



World Leaders in Special Surgery!

Thanks to generous community support the Alberta Children's Hospital is now an international leader in laparoscopic or "key hole" surgery for children! Each year, hundreds of kids at the Alberta Children's Hospital benefit from "minimal access for major surgery". Using special technology and operating techniques, our surgeons can perform even complex procedures through very small incisions.

"It's safer and much less invasive," says pediatric surgeon, Dr. Paul Beaudry. "It can reduce the time children need to stay in hospital by half, reduce the pain medication required and get them back to normal activity twice as quickly as conventional surgery."

Seeing how minimally invasive procedures helped adults twenty years ago, visionary surgeons at the Alberta Children's Hospital were among the first in Canada to bring those benefits to children. Thanks to community funding, our hospital was able to purchase its first laparoscopic kit in 1995. Since then, our surgeons have become renowned for their innovative use of laparoscopic techniques on a greater number of increasingly complex operations.

17-year-old Greg Brown is a perfect example of how minimally invasive procedures help our kids. When Dr. Beaudry met Greg this past summer, he was a seriously ill young man in a great deal of pain as a result of his advancing Crohn's disease. Day-to-day living was becoming a

challenge and Greg was unable to participate in sports or other activities. Along with his doctors, Greg made the decision to undergo a major surgery to remove a lengthy section of his bowel in order to bring some relief and help get his disease under control.

Traditional surgery would have required an eight-inch incision and a possible ten day recovery in hospital. Amazingly, Dr. Beaudry was able to perform the operation through a mere one-inch incision in Greg's belly button and confidently discharged him only five days following his surgery.

"Greg's recovery was incredible," says his mom, Jackie. "He hardly had any pain and there were no complications from infection which may have happened if he had a huge incision. He feels better than he has in years!"

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Only one month after having major surgery on his abdomen, Greg Brown is back in action and ready to pursue his boxing dreams!

WHAT'S INSIDE

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Built with love...

Rotary/Flames House begins to take shape

Rotary/Flames House is being built with more than concrete and plywood. From the construction crew who feels proud to be working on such a special building to the parents who are providing input into the art and finishing touches, Rotary/Flames House is truly a labour of love.

Despite a wet spring, construction is on track with footings and foundation complete. The goal is to have the entire facility enclosed by Christmas.

"It's exciting to be at this stage in the construction process," says Xina Chrapko, Rotary/Flames House Manager. "The daily progress on the building means we're that much closer to providing a new option of care for families who will benefit from the home-like setting the hospice will offer."

Most recently, Dr. Marli Robertson has been recruited as Physician Lead for Rotary/Flames House. In

addition to her clinical and administrative duties at the house, she will be working with the other members of the Pediatric Palliative Care and Grief Support Service team to care for patients and families they follow in hospital and community settings.

Support from many generous members of our community, including the Flames Foundation for Life, Rotary Clubs of Calgary and the Alberta Lottery Fund, made the construction of Rotary/Flames House possible.

Rotary/Flames House is a community based hospice that will serve an estimated 400 families each year who are caring for a child with a progressive or life-threatening illness. It is one of six free-standing pediatric hospices in North America and the first in Alberta. It is expected to open as soon as the summer of 2009. ♥

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Much to his mother's chagrin, Dr. Beaudry then gave Greg the "all clear" to pursue boxing lessons - only one month after his surgery!

Community support makes it possible.

"We know the community has been and continues to be instrumental in getting us the tools we need to improve and advance surgical techniques for kids," says Dr. William Hyndman, Chief of Pediatric Surgery. "They got us off the ground with laparoscopy in the 90's, they got us into a new hospital and new surgical suites, they helped us during last year's Radiothon, and they continue supporting our new avenues for innovation. We really appreciate that support. And so do thousands of kids like Greg."



Surgeons at the Alberta Children's Hospital were among the first in Canada to bring the benefits of laparoscopic surgery to children.

THANK YOU!

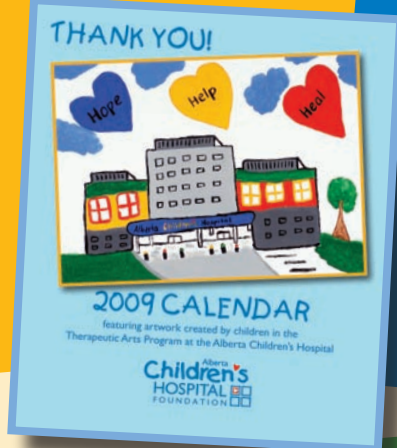
Thanks to support from people like you, here are four great ways Child Life makes the hospital fun for kids!!

1 The Therapeutic Arts Studio on the 4th Floor of the Alberta Children's Hospital is a busy and happy place. Several times a week, patients in hospital have the opportunity to express themselves through art. Throughout the hospital, you will find some of these masterpieces on display for everyone to enjoy.

Great Gift Idea!

Emily's Window Gift Shop will be selling 2009

Calendars featuring artwork created by kids right here at the hospital. Proceeds from the sale of these bright calendars will support the Therapeutic Arts Program.



2 Kids in hospital enjoy Movie Night every Monday in the Telus Theatre on the 4th Floor of the Alberta Children's Hospital!



Kaisha, Joshua, Jasmine and Elijah were all smiles as they hung out with Gord & Nirmala.

Global Calgary was pleased to host **Global's Groovy Movie Night** on September 29th at the Alberta Children's Hospital. News anchors, Gord Gillies and Nirmala Naidoo, made sure kids and their families enjoyed cotton candy, slushies and lots of gourmet popcorn. There were prizes galore and everyone had a great time!!



3 The Alberta Children's Hospital is hosting the **4th Annual Canadian Association of Therapeutic Clowns Conference** on November 7, 8 and 9. With the focus on imagination and creativity, therapeutic clowns offer new opportunities for play and laughter, for self-expression and self-acceptance, for mastery and empowerment, and for moments of tenderness and comfort.

Our very own **Sparkle & Jumpa** fill the halls of the Alberta Children's Hospital with laughter and hope every week!



4 Horticultural Therapy is a process through which plants, gardening activities and the innate closeness we all feel toward nature are used as part of a process of therapy and rehabilitation.

Did you know?

- There is an apple orchard in the Healing Gardens at the Alberta Children's Hospital
- A professionally-trained horticultural therapist and art therapist are working together to develop the Healing Gardens Program at the hospital
- Gardening and nature-based art programs will be happening year-round throughout the hospital - indoors and out!

Radiothon Welcomes 2nd Station!

A great way to help kids is now a little bit country and a little bit rock and roll.

After five years of hosting one of North America's most successful radiothons, Country 105 FM is "sharing the love" with sister-station, Classic Rock Q107 on the second and third days of the annual event. This November, audiences for both stations will hear amazing stories from people at the heart of the Alberta Children's Hospital - its kids, families and caregivers.

"People in health care tend to be fairly low key about their successes," says Robyn Adair, one-third of Country 105's Odd Squad. "While they see changing people's lives as part of their day-to-day reality, we're blown away by what they do! Our radiothon is one way to thank everyone in the hospital for their talent, dedication and compassion."

"With four years of Radiothon under my belt at the Montreal Children's Hospital, I am thrilled to be part of this amazing event in Calgary," says Terry DiMonte, morning show co-host on Q107. "Our Q107 team considers it a privilege to help these incredible kids and families who rely on care from this beautiful hospital."

Last year's guests were so inspiring, our community phoned in a record

\$1.6 million in gifts to the hospital. Those donations funded crucial programs, research and life-saving equipment like a brain stimulation kit, two minimally-invasive surgery kits and a portable human patient simulator.

"State-of-the-art technology funded by the community through Radiothon definitely raises the standard of care we're able to provide kids and families," says Dr. Francois Belanger, Director of Pediatric Emergency at the Alberta Children's Hospital. "These high-tech tools also keep us professionally charged, striving for and achieving ongoing improvement. We all want to do the best we can for the kids."



Radiothon is an initiative developed by the Children's Miracle Network, of which the Alberta Children's Hospital is a member. It is supported by Foresters/Unity Life™, 2008 Phone Bank sponsor and International Underwriter of this program.



Radiothon 2007

left: Award-winning Canadian country music artist and close friend of the Alberta Children's Hospital Foundation, Paul Brandt, sings for 5-year-old Willa Marshall and her dad, Brad.

above: Country 105's "Odd Squad" - Dan Carson, Robyn Adair and Doug Veronelli - smile for the camera with Miranda Switzer - she shared an amazing story of her experience at the Alberta Children's Hospital.

Meet an Alberta Children's Hospital

HERO

Tessa Stretch
Age: 12

After a horrific collision on the ski hill in February 2007, Tessa Stretch was in a fight for her life at the Alberta Children's Hospital. For parents, Steve and Barb, it was their worst nightmare to watch their normally active daughter lie in a coma for almost a month.

"The initial prognosis for Tessa was very bleak," says Barb. "The brain injury she had suffered meant that there was a very good chance she may never leave the hospital."

It soon became clear that Tessa had other plans. Slowly but surely, and with a lot of support from her family and team of therapists and specialists at the Alberta Children's Hospital, Tessa walked out the doors after a seven-week stay.

"Tessa received exceptional care from some of the most incredible people we've ever met," says Steve. "We are so fortunate to have this amazing facility in our own backyard."

The Stretch Family, and especially Tessa, wanted to show their gratitude for the hope, help and healing she received and continues to receive at the hospital.

Tessa decided to make her birthday party a fundraising event for the Alberta Children's Hospital Foundation. "I sent out my invites saying I would like donations instead of presents," says the 12-year-old with a contagious smile. Over the course of the last two years, Tessa has raised an impressive \$775. "I did it because the hospital helped me and I want to help other kids like me!"



Tessa donated \$500 to the Alberta Children's Hospital this past summer after her 12th birthday!

Did you know?

Last year, almost \$130,000 was raised by thoughtful people who chose to support the hospital through birthday parties, weddings and other special occasions!

3 easy ways to put the Alberta Children's Hospital at the heart of your next celebration!



HERO BIRTHDAY PARTIES

Invite your friends and family to make a donation to the Alberta Children's Hospital Foundation instead of bringing you a gift. Think about how great you'll feel knowing that you're helping kids in the hospital get better... that's the best present ever!!



WEDDINGS WITH HEART

The Alberta Children's Hospital Foundation would be honoured to be part of your wedding celebrations. Ask for donations instead of gifts OR make a donation to the Alberta Children's Hospital Foundation in lieu of having wedding favours at your reception.



GIVE THE GIFT OF HOPE

Looking for a meaningful gift for your friend or loved one who has everything? A donation to the Alberta Children's Hospital Foundation is a wonderful way to honour someone special in your life at their next celebration.

To hold a **HERO Birthday Party** or to make arrangements for a **Wedding with Heart**, please contact us at:
Phone (403)955-8818 **Toll Free** 1-877-715-KIDS (5437) **E-mail** kids@achf.com

Healthy Hints

Did you know?

Oral hygiene is important to a child's overall health. An early introduction to proper dental health will keep a child's smile healthy for a lifetime.

Baby teeth are very important to a child's development because they stay in your child's mouth for up to 13 years! They are needed for chewing, speaking, smiling, jaw development, as well as holding space for adult teeth and guiding them into position. A nice smile helps to build confidence... kids just feel better about themselves!

A healthy start...

- Check your baby's teeth at least once a month by lifting the lip and examining the teeth. Look for white marks or brown spots along the gum-line.
- Never put your baby to bed with a bottle, unless it's water.
- Juice, even unsweetened juice, contains natural sugars that can cause tooth decay.
- Wean from the bottle by age 12-14 months. Baby bottle tooth decay is the leading cause of decay and tooth loss in very young children.
- Clean your baby's teeth daily using a soft cloth or a nylon soft toothbrush.



Helpful Tips for Parents

Dental Visits: Your child should have their first dental visit shortly after the appearance of their first tooth or by the age of 12 months. After that, kids should visit their family or pediatric dentist every 6-12 months for regular check-ups and cleanings.

Team Work: Children benefit from a parent helping with tooth brushing up to 8 years of age. Brush teeth and gums 2 times a day for 2-3 minutes each time. Motivate your child by using music or stickers at brushing time!

For any questions regarding children's dental health, please call HealthLink at 403-943-LINK (5465) or visit www.calgaryhealthregion.ca/programs/dental.

Upcoming Events

- October 11** ■ Pumpkin Festival
Blue Grass Nursery and Garden Centre
- October 18** ■ Night of Hope
ASAT Solutions Inc. and GE Volunteers
- October 27** ■ Cotton Club Gala
Calgary Marriot and RE/MAX
- November 5-7** ■ Country 105 and Q107
Caring for Kids Radiothon
- December** ■ TD Canada Trust Monthly Donor Campaign

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Please visit www.childrenshospital.ab.ca for information on these or other events. ♥