



STRONG KIDS NEWS

Children's Hospital tops in Orthopaedics, Neurology & Neurosurgery

U.S. News ranks URM's Golisano Children's Hospital programs among nation's best

GOLISANO CHILDREN'S HOSPITAL AT THE UNIVERSITY OF ROCHESTER MEDICAL CENTER (URMC) WAS NAMED AMONG THE NATION'S BEST HOSPITALS FOR PEDIATRIC ORTHOPAEDICS, NEUROLOGY AND NEUROSURGERY BY *U.S. News & World Report* EARLIER THIS SUMMER.

URMC's reputation for excellence in care for Child Neurology and Pediatric Neurosurgery brings children and families from across the country for the treatment of Tourette syndrome, movement and neurodegenerative disorders and epilepsy. Its Pediatric Orthopaedic division has expanded exponentially to meet demand for its highly specialized care of scoliosis and spinal and ribcage deformities.

"We are delighted that Golisano Children's Hospital has — again — been recognized nationally for the expert care we are known for regionally," said Nina F. Schor, M.D., Ph.D., chair of URM's Department of Pediatrics and pediatrician-in-chief of Golisano Children's Hospital. "We are able to provide this top-notch care because of the collaboration among the Departments of Pediatrics, Orthopaedics, Neurology and Neuro-



surgery, the Division of Pediatric Critical Care, the Department of Physical Medicine and Rehabilitation, the Ronald McDonald House and the community."

Golisano Children's Hospital is a hospital within a hospital at URM. The hospital serves more than 70,000 children from the 17-county Finger Lakes Region and beyond every year — both as inpatients and outpatients. It houses 124 beds and 34 pediatric specialties and subspecialties, including Pediatric Orthopaedics, continued on page 14



In this issue

- Mark Siewert new board chair p. 4
- Houses that love built p. 8-9
- Autism diet study results p. 11

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Dear Friends —

It's a well-known fact: When you're really, really good, everyone wants a piece of the action. Forever, if possible. This is the second year in a row that Golisano Children's Hospital at the University of Rochester Medical Center (URMC) has been ranked among America's Best Children's Hospitals

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by U.S. News & World Report—and the first time we were ranked in two specialties: Pediatric Orthopaedics and Pediatric Neurology/Neurosurgery. But long before this critical milestone was achieved, people who passed through our doors for one reason or another have joined and stayed connected to our team.

For example, there are the physicians and staff who work at Golisano Children's Hospital and then "retire." I put that word in quotation marks because many, many of them still work with and for us. Physicians who come every week to hear our major conferences and three mornings a week to teach our students and residents. Staff who come to visit with their children and grandchildren who are applying to join our residency and fellowship training programs. And families who have worked at Golisano Children's Hospital, our partner hospitals in the communities around us and our University of Rochester School of Medicine and Dentistry and Strong Memorial Hospital for generations. In this issue of our newsletter, you will read about the lifelong connection our trainees and faculty feel to us. Next month, you will see hundreds of our residency and fellowship graduates, now faculty and chairs and deans of medicine across the country and world, as they visit us for our reunion during Meliora Weekend. These are extraordinarily busy and important people who choose to spend a long weekend back where they trained. Loyalty is earned, not a "given." We work to earn it and cultivate it to bring generations back to Rochester year after year.

Our wonderful Golisano Children's Hospital Board members, many of whom have had difficult experiences within our four walls, are another example. For decades, they have stayed with us and connected those of us on the inside to the communities and people around us. And our partners in service to the children and families of this region, the Ronald McDonald House staff and volunteers, ensure that families have, not only a place to stay, but a home away from home, with all that entails — a hug, a warm meal, a brief moment of normalcy at a tumultuous time. Better Day Buddies, Friends of Strong, our Stroll volunteers and participants, Fairport Music and Food Festival friends, and Ten (anything but) Ugly Men ... Where would we be without them?

Yes, we are good. We have to be because our kids are that important. But it all comes full circle as you will read in these pages. We are good, so you come and you stay and you help. And only because you come and you stay and you help, we stay good and we get better. For that and so much more, I thank you and look forward to many more years of bringing better and safer and more convenient care to the children and families of the communities around us.

Sincerely,

Nina F. Schor, M.D., Ph.D.
Pediatrician-in-chief

Gala unveils masquerade ball



This year's Golisano Children's Hospital's Gala will be wrapped in mystery as it unveils a masquerade-themed party just before Halloween, on Saturday, Oct. 30. The black-tie fundraiser will again be held at the Rochester Riverside Convention Center, with the cocktail hour beginning at 6 p.m. Black tie attire and masks are optional.

Hopes are high for this year's event. Thanks to last year's honorary chairs Peter and Allison Formicola, along with generous sponsors and attendees, the 2009 Gala brought in an astounding, record-breaking total of nearly \$700,000 for Golisano Children's Hospital. Donors graciously stepped up to the plate during the live auction as well, purchasing 11 specialized incubators, called Giraffe OmniBeds, for the hospital's neonatal intensive care unit.

Golisano Children's Hospital is thrilled to have Wayne and Beverly LeChase serve as this year's honorary chairs. They

are determined to make this year's Gala the most successful one ever.

The event will be held in memory of Peter Formicola, who sadly passed away Dec. 20, less than two months after he had bravely led the way towards the most successful Gala in the hospital's history.

The Gala will hold a live and silent auction, along with a cocktail hour, dinner and music and entertainment into the night. Those who are not attending but would like to support the event can participate in the silent auction by submitting a bid by proxy. As the event approaches, more details about silent auction items and bidding forms will be available at www.givetokids.urmc.edu. For more information about this year's Gala or to order tickets, which are \$175 per person and \$350 per couple, please call (585) 273-5948.



Kavey joins Children's Heart Center

Rae-Ellen Kavey, M.D., M.P.H., pediatric cardiologist, recently joined the Children's Heart Center at Golisano Children's Hospital at the University of Rochester Medical Center after serving as the senior medical officer for the Pediatric Cardiovascular Risk Reduction Program at the National Heart, Lung and Blood Institute (NHLBI) at the NIH. Her research focuses on pediatric hypertension, childhood obesity and lipids in children. She has been a member of the NHLBI's Obesity Task Force and its Pediatric Obesity Working Group and sits on

several of the American Heart Association committees, including the Committee on Atherosclerosis, Hypertension and Obesity.

Kavey divides her time between clinical pursuits, mainly in preventive cardiology and the Center's exercise lab, and expanding the division's clinical research program.

"Dr. Kavey's research background and tremendous expertise with preventive issues in children are an incredible asset to Golisano Children's Hospital," said Roger Vermilion, M.D., chief of Pediatric Cardiology.

To make an appointment with Kavey, please call the Children's Heart Center at (585) 275-6108.



Eight years ago, Siewert joined the board and since then, he has carried a strong belief in the children's hospital and passion for giving back throughout his tenure on the fundraising board, and now, he looks forward to taking on his new role as board chair.



Mark Siewert takes charge of Children's Hospital fundraising board

MARK SIEWERT REACHED THE FINISH LINE OF GOLISANO CHILDREN'S HOSPITAL'S ANNUAL STROLL FOR STRONG KIDS ON JUNE 5, AND GAZED UPON THE CROWDS OF TEAMS, DONNING COLORED T-SHIRTS, ENERGETIC SIGNS AND CLEVER TEAM NAMES. "ALL THOSE TEAMS ARE A STORY," HE THOUGHT. "ALL THOSE PEOPLE ARE COMMITTED BECAUSE THEY HAD A GREAT EXPERIENCE IN THE HOSPITAL AND THEY WANT TO GIVE BACK."

Like thousands of attendees who come to the Stroll for Strong Kids every year, Siewert has seen the expertise and kind-heartedness of members of Golisano Children's Hospital first-hand. Eight years ago, Siewert's son spent more than eight months in the pediatric intensive care unit (PICU). Siewert joined the board and since then, he has carried a strong belief in the children's hospital and passion for giving back throughout his tenure on the fundraising board, and now, he looks forward to taking on his new role as board chair.

This past summer, Howie Jacobson, the board's former chair, graciously handed over the reins to Siewert. After having led as chair for five years, Jacobson felt it was time to give another board member a chance to lead.

"The selection of Mark is especially gratifying since we have been friends since high school," said Jacobson. "To pass the 'gavel' to someone so passionate, so devoted and so capable is every chair's dream." Jacobson has the utmost confidence in Siewert and will continue to remain involved as vice chair and chair of the annual gala event.

Siewert has been involved in the fundraising efforts for the PICU, which opened in 2004, and the William and Mildred Levine Pediatric Surgical Suite, which opened in 2006. The hallway leading to the pediatric surgical suite, which is filled with blue skies, kites and butterflies to serve as a calming force for children entering the facility, was named in honor of Siewert's son, Mark Daniel. Siewert also participates in several

subcommittees on the board to recruit corporate sponsors for the annual golf classic and gala events.

"Mark will bring compassion, thoughtfulness, and consummate dedication to the children and families of upstate New York to his chairmanship of our board," said Nina F. Schor, M.D., Ph.D., Golisano Children's Hospital's pediatrician-in-chief and chair of the University of Rochester Medical Center's Department of Pediatrics. "He is both a thought leader and a team player and I am very much looking forward to working with him."

Siewert looks forward to leading the board into a new era of fundraising. He hopes to share the incredible stories that come out of the hospital with the broader community of those who are not yet familiar with the services Golisano Children's Hospital has to offer. Under Siewert's ambitious, compassionate and strong leadership, great things are certainly in store for Golisano Children's Hospital.



Introducing a window into Golisano Children's Hospital

Pediatric news site details latest in research, patient care, education and community

As many fans and subscribers have seen on our Facebook page and monthly e-newsletter, Golisano Children's Hospital at the University of Rochester Medical Center has a lot going on. Every day, our researchers are one step closer to finding cures, our clinicians discover new ways to improve patients' lives, our educators set out to engage the next generation of health care providers and our dedicated supporters dream up new ways to give back. All of these breakthroughs and more have been incorporated into Go-

lisano Children's Hospital's new pediatric news site.

A new video blog on the site features interviews with Golisano Children's Hospital's pediatric experts about newly released studies, trending topics and health tips. Viewers can leave comments and suggest points for discussion on the children's hospital's Facebook page, where the videos will be hosted.

A flash player at the top of the screen rotates among four stories of chil-

dren who received care from subspecialty divisions at Golisano Children's Hospital. Visitors can learn more about what is going on in the hospital with links to our Media Spotlight for the latest on stories hot off the press, as well as all of our press releases, past publications of *Strong Kids newsletter*, links to research news, our Twitter and Facebook pages and our e-newsletter sign-up form.

To see all that the site has to offer, visit www.golisano.urmc.edu/news.

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Girl Diagnosed with Cancer is an Inspiration
Mike and Tracey Merriman had always believed that Golisano Children's Hospital at the University of Rochester Medical Center was a vital resource for children in the Rochester-area community, but they never imagined how grateful they would come to be for the compassionate health care staff and incredible medical care their daughter would one day receive. [Read More](#)

URMC » Golisano Children's Hospital » Newsroom

Golisano Children's Hospital News

Celebrate a Heartfelt Event at Team Ali-Gaiters Clam Bake
August 18, 2010
Supporters of Golisano Children's Hospital, Team Ali-Gaiters, will hold their seventh annual Clam Bake 2 to 7 p.m. Saturday, Sept. 11, at the Honeoye Falls Fire Department Training Grounds to benefit the Children's Heart Center at Golisano Children's Hospital at the University of Rochester Medical Center.

Fairport Music and Food Festival Has Recipe for Success
August 09, 2010
The Fairport Music and Food Festival has the perfect blend of music, entertainment, food, drinks, a great ambiance and fun, community-minded folks to produce an end-of-summer event you won't want to miss. The festival, which will run from noon to dark Saturday, Aug. 28, is located in the heart of Fairport, at Lift Bridge Lane.

Gear Up to Dress Down on Miracle Jeans Day
July 15, 2010
On Wednesday, Sept. 15, businesses, schools and organizations are invited to host Miracle Jeans Day to benefit Golisano Children's Hospital.

Telemedicine Program Wins Prestigious AHA National Award
July 06, 2010
The American Hospital Association today announced that the University of Rochester Medical Center's pediatric telemedicine program, Health-e-Access, will receive a prestigious AHA NOVA Award at its annual Health Forum Leadership Summit in San Diego, Calif., on July 24. The award honors hospital-community collaborations that improve community health.

Video Blog
Not Everything Mother Nature Creates is Edible [HQ]
Golisano Children's Hospital
Please join a discussion about this video on the Golisano Children's Hospital [Facebook page](#). You must log in to participate.

Research
Investigators at the University of Rochester Medical Center are examining the best ways to help children with autism. [Read more](#)
[Read more about our Pediatric Research News](#)

Stay in the Loop.
Sign up to get all the latest children's hospital news and to learn about ways to get involved.
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Visitors can learn more about what is going on in the hospital with links to our Media Spotlight for the latest on stories hot off the press.



Teaching the art of medicine to a new generation

Would you continue your career after retirement? For most people, the answer is a definitive “no.” But some Rochester pediatricians wouldn’t think of stopping.

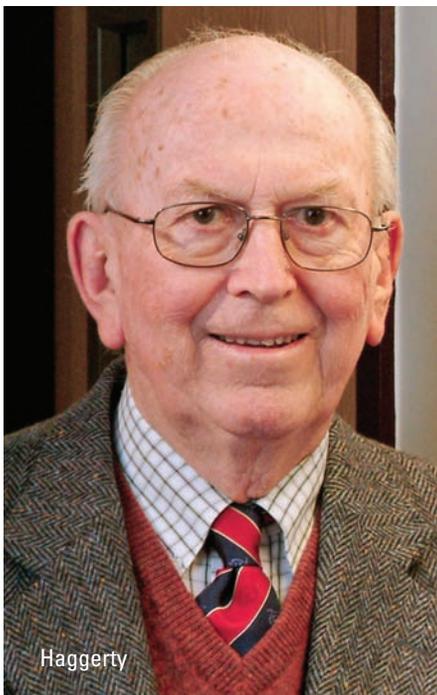
Golisano Children’s Hospital at the University of Rochester Medical Center (URMC) is fortunate that some of the strongest leaders in the field of pediatrics have stayed on to educate a new generation of doctors about the art of medicine.

“It speaks volumes about the esprit de corps of the Department of Pediatrics that retired members of our professional community continue to come here without compensation because they love to teach and to learn,” said Nina F. Schor, pediatrician-in-chief of Golisano Children’s Hospital and chief of Pediatrics at URMC.

Robert J. Haggerty

Continuing a Tradition of Community-Focused Pediatrics

One of the most distinguished among these retired members is Robert J. Haggerty, M.D., who led URMC’s Department of Pediatrics as chair from 1964 to 1975. Having forged the one-network-of-care system among Rochester’s pediatricians and gained an international



reputation, Haggerty has had a great influence over the field of pediatrics and Rochester’s unique history of community pediatrics.

As an active member of the American Academy of Pediatrics (AAP), Haggerty serves as a mentor for Jeff M. Kaczorowski, M.D., associate professor of Pediatrics at Golisano Children’s Hospital and principal investigator of the AAP’s Community Pediatrics Training Initiative. Haggerty continues to consult on AAP’s Pediatrics in Review, which is now edited by Lawrence F. Nazarian, M.D., clinical professor of Pediatrics. For several years, Haggerty and his wife also hosted monthly meetings to introduce first-year medical students to resources and opportunities in the Department of Pediatrics.

“Rochester is unique in the degree they involve retired physicians,” said Haggerty. “I never felt the warmth and acceptance in other institutions that I’ve felt here.”

Lawrence Nazarian & Michael Hirsh

Teaching the Art of Medicine

Michael J. Hirsh, M.D., clinical professor of Pediatrics, and Nazarian remain passionate about teaching the art of medicine to new pediatricians. Together, they attend morning report, a time during which chief residents present an interesting case and residents determine what a patient has and the best way to treat them.

“We can impart techniques for examining an upset 2-year-old or dealing with a sullen adolescent, which represent more the art than the science of medicine,” said Nazarian.

Nazarian and Hirsh provide an important and unique perspective to medical students, residents and interns. They teach residents about community resources for families, the importance of follow-up care, working collaboratively with other providers and much more.

“We offer experience, not expertise,” said Hirsh.

Hirsh and Nazarian are active in other ways as well. Hirsh teaches “Introduction

“We can impart techniques for examining an upset 2-year-old or dealing with a sullen adolescent, which represent more the art than the science of medicine,”

— Lawrence F. Nazarian, MD, MPH

to Clinical Medicine” to first-year medical school students. He also works closely with George B. Segel, M.D., professor of pediatric hematology and oncology, and advises residents in the hematology clinic. Nazarian conducts teaching sessions in the Resident Continuity Clinic for medical students and residents. He also edits Pediatrics in Review.

“I am constantly learning,” said Nazarian. “You can learn a great deal from younger colleagues and they can learn a great deal from you. You can impart perspective based on seeing a million patients and they can talk about cutting-edge research and knowledge.”

Eric Dreyfuss

Looking Toward the Future

For Eric Dreyfuss, M.D., clinical assistant professor of Pediatrics, the drive and determination to help children and those facing allergies has only strengthened since he began practicing in the pediatric allergy field nearly 50 years ago.

“I have a strong personal commitment and am very interested in helping the pediatric allergy field flourish locally,” said Dreyfuss.

Like many doctors who have stayed

involved after their retirement, Dreyfuss enjoys the give-and-take relationship between himself and the allergy fellows. He learns a lot about new research and treatments from them and can share his experience and provide a historical perspective on new issues that arise in the field.

Dreyfuss has made a \$2 million commitment to establish the Founders Fund, which will endow a new professorship for pediatric allergy at URMC and support pediatric allergy training programs. He hopes to enhance the allergy specialty academically, clinically and through education to improve the lives of children today and for future generations to come.

Haggerty, Nazarian, Hirsh and Dreyfuss have all continued to find fulfillment in the field of Pediatrics as it continues to move forward. Their passion for medicine inspires a new generation of doctors as they embark on their lifelong careers. As one medical student wrote about Hirsh, "He clearly loves what he does, and that helps us love it too."



Dreyfuss

“Celebrity” Bartending Night Gathers Supporters for a Few Evenings of Fun

On March 25 and April 11, supporters of the University of Rochester Medical Center’s Golisano Children’s Hospital poured into local establishments — Henry B’s in March and Bushnell’s Basin Pub in April — to watch as “celebrity” guest bartenders stirred up drinks for patrons. The guest bartenders cordially donated tips they raised to Golisano Children’s Hospital, which amounted to nearly \$6,000.



Above: Howie Jacobson, Walter Pegoli, M.D., and Don Tomeny
Below: Jeff Davis, Gary Mauro and Mike Mauro





Rochester celebrates 'House that love built' the 'House within Hospital' and Ronald McDonald Houses reach benchmark years

LIKE ANY MOTHER, JAVONNE ROBINSON WANTED TO STAY CLOSE BY HER 9-MONTH-OLD DAUGHTER'S SIDE WHEN LITTLE DE'ONNA WARREN WAS RUSHED TO THE UNIVERSITY OF ROCHESTER MEDICAL CENTER'S GOLISANO CHILDREN'S HOSPITAL WITH BREATHING ISSUES. ROBINSON WAS INVITED TO STAY IN A NEWLY AVAILABLE ROOM JUST ONE FLOOR UP FROM HER DAUGHTER IN THE PEDIATRIC INTENSIVE CARE UNIT (PICU), AT RONALD McDONALD HOUSE'S HOUSE WITHIN A HOSPITAL.

"It made a hard experience a lot easier," said Robinson, who lives in Rochester but does not have an easy way to get to and from Golisano Children's Hospital. "I've been able to wash what I have and I have a nice, quiet room to sleep in right upstairs and access to it all the time. It's just great."

The House within the Hospital, which provides comfort and basic necessities for families whose children are

critically ill or injured, celebrated its fifth anniversary this year. On top of providing seven bedrooms, a private bathroom and shower, laundry room, kitchen, living room and much more, the House within a Hospital boasts a band of nurturing, supportive volunteers. The compassionate crew is always on hand to lend a listening ear and offer a freshly brewed cup of coffee or a readily available meal to fami-

lies. The House's volunteers keep the House immaculate and focus on tending to the needs of families so families can focus on being there for their children.

Between the House within the Hospital and the Ronald McDonald House at 333 Westmoreland Rd., which celebrated its 20th anniversary this year, a brigade of more than 130 volunteers provide moral support and basic necessi-

ties to families of children being treated at Golisano Children's Hospital.

"We're a house, so the volunteers do everything you have to do to take care of a real house," said Carol DeMoulin, executive director of Ronald McDonald House Charities of Rochester.

Volunteers fold sheets, clean bathrooms, organize food cupboards, take the garbage out and sanitize toys. On Westmoreland, volunteers provide transportation to and from Golisano Children's Hospital from 9 a.m. to 7 p.m.

"The volunteers really run both facilities," said Carolyn Leonard, house manager of the House within a Hospital. "I'm supposed to help them, but they really help me."

In addition to maintaining both homes, for the past three years, Ronald McDonald House volunteers have held coffee hour for families in Ronald McDonald House break room on Golisano Children's Hospital's pediatric in-patient floor. The coffee hour is open to all families of patients at Golisano Children's Hospital.

On top of freshly baked cookies and other yummy baked goods, coffee hour brings about a sense of community for families. Parents meet at the coffee hour, which runs 10:30 to 11:30 a.m. Monday through Friday, and learn about one another's hardships and triumphs. Hospital volunteers provide arts and crafts activities in a hospital playroom during coffee hour, so parents can rest assured that their children are being supervised while they take some time to decompress and commiserate with other adults.

"Families get to laugh, cry and everything in between," said Linda Wagner, a Ronald McDonald House volunteer who started the coffee hour sessions and has seen how therapeutic and connective the time can be for parents.

Only specially selected volunteers are invited to take on coffee hour duties. "It takes someone who knows how to listen," said Leonard. Volunteers typically serve about six months at one or both of the houses before coming to coffee hour so they're comfortable interacting freely with families and know how to keep accommodations and conversations family-focused.

Leonard is well-versed in providing

"Our job is to support patients and send them home. Theirs is to help support the care of the parents ... Together, we nurture and care for the whole family." — Wendy Lane

family-centered care in the hospital setting. She worked as a child life specialist in the Ronald McDonald House Pediatric Emergency Department on the hospital's first floor before becoming a house manager when the House within a Hospital opened in 2005.

"This is truly a collaborative effort," said Wendy Lane, program coordinator of Golisano Children's Hospital's Child Life department. "Our job is to support the needs of pediatric patients. Theirs is to help support the care of the parents by providing home comfort needs such as accommodations, meals and transportation. Together we nurture and care for the whole family."

The Ronald McDonald House works closely with pediatric social workers, child life specialists and health care providers to determine which families are most in need of a home environment near or at the hospital. Families with children in need of the most critical care are invited to stay above the PICU in the House within a Hospital. About 42 percent of families who stay in the House within a Hospital have a child being treated in the PICU, with 28 percent in the pediatric cardiac intensive care unit, 20 percent in the neonatal intensive care unit and roughly 10 percent in other units of Golisano Children's Hospital.

"The most remarkable thing about the Ronald McDonald House is the relationship their staff and volunteers have with the hospital," said Carla LeVant, Golisano Children's Hospital's senior pediatric social worker. "They appreciate and defer to us for recommendations and frequently call to let us know when there

are issues at the House that might impact care in the hospital."

On any given day, social workers and staff from the house collectively work through all sorts of issues to make sure families' needs are being met. They constantly collaborate to find rooms for families as they open up, transfer families between Houses to make room for new families and coordinate arrival times for families moving into the Houses.

The Houses collectively accommodate about 795 family visits per year. Families are welcome to stay as long as they need to, which can range from one night to several months at a time. Over the past 20 years, the two Ronald McDonald House facilities have served more than 12,000 families who have sought pediatric care for their children at the University of Rochester Medical Center.

"You hope that you never get an emergency call about your child but if you do, the people you would want around you are the Houses' staff and volunteers," said DeMoulin. "Thanks to them, we can provide a home for families who come to the hospital unexpectedly and help them get through some of the most difficult times in their lives."

Like the trailblazers of the past, who erected the House on Westmoreland 20 years ago and established the House within a Hospital at Golisano Children's Hospital — the fourth in the nation and first in the Northeast — the new generation of Ronald McDonald House volunteers remain as passionate and driven as ever. Even after just a few weeks of service, 19-year-old college student Eric Ruff already understands the essential need the Ronald McDonald House fulfills for families.

"It's about making parents comfortable and giving them a place to stay," said Ruff. "Food — we've got that. Beds — we've got that. So they can worry about their primary concern: Taking care of their kids."

Visit www.youtube.com/give2gch to watch a video about the partnership between the hospital and Houses. To learn about the Ronald McDonald House, visit www.ronaldshouse.com, or contact Kathy Keenahan at kathy.keenahan@ronaldshouse.com or (585) 442-5437.

Miracle Weekend shines brightly, nets record totals



Heavy, ominous-looking clouds hung low as cars followed bunches of lilac balloons toward the entrance of the 14th annual Stroll for Strong Kids event. The smell of rain was palpable, but as determined participants ventured forward in the 1 Stroll walk and 2 5K run, the clouds parted to show a hint of sun. By the time families had crossed the Stroll's finish line and entered the Wilson Quad, where games and activities awaited children of all ages, the threat of rain had passed. As the weather's quest for sunny skies proved, Miracle Weekend is all about hope.

3 Most of the 3,500 participants who came out to support Golisano Children's Hospital at the University of Rochester Medical Center, at the Stroll know all too well how to navigate stormy weather and times of uncertainty. Yet supporters' sunny faces and energized attitudes kept spirits elevated throughout the day. The event brought in a record-breaking number of participants and funds, raising \$332,323 for Golisano Children's Hospital.

4 The Children's Miracle Network's News 10NBC Telethon, which aired the evenings of June 4 and 5, celebrated and commemorated stories of children treated in the hospital, including those of five very special children — Golisano Children's Hospital's 2010 Miracle Kids. Hailey, Connor, Owen, Addison and Bridgette went on air with their families and shared their incredible stories, as did many other grateful families and supporters. The Telethon also recognized hospital supporters who contributed to the hospital's annual fundraising total of \$3,707,446, which was raised through various events over the course of the year.

Golisano Children's Hospital would like to thank our many generous supporters, who invested time, effort and a great deal of passion to make this year's Miracle Weekend a tremendous success and a whole lot of fun. To see videos from the weekend, visit www.youtube.com/give2GCH.



Autism diet doesn't demonstrate behavioral improvement

Tightly controlled study saw no benefits for sleep, attention or bowel function

A POPULAR BELIEF THAT SPECIFIC DIETARY CHANGES CAN IMPROVE THE SYMPTOMS OF CHILDREN WITH AUTISM WAS NOT SUPPORTED BY A TIGHTLY CONTROLLED GOLISANO CHILDREN'S HOSPITAL STUDY, WHICH FOUND THAT ELIMINATING GLUTEN AND CASEIN FROM THE DIETS OF CHILDREN WITH AUTISM HAD NO IMPACT ON THEIR BEHAVIOR, SLEEP OR BOWEL PATTERNS.

The study is the most controlled diet research in autism to date. The researchers took on the difficult yet crucial task of ensuring participants received needed nutrients, as children on gluten-free, casein-free diets may eat inadequate amounts of vitamin D, calcium, iron and high quality protein. Unlike previous studies, they also controlled for other interventions, such as what type of behavioral treatments children received, to ensure all observed changes were due to dietary alterations. Past studies did not control for such factors. And although no improvements were demonstrated, the researchers acknowledged that some subgroups of children, particularly those with significant gastrointestinal (GI) symptoms, might receive some benefit from dietary changes.

"It would have been wonderful for children with autism and their families if we found that the GFCF diet could really help, but this small study didn't show significant benefits," said Susan Hyman, M.D., associate professor of Pediatrics at Golisano Children's Hospital at the Uni-

versity of Rochester Medical Center (URMC) and principal investigator of the study which was presented in May at the International Meeting for Autism Research in Philadelphia. "However, the study didn't include children with significant gastrointestinal disease. It's possible those children and other specific groups might see a benefit."

In response to widespread parent-reported benefits, URMC initiated the trial in 2003 to scientifically evaluate the effects of the gluten-free and casein-free diet, which eliminates wheat, rye, barley and milk proteins. Parent observation has played an important role in earlier treatment discoveries in children with autism, such as melatonin's benefits for sleep.

Hyman's study enrolled 22 children between 2½- and 5½-years-old. Fourteen children completed the intervention, which was planned for 18 weeks for each family. The families had to strictly adhere to a gluten-free and casein-free diet and participate in early intensive behavioral intervention throughout the study.

After at least four weeks on the strict

diet, the children were given a snack containing either gluten, casein, both or placebo in randomized order. They were given a study snack once weekly with either 20 grams of wheat flour, 23 grams of non-fat dried milk, both, or neither until every child received each snack three times. The type of snack was given in randomized order and presented so that no one observing — including the family, child, research staff and therapy team — knew what it contained.

Study participants had no change in attention, activity, sleep or frequency or quality of bowel habits after having the snacks.

This study was funded by the NIH's National Institutes of Mental Health Studies to Advance Autism Treatment Research and National Center for Research Resources (NCRR).



Susan Hyman, M.D.

In response to widespread parent-reported benefits, URMC initiated the trial in 2003 to scientifically evaluate the effects of the gluten-free and casein-free diet, which eliminates wheat, rye, barley and milk proteins. Parent observation has played an important role in earlier treatment discoveries in children with autism, such as melatonin's benefits for sleep.

Team Ali-Gaiters new hit: Music for Miracles

A huge alligator graced this year's Stroll for Strong Kids with its presence for the first time ever on behalf of a very special crew of fundraisers, Team Ali-Gaiters. Named in honor of Ali Klube, the team started raising funds for the Children's Heart Center at the University of Rochester Medical Center's Golisano Children's Hospital in 2003. When Ali's cousin, Nathan Brandow, was born with a congenital heart defect in 2008, Klube and her cohort of gaiters knew that the donations they had been raising for the heart center were not in vain.

Despite being born with hypoplastic left heart syndrome, which means only one side of his heart was initially working, Nathan has successfully undergone two of the three surgeries he will need to repair his heart. Nathan needs to grow a bit bigger before he is ready for his final surgery. Nathan's cousin Ali, now 8, is happy, healthy and very active. She loves playing lacrosse and cheerleading.

Since 2003, Team Ali-Gaiters has met and befriended many other families of children from the Children's Heart Center and welcomed them into their circle with

open arms. The ever-growing team gained momentum as more families have jumped on board for Team Ali-Gaiters.

Team Ali-Gaiters continually comes up with new and creative ways to raise funds for Golisano Children's Hospital. Since their first Stroll for Strong Kids in 2003, Team Ali-Gaiters introduced a popular annual clam bake and Music for Miracles, which debuted this year on June 12, and raised more than \$2,000.

Every year at the clam bake Team Ali-Gaiters honors and remembers other children who have been treated at Golisano Children's Hospital. Team Ali-Gaiters finds other ways to commemorate children from the Heart Center as well, like donating honorary plaques, many of which decorate the hall just outside the Children's Heart Center on the first floor of the hospital.

The team has found great new ways to keep members of the group updated and in touch year-round. They have created a website, which shares their story, offers details about upcoming events and provides an easy way to make contributions to the hospital on behalf of the team.

Overall, the team has raised more than \$73,100 for Golisano Children's Hospital and shows no sign of slowing down anytime soon. Golisano Children's Hospital is very grateful for Team Ali-Gaiters' contributions to the hospital but perhaps more importantly, for the incredible support system they have built for families and friends of the Children's Heart Center.



Kiwanis Clubs

Area Kiwanis Clubs came up with fun reasons to donate to Golisano Children's Hospital at the University of Rochester Medical Center during their Miracle Month of May campaign. The Batavia Kiwanis Club held their second annual golf ball race down Elliott Avenue, during Batavia's 4th of July picnic celebration on July 3. The Kiwanis Club raised \$3,000 for the hospital at their 22nd annual golf tournament, which took place June 21.



Tops Friendly Market stores

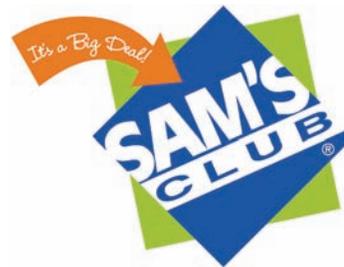
Twenty local Tops Friendly Market stores wrapped up their annual Children's Miracle Network balloon sales, which ran from June 23 to July 3. The fundraising drive, combined with the fourth annual Monte Carlo Night the stores hosted in March, raised a total of \$4,200 for Golisano Children's Hospital. This year, the Leroy Tops requested that their donations, which would have otherwise gone elsewhere, go to Golisano Children's Hospital because employees knew and loved one of our Miracle Kids, Hailey Coniber, and her family. The Leroy Tops store created special balloons with Hailey's face on them to encourage shoppers to purchase a balloon to make a \$1 donation to Golisano Children's Hospital.



Walmart and Sam's Club

Area Walmart and Sam's Club stores raised \$82,835 for Golisano Children's Hospital in their seven-week campaign, raising nearly \$30,000 more than last year. They found creative ways to get associates on board. In Newark, manager Dan Golden shaved his head after Walmart associates met the challenge he had set to raise \$3,000 during the first week of their fundraising campaign. The Geneseo Walmart store capped off a successful season of fundraising by getting to watch managers pucker up to kiss a pig, after associates had beaten their challenge of raising \$1,000 during their last week of fundraising for the hospital. **The Walmart/Sam's Club Golfing for Kids Golf Tournament**

was a huge success this year. Held at Mill Creek Golf Course on May 19, more than 140 golfers participated to help raise funds for Golisano Children's Hospital and Women and Children's Hospital in Buffalo. This joint effort allows two outstanding children's hospitals to benefit from the generosity of many companies who realize the importance of helping the children in western New York. We were thrilled to have some former NFL



greats join in the fun of this tournament — former Bill's players Jim Kelly, Thurman Thomas, Lou Piccone, Booker Edgerson, Charlie Ferguson and Ed Rutkowski. Golisano Children's Hospital would like to offer a special thanks to all of our sponsors who helped

make the tournament a wonderful success, including our major sponsors: PepsiCo, North American Breweries, Byrne Dairy and Rochester Coca Cola. The tournament netted \$68,000 to be split between the two hospitals.



U.S. News rankings

continued from cover

Child Neurology and Pediatric Neurosurgery.

The Child Neurology division saw almost 6,000 patients in the hospital and in clinics in 2009, most of which come from across the region, but some come from other countries to see the hospital's experts in Tourette syndrome and Batten Disease.

"The University of Rochester Medical Center has a long history of achievements in Child Neurology and has become a destination for families searching for the best possible care for their children," said Steven A. Goldman, M.D., Ph.D., professor and chair of the Department of Neurology at URM. "Our chief of pediatric neurology, Dr. Jonathan Mink, is one of the finest pediatric neurologists in the country, and the premier expert in the U.S. on pediatric movement disorders; he has built a division that has become a magnet for families nation-wide."

Pediatric Neurosurgery has been a steadily growing program at URM, using state-of-the-art diagnostic imaging, neuronavigational and neurophysiology monitoring technologies to provide the best care possible. In 2009, the division performed 138 pediatric neurosurgeries, 23 of which were for brain tumors.

Howard Silberstein, M.D., who was recruited in 1999 to be the first specialized pediatric neurosurgeon in Rochester's history, has presided over a significant growth in pediatric neurosurgical procedures at Golisano Children's Hospital; and along with David Korones, M.D., a pediatric oncologist, has developed a leading pediatric brain tumor treatment program, said Webster H. Pilcher, M.D., Ph.D., professor and chair of Neurosurgery at URM.

"We pride ourselves on providing the highest quality neurosurgical care to our region's children so parents don't have to leave the area to find the best possible care," Pilcher added.

URM is home to one of the largest, most comprehensive orthopaedic practices in the region. More than three dozen board-certified or board-qualified doctors



"Being selected as a top pediatric orthopaedic hospital for the second year in a row is a tribute to the leadership of Dr. James Sanders as chief of Pediatric Orthopaedics."

Regis J. O'Keefe, M.D., Ph.D

"We pride ourselves on providing the highest quality neurosurgical care to our region's children so parents don't have to leave the area to find the best possible care." Webster H. Pilcher, M.D., Ph.D.

cover every subspecialty of orthopaedics, from spine and sports medicine, to foot and ankle to joint replacement. Each year, faculty provide care to more than 160,000 patients, making the orthopaedic clinic one of the nation's busiest.

"Being selected as a top pediatric orthopaedic hospital for the second year in a row is a tribute to the leadership of Dr. James Sanders as chief of Pediatric Orthopaedics. His recruitment three years ago represented an important collaboration that included the Medical Center, the Department of Orthopaedics, the Department of Pediatrics and the community to make the Rochester area a leading center for pediatric musculoskeletal health in the United States," said Regis J. O'Keefe, M.D., Ph.D., chair of the URM's Department of Orthopaedics and Rehabilitation. "The pediatric ortho-

paedic team has enhanced musculoskeletal health for children throughout the region. We are extremely excited about this recognition of their outstanding care."

Sanders, a nationally recognized expert in pediatric orthopaedic disorders and spinal deformity, including scoliosis, expanded an already exemplary pediatric orthopaedic team, including Gary Tebor, M.D., and Paul Rubery, M.D.

The *U.S. News & World Report* rankings were also published online at www.usnews.com/childrenshospitals. The 2010 America's Best Children's Hospitals is the most extensive listing of its kind, ranking pediatric hospitals in 10 specialties.

special thanks

Many thanks to these and all generous supporters and event organizers that benefit Golisano Children's Hospital!

If you are interested in hosting a fundraiser please go to givetokids.urmc.edu and complete the Community Fundraising Application Form or call 585-273-5948.

- Thanks to Mary Sweeney at Nazareth College for heading up the SMILE spaghetti dinner again to benefit the Craniofacial Department at Golisano Children's Hospital. This annual event raised \$5,350 this year!
- Patti and Mike Milburn, proud parents of 2009 Miracle Kid, Cory, held their annual euchre tournament and raised \$4,100. Many thanks to everyone who participated.
- Special thanks to Ida Wheeler for gratuitously organizing the annual Talent for Tots & Teens, which raised \$3,320 this year.
- Thank you to the family and friends of Jesse Guido who continue the tradition of the annual golf tournament. They gave \$1,000 to Golisano Children's Hospital.
- In lieu of birthday presents, Tony Crego collected \$465 for Golisano Children's Hospital. Thank you, Tony, and happy birthday!
- Brian Wemett and Todd Krupa worked tirelessly to organize the wildly successful third annual Roc City Rib Fest. This international BBQ festival raised \$14,150 for Golisano Children's Hospital — thank you!
- Special thanks to Heather Van der Mark for holding organizing Flowers for Julia in memory of her beautiful daughter. This year's flower sale raised \$2,800!
- Our dear friends at B&L Wholesale Supply held the 16th annual B&L Wholesale Golf Tournament on June 23. They raised a record \$116,200 to purchase four isolettes and donate a significant portion to the Social Work department. Thank you Don Tomeny, Art Finocchario, Bob Latour, Bob Jacobson and Lisa Chatt!
- Huge thanks to this year's Miracle Maker Award winners for continuing to support Golisano Children's Hospital! Martha Brown Middle School raised a staggering \$15,723.71 during their annual Kid-to-Kid fundraiser.
- Fairport's Jefferson Avenue Middle School held a teacher vs. teacher basketball tournament and raised \$1,453.85. Thank you!
- The annual Greek Festival continues to support Golisano Children's Hospital and we are very grateful. This year's festival organizers donated \$1,000 — thank you!
- Thank you Chili Soccer teams for donating \$450 to Golisano Children's Hospital.
- Hats off to Barker Road Middle School for donating \$200 to help the hospital.
- Lauren Peakes selflessly collected \$190 in donations for Golisano Children's Hospital in lieu of gifts for her 14th birthday. Thank you and happy birthday!
- Thank you Rush-Henrietta school district for donating \$160 to the hospital.
- Thank you to Honeoye Falls Lima Middle School for donating \$100.
- Thank you to the Sunday school children at St. Agnes church in Avon for collecting \$96.63 for our region's children — thank you!
- Special thanks to the Churchville Chili Robotics Team the middle school's fifth- and sixth-graders for working together to raise \$1,700 towards a bear bed for Golisano Children's Hospital.
- Thank you to Starlight's Great Escapes program for hosting two parties on the hospital's playdeck. To learn more about the program, call (585) 899-9768 or email elizabeth@starlightnyc.org.

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