the country participate in Miracle Jeans Day to benefit the Children's Miracle Network Hospitals®. San Antonio-based credit unions have been enthusiastic supporters of this annual event for years. This year, local credit unions which participated included:

- Air Force FCU
- City Public Service/IBEW FCU
- Firstmark Credit Union
- Generations FCU
- River City FCU
- Synergy FCU
- United SA FCU

Their efforts in the September 12 event benefitted the Children's Hospital of San Antonio.

If your organization hasn't participated in the past, this might be a good time to put it on your company calendar for next year. The website: [miraclejeansday.com](http://miraclejeansday.com) is filled with resources to assist your effort and includes a starter kit, online donation area, sticker templates and more.

Their website says it all: "Wear Jeans. Help Kids."



CPS/IBEW Federal Credit Union decorations in preparation for Sept. 12 Miracle Jeans Day.

## VOLUNTEER SPOTLIGHT

### Robyn Bowles

Robyn Bowles is a familiar face at Children's Hospital of San Antonio. Now a volunteer, she was the first school teacher housed on the hospital campus. In 1992, a partnership with the San Antonio Independent School District was formed so that hospitalized children needing treatment for long periods of time are able to keep up with their school peers. This vital program is essential for the little ones and keeps families at ease knowing their children will not be left behind.

Bowles has fond memories of children coming to her classroom; she even went to their bedside with daily school lessons for the children to work on. "It is fantastic when patients come back to let you know how well they are doing and even graduated!" says Bowles. After 18 years of working with hospitalized children, she retired in 2010.

Volunteering keeps Bowles happy during retirement. She lends a helping hand to the children she loves and proudly wears a heart-shaped charm engraved with an apple and an inscription about making a difference. The gift from her friends in Child Life makes her smile as she says, "This all means so much to me. I treasure being here to help in any way I can and staying in touch with the patients and my hospital family is a true blessing."



Robyn Bowles with Abdullah (left) and Fadil (right) Risen enjoy a fun-filled afternoon.



### You Can Make a Difference!

Would you like to make a difference through service to the Children's Hospital of San Antonio? Our volunteers make the hospital a better place through their meaningful service. For more information or to fill out an application, visit [www.christussantarosachildrens.org/giving](http://www.christussantarosachildrens.org/giving).



## Welcome John Bel

John Bel was named the new vice president and chief development officer for the Foundations of CHRISTUS Santa Rosa, returning to an organization he served from 1987-1999. Bel served as president of the



Arkansas Children's Hospital Foundation the past 13 years. He has been in philanthropy since 1971, serving in nonprofit organizations in Los Angeles, Minneapolis-St. Paul, San Antonio and Arkansas.

"I am honored to return to CHRISTUS Santa Rosa in this role," Bel said. "We have so many good friends here it feels as if we are coming home. This healing ministry, founded on the faith tradition of the Sisters of Charity of the Incarnate Word more than 142 years ago, brings healing, hope, and dignity to each and every person served. What an exciting time to rejoin this team."

## Check Out Our New Website

The Foundation has a new look! Our new website launched mid-summer with enhanced features. We think it showcases the two sides of our foundation and truly helps tell the story of the work we do in the community. If you haven't been there yet, please visit us at: [www.santarosafoundation.org](http://www.santarosafoundation.org).



### SAVE THE DATE!

## Hear Captain "Sully" Sullenberger at the National Speakers Luncheon

He's best known for safely landing a plane in the Hudson River in 2009, which has become commonly called the "Miracle on the Hudson," but Captain Chesley B. (Sully) Sullenberger is also a best-selling author, lecturer and safety expert and will be joining us as the keynote speaker for the annual National Speakers Luncheon to be held Wednesday, April 3, 2013, at the Omni San Antonio Hotel at the Colonnade. Capt. Sullenberger was a captain and fighter pilot in the United States Air Force and has been a vocal advocate for aviation safety programs. He has authored books, is a CBS News Aviation and Safety Expert and currently serves on the board of the *Journal of Patient Safety*. He is a member of the Greenlight Group, a team of world-class experts supporting a number of global health care research and development initiatives.

Now in its third year, the National Speakers Luncheon raises awareness and funds for hospital programs and equipment. If you would like to get involved, call Stephanie Krueger at 210-704-3726.





## Children's Hospital Trail Ride Kicks into Gear

The Children's Hospital Trail Ride has sponsored fundraisers for the children for the past 24 years. This past spring, their fundraising activities included team roping, the trail ride, and a cook-off event that raised more than \$49,700. Since 1988, their efforts have raised \$763,200. Next year marks Children's Hospital Trail Ride's 25th anniversary.



## Wal-Mart/Sam's Club Breaks 2011 Giving Record

The 2012 Wal-Mart/Sam's Club fundraising campaign was a complete success raising more than \$276,000 in our region, an increase of 40 percent over last year, from the 46 stores in our region. Everyone, including leaders from each Wal-Mart and Sam's Club store, made a tremendous effort to keep their commitment.



## Denny Honored for Continued Dedication

Mary Denny, pictured here with Bobby Cavender and Marcy Doderer, was honored at the annual meeting for her service to the Foundation. Mary joined the Foundation Board in 1974 and served on the nominating committee from 1997-2011, as board secretary from 2004-2010, and on the Foundation's Executive Committee from 2004-2010. She was elevated to Life Member status earlier this year. She has also been a regular contributor to *Here for Life* magazine.



## Boston Pizza Restaurant & Sports Bar Makes Sweet Donation

Boston Pizza Restaurant & Sports Bar owner Susan Stoval, her husband Richard Stoval, and Kasi Boden, community relations coordinator, presented the hospital with a donation from proceeds of the sale of their famous Red Velvet cheesecake, gluten-free brownie, almond-mocha ice cream, and heart-shaped pizza. For each item sold, \$1 was donated.



## BOARD SPOTLIGHT

## Laurie Griffith

Laurie Griffith is board chair for the Friends of CHRISTUS Santa Rosa Foundation, a position she has held for two years. She has served on the board since 2001, also serving as treasurer.

"Health care is one of the big issues that I've always been concerned about," says Griffith, the executive vice president of real estate and banking at Texas Capital Bank. "Adult services are not as prominent in people's minds as they should be."

During Griffith's time on the board, several community programs have been initiated by the Foundation to address adult needs in the community. The Mobile Mammography Unit, which is supported by the Foundation, offers mammograms to women who can't afford it. The ACE program, or Acute Care for the Elderly, offers a holistic, integrated approach to patient care and is supported by the Foundation.

What does she see as the future of the Friends of CHRISTUS Santa Rosa Foundation?

"I see a larger fundraising campaign because of the trend in health care. We're just going to have to give more to support CHRISTUS," says Griffith. "We're going to need to shoot for the stars in tripling the endowment over the next 3-4 years."



## Silver Stars go Pink!

The Silver Stars donned their pink and black jerseys on August 25 and took to the court for the third annual Breast Health Awareness Game to support the CHRISTUS Santa Rosa Mobile Mammography Unit. Following the game, each player returned to the court to auction off their jersey and other gear to a crowd of donors and supporters.

Proceeds from the post-game auction were earmarked to provide more than 400 breast cancer screenings free of charge for women who are uninsured or underserved. The Mobile Mammography Unit offers convenient and affordable breast cancer screenings for women in San Antonio and surrounding communities and is a program funded by the Friends of CHRISTUS Santa Rosa Foundation.

After the event, Russell Warren, director of WNBA business operations and chief operating officer for the Silver Stars, presented the Friends with a check for \$31,200.







**SAN ANTONIO →**

Dairy Queen owner Ila Bhakta and her son as they put up signage to encourage their customers to buy a Blizzard during Miracle Treat Day.



**↑ NEW BRAUNFELS**

Dairy Queen store manager Teresa Lopez and son John during a Cook Off competition to assist the Dairy Queen fundraising campaign 2012.



**↑ KIRBY**

Dairy Queen store owner Rosa Rivera and associate Linda on Miracle Treat Day. Siblings Daniel and Rosa Rivera (owners) have been long-time supporters.



**↑ SAN ANTONIO**

Dairy Queen store manager Sam Escobedo admiring the Children's Miracle Network Hospital icon balloons sold at his store in the weeks preceding Miracle Treat Day.

**← SEGUIN**

Dairy Queen store celebrating Miracle Treat Day.

## Miracle Treat Day a Huge Success

The Dairy Queen stores in San Antonio and South Texas once again made the July Miracle Treat Day a huge success. Dairy Queen has been a Children's Miracle Network Hospitals sponsor for the past 28 years. They are a caring company with a strong foundation of giving back to the communities in which they work, live, and do business.

On July 26, the proceeds of the Miracle Treat Day –

\$1 per Blizzard sold – benefitted The Children's Hospital of San Antonio.

While the results are still being tabulated, the 2011 Miracle Treat Day garnered more than \$43,000 for the Children's Hospital. This result would not be possible without the efforts of owners, employees and families committed to making a difference in the lives of children in need of essential medical care.



## Foundation Funds Million Dollar Addition to Westover Hills Campus

A million dollar donation by The Friends of CHRISTUS Santa Rosa Foundation was the driving force behind adding vital diagnostic services in San Antonio's western suburbs. The donation was the culmination of a board directive that began in 2008 and finished with the addition of an Interventional Cardiovascular Services Unit and Cath Lab for CHRISTUS Santa Rosa Hospital – Westover Hills.

With Foundation help and donations from members of the community, this hospital now has the ability to treat critical cardiac patients, a service that CHRISTUS Santa Rosa Hospital — Westover Hills did not have before. Local emergency medical services are now able to bring patients there instead of having to transport them to the Medical Center area.

The equipment offers diagnostic capabilities for patients with cardiovascular disease, as well as emergent treatment for patients experiencing a heart attack. This equipment makes it possible for the hospital to do surgical interventions, too.

"The Friends of CHRISTUS Santa Rosa Foundation were motivated to get this equipment and these cardiac services into the Westover Hills location," said Laurie Griffith, board chair of the Friends of CHRISTUS Santa Rosa Foundation. "This donation was an important part of our mission. We not only raise money for innovative programs and equipment, but also for quality and compassionate care for all."

The new equipment provided by Friends of CHRISTUS Santa Rosa Foundation not only expands diagnostic capabilities, but helps improve patient care.



## New Academic Partner On the Horizon

In September, the UT Regents announced that they would be pursuing an academic partnership with another health system for children's health care after more than 40 years of partnership with the CHRISTUS Santa Rosa Health System. While disappointed by the decision, Pat Carrier, CEO, expressed extreme optimism for a new academic partnership in a media briefing.

"While we are disappointed by the decision, we want our patients, our associates, the doctors and nurses of this community, the parents of children in need of world-class care, our donors along with city and county leaders, to be assured that we are prepared because our children will always come first," Carrier said to local media.

"Texas Children's Hospital, the top-ranked children's hospital in Texas and fourth in the nation, and Baylor College of Medicine, one of the nation's premier medical schools, have agreed to explore an academic affiliation in pediatrics with CHRISTUS Santa Rosa Health System," he said.

This presents exciting possibilities for the three institutions. The future partnership could include:

- A residency training program
- Recruiting pediatric subspecialists
- New and existing research initiatives
- Expanding pediatric subspecialty programs and services in areas like bone marrow transplant and pediatric trauma
- Adding a comprehensive high-risk obstetrics and maternal fetal medicine program
- Developing outreach programs and referral networks

Carrier noted that all three organizations are not-for-profit and mission-driven, traditionally providing the highest level care for all children, regardless of their ability to pay. At press time, the details of the potential partnership were still in the works.



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Health System

# WHO *we* ARE

The Foundations of CHRISTUS Santa Rosa are two charitable foundations under one roof. Our mission is to support our San Antonio hospitals by raising money for critically needed patient health and wellness programs, cutting edge medical technologies and compassionate care for patients of all ages.

## WE CAN'T DO IT ALONE!

It's only through the support of a strong community of donors that we can continue this vital work for better health care in our community. Please consider how you can help the CHRISTUS Santa Rosa Foundation continue fulfilling its mission.



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To be added to the mailing list or to make any address or name changes, please call CHRISTUS Santa Rosa Foundation at 210-704-2800.

## Warm-Ups Reduce Kids' Sports Injury Risks

A new study from *BMJ* backs up what doctors and coaches have long advised. Warming up is important whether your child plays a team sport, runs track and field, or does gymnastics. A successful warm-up contains several components. Read on to find out how your child can incorporate each into a pregame routine.

**1 THE AEROBIC WARM-UP:** Before going hard, your child should slowly increase his or her heart rate and breathing rate. Gentle activity also loosens up muscles and joints. For example, have her run slowly from one end of the soccer field to the other for eight minutes. Or do jumping jacks for three to five minutes.

**2 THE STRETCH WARM-UP:** After an aerobic warm-up, hold stretches for 30 seconds. Key areas to target depend on your child's sport. For instance, soccer players should stretch their calves, quads, hamstrings, inner thighs, and hip flexors. Ask a coach or trainer for specific exercises.

**3 THE STRENGTH WARM-UP:** Stronger muscles may create stronger bones, reduce the risk for strains, and protect ligaments. One move that builds injury-busting strength and endurance: a double-leg lift. Have your child lie on his or her back and place both hands on the floor. Keeping legs straight, your child should lift them toward the ceiling and then lower them without touching the floor. Have her lift them up again and repeat eight to 12 times.

