

## 15th Annual RunWalk for the Kids



Join us for family-friendly fun at The King's Daughters' annual RunWalk for the Kids to benefit CHKD!

The fun begins at 6:30 a.m. Participate in the 8K run, 2-mile walk, or 1-mile FunRun.

Enjoy festive activities and a grand finale finish line at Waterside District!

Adult 8K participants receive one free beer. Register now, and help make a difference in the lives of children.



**Saturday, April 11**  
**Waterside District in Norfolk**

[RunWalkForTheKids.org](http://RunWalkForTheKids.org)

Children's Hospital of The King's Daughters

# KIDSTUFF

Winter 2020

## Ayana's Hope

Teen raises awareness  
of sickle cell disease

Discovery of child's genetic condition  
helps entire family

Medication breakthrough  
for cystic fibrosis





PHOTOGRAPH BY Susan Lowe

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Four-year-old Malia Stewart, from Suffolk, enjoys the company of Mysti the Pomeranian during her well visit at Chesapeake Pediatrics. Mysti is a member of CHKD’s Buddy Brigade, a group of certified pet therapy dogs and their owners who volunteer to bring smiles and furry comfort to CHKD patients and their families.



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# CHKD Checkup

## All-Star Smiles

CHKD patient Cherish Parker shows off her artwork during a recent visit from David Wright, former captain of the New York Mets, and his wife Molly. David is a Hampton Roads native and longtime supporter of CHKD.



## Cutting-Edge Care

CHKD physical therapist Michael Graham works with 6-year-old Lucas Guinn in CHKD's newly renovated pediatric inpatient rehabilitation unit, the only one of its kind in Virginia. The new unit features state-of-the-art technology like the ZeroG, a robotic body-weight support device that allows children to practice walking and going up stairs without the fear of falling.



## "Dancing Doc"

Brianna Goodall enjoyed a dance session with "Dancing Doc" Tony Adkins. The internet-famous physician assistant from Orange County Children's Hospital earned his nickname when a video of him dancing with a patient went viral. He visited CHKD while in town to speak to PA students at EVMS about the value of laughter in patient care.



## Living Dolls

Dancers from Richmond Ballet shared highlights from The Nutcracker with CHKD patients and families during a special preview of their production at Chrysler Hall. Performers demonstrated their life-size doll moves and shared stories about becoming professional dancers.



# WELCOME

## CHILDREN'S SPECIALTY GROUP

### Adolescent Medicine



**Kyzwana Caves, MD**, is a board-certified pediatrician with fellowship training in adolescent medicine. She attended medical school at Meharry Medical College and completed her fellowship training at Children's National Medical Center. Dr. Caves' goal is to provide compassionate care to adolescents and young adults in an inclusive, clinical atmosphere.

### Mental Health



**Mary Margaret Gleason, MD**, has been named vice chief of CHKD's mental health program. Dr. Gleason earned her medical degree at Columbia University and completed a triple-board residency training program in pediatrics, psychiatry, and child and adolescent psychiatry at Rhode Island Hospital. She completed a fellowship in infant and early childhood psychiatry at Tulane University School of Medicine. Dr. Gleason's special interests include working with patients under age 6 who have experienced traumatic life events and psychiatric patients with chronic medical conditions.



**Nicole Kreiser Wells, PhD**, is a licensed psychologist who completed fellowship training in child psychology and neurodevelopmental disabilities through Johns Hopkins School of Medicine at Kennedy Krieger Institute. Dr. Kreiser Wells specializes in providing care to children with co-occurring neurodevelopmental disorders and mental health challenges.

## CHKD SURGICAL GROUP

### Urology



**Michael Carr, MD, PhD**, is a board-certified pediatric urologist who attended the University of Cincinnati for medical school and surgical training. He completed a pediatric urology fellowship at Harvard Medical School and Boston Children's Hospital. Dr. Carr served as associate director of pediatric urology at Children's Hospital of Philadelphia and as the director of pediatric urology at Golisano Children's Hospital of Southwest Florida before being named chief of pediatric urology at CHKD.

## CHKD MEDICAL GROUP

### Pediatric Associates



**Erica Willis, DO**, is a board-certified pediatrician who attended Philadelphia College of Osteopathic Medicine and completed fellowship training at Jersey Shore University Medical Center. Dr. Willis has special interests in newborn care, nutrition, and sports medicine.

### PDC Pediatrics



**Dr. Candice Gabriel, MD**, is a board-certified pediatrician who attended Eastern Virginia Medical School and completed her residency at CHKD. Born and raised in Norfolk, Dr. Gabriel joins PDC Pediatrics where she was a patient growing up. She has special interests in gastrointestinal health, allergic diseases, dermatology, and nutrition.



# Hidden Danger

Discovery of child's genetic condition helps entire family



At 18 months, Owen Erlwein loves to play in the backyard with his dump truck.

WRITTEN BY Alice Warchol • PHOTOGRAPHY BY Susan Lowe

## Feature

**T**wenty weeks into her pregnancy, Katie Erlwein and her husband Mike were told the joyous news that they were having a boy. During that appointment, they also learned that their baby's heart rate was unusually slow, a possible sign of a serious health issue.

"It was a rollercoaster day," Katie says. "I kept thinking, 'I need to be happy right now and not worried.'"

Unbeknownst to Katie, her baby's heart rate was a clue to a family secret being passed from generation to generation. And discovering this secret would not only save her baby's life, but potentially save her own life as well.

The Erlweins, who live in Chesapeake, were referred to the maternal-fetal medicine program at EVMS to monitor the pregnancy more closely, and then to the Heart Center at CHKD for a consultation with a pediatric cardiologist.

Dr. Jonathan Fleenor, a pediatric cardiologist and director of cardiology at CHKD, met with the Erlweins and explained that their baby's heart rate was 100 to 110, below the normal range of 120 to 150. There was a chance the baby might have an electrical disorder of his heart called long QT syndrome (LQTS), Dr. Fleenor told them. Once he was born, an electrocardiogram, or EKG, would be needed to determine exactly what was going on.

The final months of the pregnancy went smoothly, and the Erlweins were cleared to deliver the baby at DePaul Hospital in Norfolk. Katie gave birth to their son, Owen, on the day before her own birthday. Everything seemed perfectly fine – until the baby had his first EKG.

"They came back and told us they needed to rush him to CHKD," Katie says.

The next moments remain a blur. Katie recalls packing while her husband prayed. They had to sign papers. The CHKD transport team was called, and Owen was loaded into CHKD's specially equipped mobile ICU for the four-mile trip to the children's hospital.

The next time the Erlweins saw their baby, he was in the neonatal intensive care unit at CHKD, covered in wires and tubes. "That's

when my husband broke down," Katie says. "I was on autopilot."

Dr. John Reed, a pediatric cardiologist and electrophysiologist at CHKD, soon informed the parents that Owen did, in fact, have congenital LQTS.

If left untreated, LQTS is one of the top causes of sudden cardiac death in otherwise healthy individuals. Unfortunately, many people who have the disorder never know it until something happens. Estimates vary widely, but the disorder may kill as many as 4,000 or more people per year in the U.S.

Dr. Reed explained that with LQTS, there's a delayed relaxation of the heart after each beat that can lead to abnormal rhythms. When these rhythms become too fast and don't correct themselves, they can have potentially deadly consequences.

Left untreated, long QT syndrome is one of the top causes of sudden cardiac death in otherwise healthy individuals.

Physical exertion, extreme emotions, and certain medications can trigger these abnormal rhythms. The most common symptom is fainting, but LQTS can also cause seizures. Even sudden cardiac arrest can occur. Patients who have suffered cardiac arrest or fail to respond to medication may need an implantable cardioverter-defibrillator (ICD). An ICD shocks the heart into a normal rhythm and is often lifesaving. Dr. Reed is one of only three pediatric electrophysiologists in Virginia who can perform the procedure to implant an ICD on a child.

Fortunately for Owen, he would not need an ICD. With beta-blocker medication, Owen's condition is manageable, Dr. Reed told the Erlweins. Owen's parents would also need to consult a healthcare provider before giving him any prescription or over-the-counter medicines, as many drugs can cause dangerous heart rhythms in patients with LQTS.





“If we didn’t know about Owen’s heart, a very tragic incident could have happened. Whether that be now or when he is a teenager. We are so thankful that CHKD was able to pick up on it as soon as they did.”

– Katie Erlwein

Owen enjoys playing with no physical restrictions thanks to the beta blockers he takes to protect him from complications caused by his heart condition.



Katie Erlwein and her dad, Greg Kiskinis, read a story with her son Owen. All three have a heart condition that runs in the family.

There was something else the Erlweins needed to consider: congenital LQTS is caused by a genetic mutation that is often passed down in families. If Katie or Mike had LQTS, they would need to take precautions, too.

Katie immediately suspected that she had the condition. She remembered often getting lightheaded as a teen and even fainting a few times. Sure enough, genetic testing confirmed her suspicion. Further testing revealed her father, Greg Kiskinis, had LQTS as well.

“We’re just so grateful that we know about it, and we’re aware of what to watch for,” Katie says. “It’s known as the silent killer. But knowledge is power. Without CHKD, we would have been in the dark.”

Owen remained in the hospital for nine days while doctors made sure his medication was working. The NICU staff were there to help the Erlweins every step of the way. They reassured the parents that it was OK to stay by Owen’s side as much as they wanted. They made sure Katie had everything she needed to pump breast milk for her baby. And, they prepared the family to care for him when it was time to take him home.

“They saw how distraught we were,” Katie says. “They were so extremely kind to us. And, they gave us the confidence to manage his condition at home.”

Being diagnosed with LQTS put Owen at a higher risk of sudden infant death syndrome. So, Katie and Mike were given a special monitor that would alert them of abnormal heart rhythms. They were shown how to give his medication on a strict schedule, four times a day. And, they

learned how to use the automatic external defibrillator, or AED, they would keep in the house should a cardiac emergency arise.

Katie and her father consulted a specialist at the Mayo Clinic about managing their own LQTS. Like Owen, Katie needs to take beta blockers as a precaution. Her dad doesn’t need medication but is thankful to be aware of his condition and the precautions that he needs to take.

Today, Owen is an active toddler who loves to cuddle up with his parents for a good book and play outdoors with his toy dump truck. He sees Dr. Reed every six months to have his medication adjusted as he grows. So far, he hasn’t had any problems.

“If we didn’t know about Owen’s heart, a very tragic incident could have happened. Whether that be now or when he is a teenager,” says Katie. “We are so thankful that CHKD was able to pick up on it as soon as they did.” 🧸



Dr. Jonathan Fleenor



Dr. John Reed

Dr. Jonathan Fleenor is a pediatric cardiologist with Children’s Specialty Group, PLLC, and director of cardiology at CHKD.

Dr. John Reed is a pediatric cardiologist and electrophysiologist with Children’s Specialty Group, PLLC, at CHKD.



# Breathing Deeply

Medication breakthrough for cystic fibrosis

Tia Cordell, who was diagnosed with cystic fibrosis when she was 5 months old, began taking Trikafta, a breakthrough medication that has improved her breathing. CHKD was involved in clinical trials to test this three-drug combination.

**T**ia Cordell does not take breathing for granted.

The Chesapeake 17-year-old has cystic fibrosis, a genetic disease that causes the body to produce thick and sticky mucus, clogging the lungs and hampering digestion.

To combat that, she takes hour-long breathing treatments twice a day. A medication pump strapped across her shoulder sends IV antibiotics into her body to treat infection. Her mother homeschools her and her three brothers to avoid colds and viruses that spread in a typical school setting.

Still, about once a year, Tia lands at CHKD for inpatient care. In February 2019, it was for two weeks. "I was super tired," she says. "I couldn't breathe." Normal lung function is 85 percent and above. Tia's had dropped to 40 percent, a discouraging number.

But in October, the federal Food and Drug Administration approved a new combination medication called Trikafta that's being hailed as a breakthrough drug treatment in the cystic fibrosis world. There are more than 1,700 gene mutations that can cause a particular protein in people with cystic fibrosis to malfunction. In the most common mutation, the protein structure is misshapen and can't reach the right spot in the cell. The new combination therapy includes two drugs that correct the misfolded protein and a third one that activates the correctly shaped protein when it reaches the right spot in the cell.

Would it be something that could help Tia?

"I tried not to get too excited because I didn't want to get my hopes up if I couldn't get it, or if it didn't work," Tia says.

Thankfully, it was a medication familiar to doctors at CHKD, notably Dr. Laura Sass, a pediatric infectious disease specialist. She directs the clinical trials of treatments for patients with cystic fibrosis at CHKD. She had been tracking Trikafta closely and had enrolled three patients in earlier clinical trial phases.

The three-drug medication proved so successful, the FDA fast-tracked it, approving it five months ahead of schedule. The treatment has been shown to dramatically improve lung function by targeting the genetic root of the disease instead of just treating symptoms.

The medication is expected to help some 90 percent of patients with the disease. Previous drugs were also helpful, but to smaller numbers of patients. It was exciting news for Dr. Sass and Dr. Cynthia

WRITTEN BY Elizabeth Simpson Earley • PHOTOGRAPHY BY Susan Lowe





Tay'von Needam-Featherston was part of a clinical trial for the drug Trikafta, which was approved by the Food and Drug Administration last year for cystic fibrosis patients. Pat Banks, clinical nurse coordinator, tests Tay'von's blood oxygen at the CHKD Cystic Fibrosis Center.

Epstein, medical director of CHKD's Cystic Fibrosis Center, where more than 110 patients, ranging in age from newborn to young adult, come for treatment.

Hunter Blankenship, a 15-year-old from Franklin, was one of the three patients enrolled in clinical trials of Trikafta at CHKD. He began the third phase of the trial in 2018. At the time he started, he had to be hospitalized two or three times a year. His lung function had dropped to 35 percent, and once was so low they couldn't get a good read on it. Doctors talked to him about the possibilities of a lung transplant.

"He couldn't walk from his bed to the bathroom without breathing in gasps," says his stepmother, Lynn Blankenship.

When Dr. Sass asked Hunter about being part of the clinical trial, he said, "Whatever you can find, please do something for me."

It's still unknown whether he had the real medication at the beginning, or a placebo, an inactive substance used as a control to test new drugs. But in January of 2019, the "blinded" portion of the study ended and he began the "open label" part of the study and knew he was on the real medication.

He's gone from weighing 68 pounds to 128. His lung function has improved from 30 percent to the 50s.

"He's not constantly coughing," Lynn says. "He can go up and down the stairs with ease and he plays outside more."

Hunter has been able to reduce his "vest therapy," which vibrates his chest to loosen mucus, from four times a day to three. He's cut back on the number of gastric tube feedings he needs.

Now he looks forward to lung function tests instead of dreading them. "It's less worrisome because I plan on it being good, and it usually is. I know the medicine is working. I used to be tired and worn out. Now I can run longer."

Another CHKD patient, 19-year-old Tay'von Needam-Featherston, of Hampton, was also part of the clinical trial. His lung function has not changed dramatically, but he's breathing easier and doesn't cough as much. He also hasn't had to go to the hospital. That's an important factor, says his grandmother, Sandra Featherston, when you consider he had a twin brother with cystic fibrosis who died of complications of the disease in early 2019.



"I know the medicine is working. I used to be tired and worn out. Now I can run longer."

– Hunter Blankenship

Dr. Laura Sass, a pediatric infectious disease specialist at CHKD, chats with cystic fibrosis patient Hunter Blankenship, who was part of the clinical trial for Trikafta.





Tia began taking Trikafta in November, and tests of her lung function have already shown improvements.

Tia was not eligible for the clinical trial, but she and her family knew about the treatment through the media and correspondence with a Facebook group of cystic fibrosis families.

In October of last year, Tia's mom, LeeAnn Cordell, heard the FDA approved it, and immediately called Dr. Sass. Could this help Tia?

Dr. Sass believed it could and wrote a prescription for her. Now a new question arose: Would insurance cover the \$311,000 annual cost of the drug? "We wanted to be excited but still keep our guard up," LeeAnn says. "I had this feeling of, 'What if there's something for her, and insurance won't cover it? Would we sell the house?'"

Tia was at a point in her life where she needed something. She was diagnosed at 5 months of age, and when she was 10 years old began having repeated infections that required IV antibiotics. Some made her sick.

During the past seven years, her lung function had plummeted to 40 percent. Her liver was enlarged, and she had cystic fibrosis-related diabetes. "It was scary," LeeAnn says. "We wondered what the next seven years would look like."

A little over a month after submitting the prescription, Tia was approved to receive it.

That night, Tia's parents and her three brothers took

her out for dinner so they could surprise her. Her oldest brother, Tolson, put the medication packet in front of her. Tia is known in her family for being tough and strong, so they were all surprised when she broke into tears.

"I actually cried, and I never cry," Tia says.

She started taking the medication in late November, and started feeling better within days. A breathing test five weeks after she started taking the drug showed her lung function had gone from 41 percent to 76 percent.

"My lungs feel so clear, my breathing is deeper, and I have more energy. I don't know how long I'll keep improving, but it's already made my life easier. It's like my whole body has calmed down."

Breathing deeply has never felt so good. 🧱



Dr. Laura Sass



Dr. Cynthia Epstein

Dr. Laura Sass is a pediatric infectious disease specialist with Children's Specialty Group, PLLC, at CHKD.

Dr. Cynthia Epstein is a pediatric pulmonologist with Children's Specialty Group, PLLC, and medical director of the CHKD Cystic Fibrosis Center.



"My lungs feel so clear, my breathing is deeper, and I have more energy. I don't know how long I'll keep improving, but it's already made my life easier. It's like my whole body has calmed down."

– Tia Cordell



# Ayana's Hope

## Teen raises awareness of sickle cell disease

**Ayana Johnson was just a few months old when someone at CHKD gave her a bear with a pink bow during a visit to treat her sickle cell disease.**

More than a decade has passed since then, but the Suffolk 13-year-old still has Coco. The stuffed animal is a little worn, but if Ayana is having a pain crisis – a common symptom of her blood disorder – Coco is there to help her to the other side of it.

“When I go to the hospital, I always have her with me,” says Ayana, a tall, lithe girl with a brilliant smile and confident manner. “She helps me get through it.”

Then, Ayana is off and running again.

One day she is playing violin in a chamber orchestra. The next, spinning on stage with the Academy of Dance troupe. On the weekend, she might be competing in a youth pageant. She balances those activities with her eighth-grade studies at Col. Fred Cherry Middle School, where she takes advanced classes and is a member of the student council and two honor societies.

Coco is just one element of the care she has received at CHKD through the years. That care has included preventive medications, state-of-the-art treatments to decrease pain, and counseling to help her through the pain episodes that do arise.

She now helps others with the disease – creating pillows for them to hug during their own pain experiences – and also educates people about a disease that doesn’t get the attention it needs.

“My message is to just keep pushing, don’t give up, be strong,” says Ayana.

Sickle cell disease affects about 100,000 people in the United States, mostly African Americans, but also people of Hispanic, Middle Eastern, Asian, Indian, and Mediterranean descent. Typical red blood cells are round, flat discs that are flexible, moving freely through vessels to transport oxygen throughout the body. People with sickle cell disease have sticky, crescent-shaped blood cells that can clog blood vessels. The hard, sticky blood cells get stuck, causing pain and infection.

Besides pain episodes, the disease can cause anemia,

fatigue, and swelling in the hands and feet. The disease is hard on the body’s organs, shortening people’s lives because of hypertension, strokes, and damage to the kidneys and lungs.

The Children’s Cancer and Blood Disorders Center at CHKD cares for about 500 children with sickle cell disease with a multidisciplinary team of pediatric hematology physicians, nurse practitioners, nurse coordinators, social workers, an education specialist, child life specialists, and a nutritionist.

The clinic also has been involved in clinical trials for new treatments. Ayana’s doctor, Dr. William Owen, is a pediatric hematologist and oncologist at CHKD, and medical director of the comprehensive sickle cell program.

When he began his work at CHKD 27 years ago, patients often died before they reached adulthood. But patients are now living longer and healthier lives, thanks to

“There’s been an explosion of treatments for sickle cell. So we’re moving in the right direction.” – Dr. William Owen

treatments that are using research to unlock clues to the genetic mutation passed on by both parents.

“In the last five years, there’s been an increase in awareness, in funding, and in pharmaceutical companies getting involved in developing new medications,” says Dr. Owen. “There’s been an explosion of treatments for sickle cell disease. So we’re moving in the right direction.”

Two breakthrough drugs, crizanlizumab, which prevents pain episodes, and voxelotor, which reduces severe anemia, were approved by the federal Food and Drug Administration in November. Many believe these new medications will transform care and lengthen lives yet again.

Gene therapy clinical trials are also giving fresh hope for a treatment that would block the sickling of cells. Currently, 30 sickle drugs are in last stages of clinical trials.

For many years, Ayana Johnson has relied on a special friend, Coco, to help her through the episodes of pain that come along with her sickle cell disease. The bear was given to her as an infant during a visit to CHKD.





"I want to have things to look forward to. I'm a stronger person for having sickle cell. It's a hard disease to have, but it's made me strong." – Ayana Johnson

Ayana doesn't let sickle cell disease slow her down. She plays violin, dances, and competes in youth pageants, where she raises awareness about sickle cell disease.



Inspired by the way Coco has helped her through pain crises, Ayana began creating pillows she calls "Ayana's Hope Cells," to bring comfort to other sickle cell patients at CHKD.

Dr. Owen says Ayana is an ideal patient in that she follows her treatment plan, and she knows her body well enough to rest and stay hydrated.

"She doesn't let sickle cell disease slow her down," Dr. Owen says. "It's part of her life, but it doesn't define her."

Her advocacy helps her, and others, too. "It's so important to let people know about the disease," Dr. Owen says. "It not only educates people, it helps other patients who have it."

Ayana's parents, Hermionne and Leonard Johnson, discovered their daughter had sickle cell disease through newborn screening. Both were in the Navy at the time, so Ayana was diagnosed at a Navy hospital. Her treatment was transferred to CHKD within weeks.

She was put on a medication plan, and her first pain crisis didn't arise until she was 5 years old. She was admitted to CHKD for a week. "I remember screaming and crying," Ayana says. "The first time it felt like a knife stabbing me really hard in both legs."

Other times, the pain has arrived in a wave. Sometimes it feels like glass shattering inside her arms and legs.

She's able to get through most of these pain events at home, but she usually has about two crises a year that require her to be admitted to CHKD. Sometimes she doesn't want to admit the pain she's in, Hermionne says, but Ayana has learned to listen and respond to her body.

She lists the various things that help her get through the pain: Take a trip in your mind. Breathe deeply. Tense up your muscles and then relax, to release tension and stimulate blood cells. Stay connected with friends.

"When friends text me or call me, it feels good," Ayana says. "It makes me feel stronger and makes me want to walk and move and get back into life."

Her mission now is to raise awareness about the disease and encourage others with sickle cell disease.

She's choreographed an interpretive dance to describe

her condition, using this theme: "How do you live when the one thing that gives you life fights against you every day." She's told her story in videos and TV news stories, and during CHKD's annual radio fundraiser. She's raised awareness of the disease during presentations at the National American Miss Pageant, where she was named Miss Suffolk Pre-Teen the past two years.

"I want sickle cell patients to have hope and not think about being sick," Ayana says. "Because I really believe there's going to be a cure soon for people with all types of sickle cell disease."

Remembering how Coco helped her through pain crises, last year she began creating "Ayana's Hope Cells," red pillows decorated with happy faces, so sickle cell patients would have something to hug their way through pain when they come to CHKD.

Sometimes her parents worry she takes on too much, and that she needs to relax more. But Ayana says staying busy and reaching out to others helps her, too.

"I don't want to wait for the next crisis. I don't want to ponder on that. I want to have things to look forward to. I'm a stronger person for having sickle cell. It's a hard disease to have, but it's made me strong." 🧱



Dr. William Owen

Dr. William Owen is a pediatric hematologist and oncologist with Children's Specialty Group, PLLC, and medical director of the sickle cell program at CHKD.

For more information on Children's Cancer and Blood Disorders Center, visit [CHKD.org](http://CHKD.org).





# Your Support Gives Kids at CHKD a Reason to Smile

Christian Farley can't help but smile these days. The 4-year-old has come a long way since he first came to CHKD at 7 weeks old when doctors determined his brain hadn't developed normally. As a result, Christian is blind and nonverbal. He also has cerebral palsy and epilepsy.

Because of donors like you, CHKD is able to provide the highly specialized care that it takes to help children like Christian who have complex medical conditions.

Over the last four years, Christian has been hospitalized at CHKD several times – once for brain surgery to treat a cyst that had formed, and another to gain control of multiple daily seizures that were damaging his brain. Each step of the way, CHKD's doctors and staff have been there for the Farleys, finding a way to help Christian recover and overcome his challenges.

"I don't know what I'd do without CHKD," says Christian's mom, Jessica Farley. "I can honestly say that CHKD has saved my child's life more than once, and I'll be forever grateful."

A planned gift to CHKD helps local children get the pediatric care they need to fight critical illnesses and recover from traumatic injuries. Selecting CHKD as the beneficiary of your retirement plan, insurance policy, or estate plan will help to ensure that our region's children receive the care they need for years to come.

Contact CHKD's development department at (757) 668-7070 to find out how your legacy gift can make a difference.

# Memorials

Memorial gifts received between July 1, 2019 and October 31, 2019.

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WRITTEN BY Alice Warchol • PHOTOGRAPH BY Susan Lowe



“It’s inspiring to see parents with so much resilience fight for their children who need specialized care and attention.” – Ilaisa Sablay, a general manager for Panda Express

Every time a Panda Express customer makes a donation to CHKD by rounding up their bill, someone rings a bell and all the associates chime in together to say: “Thank you!”

Expressing their gratitude to customers who donate to CHKD is just one example of the many ways Panda Express employees engage with their community in meaningful ways to help children. Throughout the year, associates volunteer at CHKD events, bringing specialty dishes from their restaurants to families whose children are hospitalized.

“We’re doing what we can to be involved,” says Ilaisa Sablay, a general manager for Panda Express. “It also provides an opportunity for my associates to see the impact of the work we do.”

Panda Express operates 14 restaurants in the Hampton Roads area with roughly 250 employees. Ilaisa says the partnership Panda has with CHKD allows employees to truly feel part of a community. Last year, associates volunteered at the hospital’s NICU reunion, a fall festival for children with special needs, and CHKD’s annual Radiothon fundraiser. During these events, associates heard amazing stories of strength and courage from patient families who attended.

“It’s important for our associates to see where the donations go – how it flows to CHKD and makes a difference,” Ilaisa says. “When they come back from these events, they’re inspired.”

Panda Express has a long history of giving back to local communities. Since 1999, Panda Cares – the company’s charitable foundation – has raised more than \$140 million to help healthcare, education, and disaster relief programs. Of those funds, \$59.4 million went to Children’s Miracle Network Hospitals, supporting 134 children’s hospitals in the U.S. and Canada, including CHKD.

“Our passion for giving means that we contribute to the communities in which our restaurants operate in any way we can,” says Andrew Cherng, chairman and co-CEO of Panda Restaurant Group.

Local Panda restaurants have raised more than \$400,000 for CHKD since starting their round-up campaign in 2016. Nearly half of those donations were made in the past year.

Ilaisa says volunteering at CHKD has been a humbling and motivating experience. “It’s inspiring to see parents with so much resilience fight for their children who need specialized care and attention.”







# Please consider investing in our children.

Families turn to CHKD when they need expert pediatric care. Every year, we help thousands of children who need a range of medical treatments from chemotherapy and surgery to emergency and trauma care.

With your support, we can provide children at CHKD the medical care they need to heal and recover from serious illnesses and injuries.

For more information, visit [CHKD.org/Give](https://CHKD.org/Give) or call (757) 668-7070.

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WRITTEN BY Alice Varchol • PHOTOGRAPH BY Ken Mountain



## A Natural Fit

Business leader committed to growth at CHKD.

Akhil Jain with his wife, Nita, and sons Aarush and Aditya.

“It’s been eye-opening to realize how great the need is for mental health services.”

– Akhil Jain, president Landmark Hotel Group

Nine years ago, Virginia Beach business leader Akhil Jain made one of the quickest decisions in his career. He accepted a position on CHKD’s Future Generations board, a group of young local leaders whose mission is to support the hospital through education and advocacy in the community.

“Knowing the exceptional work and critical function that the hospital provides in the community, it was an easy decision,” Akhil says. “I was excited to play a role in helping steer the hospital’s future.”

The father of two sons, Akhil understands the importance of the expert pediatric care that CHKD makes accessible to families in Hampton Roads and beyond. Jain also appreciates the role that CHKD plays in the lives of the 400 associates – and their families – who work for him at Landmark Hotel Group where he serves as president. Landmark Hotel Group is a hospitality management company which owns, operates, and develops hotels along the East Coast.

As Akhil’s commitment to CHKD has grown over the years, so has his involvement. By 2015, Akhil transitioned to the board for the Children’s Health Foundation. Two years later, he was named to the Children’s Health System board where he remains an active member and supporter of the hospital.

It’s been a natural fit for Akhil, who grew up in Virginia Beach. Giving back to the community has always been one of his priorities. Akhil is a member of the Community Leadership Partners, a Hampton Roads Community Foundation giving circle. Additionally, he is a member of the CIVIC Leadership Institute Class of 2020 and volunteers on the board of the Neptune Festival.

CHKD has reached significant milestones in the years since Akhil’s board service began. The hospital is now home to the region’s only Level I pediatric trauma center and has also been certified as a Level I Children’s Surgery Center.

Today, Akhil is excited to be a part of the health system’s transformational initiative to address the mental health crisis affecting our children and teens. The centerpiece of this comprehensive initiative is a 14-story, \$224 million pediatric mental health hospital and outpatient center currently under construction in Norfolk. The facility is scheduled to open in 2022 and will fill critical gaps in regional access to mental health services for children.

“It’s been eye-opening to realize how great the need is for mental health services,” Akhil says. “To be able to help children with this level of care will be a game changer for our community. I am proud to be a part of CHKD.”



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Honor gifts received between July 1, 2019 and October 31, 2019.

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# Join Team CHKD!

**Dedicate your next event, birthday, holiday, or special occasion to local kids at CHKD. Your support helps improve the lives of children in our community.**



**Get creative.** With Team CHKD’s online fundraising program, the opportunities are endless. Donate your birthday, create a fundraising page in honor of a loved one, or fundraise on a larger scale by organizing a charity race or sports tournament for CHKD.



**Set goals.** Decide how much you want to raise. Set a deadline to achieve your goal and create a sense of urgency.



**Write a list of supporters.** Reach out directly to friends, family, neighbors, colleagues, and acquaintances. Invite people to contribute a gift or participate in your event. If they donate, make sure to express your appreciation. Showing gratitude can encourage continued support.



**Make it personal.** Whether you’re sharing on social media, by email, text, or phone, explain why you’re asking for support.



**Form a team.** Several people working toward a goal will raise money faster than fundraising alone. Recruit family and friends to share on social media.



**Stay organized.** Make sure you follow up and send reminders to your supporters. Let them know that their donations are tax-deductible. And, be sure to keep track of all donations.



## Go to TeamCHKD.org



# Making a Difference

Individuals, businesses, and organizations throughout the community hold campaigns to support the children at CHKD. Here's a look at some of our all-star supporters.



Cox Charities, the charitable arm of Cox Communications funded by employee donations, presented CHKD with a \$5,000 donation to support the pediatric mental health program. Lauren Kiger of CHKD (left) is accepting the gift from Sarah Buck and J.D. Myers of Cox Communications.

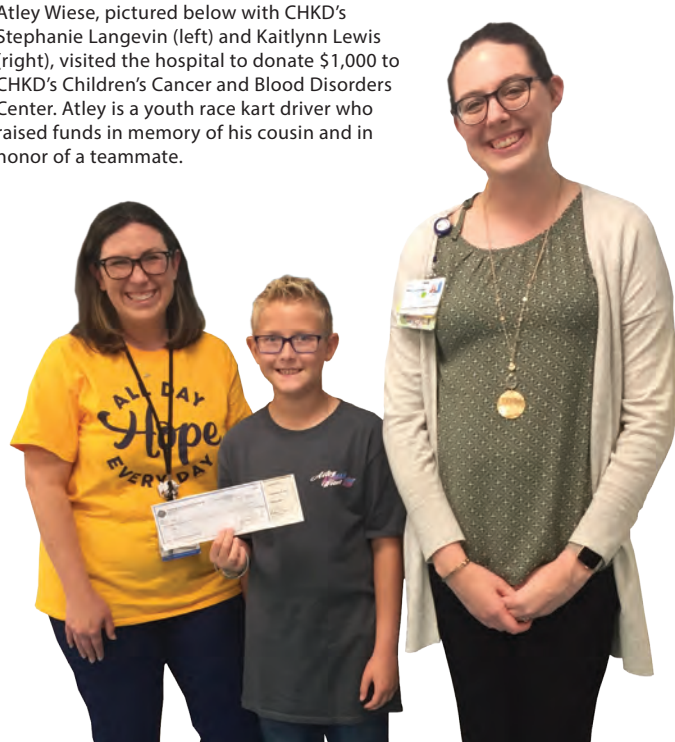


Lauren Kiger of CHKD (center) accepts a check from the team at Jersey Mike's new store in Suffolk, including (from left) Richard Farrell, Clark Stallings, Martin Anderson, and Briley Nabb. To date, local Jersey Mike's stores have raised more than \$112,000 for CHKD.

The Hampton Roads Chapter of the Virginia Credit Union League presented CHKD a \$14,095 donation, which was raised during their annual golf tournament. CHKD's Blake Marton, third from right, accepts the check from Chris Anuswith, Erica Kraehmer, Craig Zuidema, Leigh Ann Graham, Ginnie Riddle, and Audrey Ramsey.



Bjoern Fischer and Lindsay Hooper from STIHL Inc. delivered 50 toy chainsaws to Child Life's Amber Dallas, shown center, for CHKD's holiday workshop, which ensures hospitalized children and their siblings have presents to open on Christmas day. The heartfelt gesture is one of many ways STIHL and its employees have supported the hospital for more than 25 years. In addition to volunteering at CHKD's annual Radiothon and hosting a Miracle Jeans Day, STIHL recently designated funds to support the health system's mental health initiative.



Atley Wiese, pictured below with CHKD's Stephanie Langevin (left) and Kaitlynn Lewis (right), visited the hospital to donate \$1,000 to CHKD's Children's Cancer and Blood Disorders Center. Atley is a youth race kart driver who raised funds in memory of his cousin and in honor of a teammate.



The 18th annual Radiothon raised more than \$390,000 this year, bringing the total donated to CHKD to over \$5 million. The three-day campaign features patients and families who share stories of courage and hope.



1. 94.9 hosts Mike Powers and Woo Woo unveil the 2019 Radiothon total with CHKD's Lauren Kiger, Stephanie O'Malley, and Kate Ryan. 2. Radiothon hosts Mike Powers and Woo Woo interview Dalton Fox. 3. CHKD Ambassador Julian Garcia. 4. Volunteers from Cox Communications. 5. Norman Hassell and Barbara Dell with their daughter, Carter, and CHKD physical therapist Elise Jackson. 6. Dr. William Owen with his patient Kiera and her parents, Tammy and Joe Riggs. 7. Norfolk Sheriff Joseph Baron. 8. Lucas Hinojosa. 9. Mark Comer and Jose Barreto of Blue Bell Creameries with CHKD patient Eathan Freeman. 10. CHKD patient Erin Matuczinski.



# Calendar

Upcoming events for Children's Hospital of The King's Daughters



## Fundraising Events

Visit [CHKD.org/Giving](http://CHKD.org/Giving) or call (757) 668-7070.

### Rite Aid Campaign Coming soon

Buy a Miracle Balloon for \$1 when checking out at all local Rite Aid stores to support CHKD.

### Costco

Friday, May 1 – Sunday, May 31

Area Costco Wholesale locations will hold their annual CHKD fundraising campaign throughout the month of May. Make sure to donate when checking out at Costco.

### Walmart/Sam's Club

Monday, June 22 – Sunday, July 19

Support CHKD at area Walmart Supercenters, Neighborhood Markets, and Sam's Club locations during their annual campaign for the kids. Donate when checking out or participate in a store fundraising activity.

### Miracle Treat Day

Thursday, July 23

Cool off with a Dairy Queen Blizzard on July 23 and help the kids at CHKD. All local DQs will donate \$1 per Blizzard sold that day.



## The King's Daughters Events

Visit [KingsDaughters.org](http://KingsDaughters.org) for information.

### The Roaring '20s Gala Saturday, April 4

East Beach Circle invites you to The Roaring '20s Gala to support CHKD's mental health program. Enjoy food, beer, wine, music, a raffle, and silent and live auctions at East Beach Bay Front Club. \$75 per person.

### RunWalk for the Kids Saturday, April 11

Enjoy family-friendly fun at the 15th annual RunWalk for the Kids at Waterside District in Norfolk. Participate in the 8K run, 2-mile walk, or 1-mile FunRun. Register online at [RunWalkForTheKids.org](http://RunWalkForTheKids.org).

### Party for the Pint Sized Friday, May 1

NICU Friends Circle invites you to enjoy local craft beer, delicious fare, live entertainment, and a silent auction at the annual Party for the Pint Sized at O'Connor Brewing Company in Norfolk to benefit CHKD's mental health program. \$40 per person.

### Bad to the Boards Sunday, May 17

Join Seashell Circle for their 9th Annual Bad to the Boards cornhole tournament to benefit CHKD's mental health program. Enjoy a day of cornhole, silent auction, food, and fun at Baja Restaurant in Sandbridge. Team entries, spectators, and sponsorship opportunities are available.

## ► Your Baby

Newborn care and development presented by CHKD's pediatric providers. Visit [CHKD.org/Classes](http://CHKD.org/Classes) for dates, times, and to register.

### Welcome, Baby!

Learn about basic newborn care including topics such as immunizations, breastfeeding, bathing, sleep safety, and more. There will also be an opportunity to meet the providers, tour the office, and ask questions.

General Booth Pediatrics

Pediatric Specialists

Premier Pediatrics

### Meet and Greet/Baby Care 101

Expectant and new parents will meet the pediatricians and receive basic tips on caring for baby during the first six months, including sleep safety, swaddling, diapering, cord care, bathing, and more.

Suffolk Pediatrics

### Meet and Greet Open House

New and expectant parents — or families new to the area — are invited to tour the office and ask questions.

Chesapeake Pediatrics

Newport News Pediatrics

Pediatric Associates of Williamsburg

### Breastfeeding Classes

Get all your breastfeeding questions answered. Learn how to get off to a good start during the first month after your baby is born.

Coastal Pediatrics

### Happiest Baby on the Block

Find out how to soothe even the fussiest infant in minutes, and help your baby sleep longer. All participants receive "The Happiest Baby on the Block" DVD by Dr. Harvey Karp and a soothing sounds CD. Space is limited.

Friday, April 3, 6 – 8 p.m.

CHKD Health Center at Landstown

Saturday, June 20, 10 a.m. – Noon

CHKD Health Center at Oakbrooke

## Community Parenting Education

## ► Your Child

CHKD's parenting experts offer webinars and workshops on a wide range of topics to help you understand and connect with your child. Visit [CHKD.org/Classes](http://CHKD.org/Classes) to register.

# COMMUNITY CONNECTIONS

Opportunities for Education, Engagement, and Action

## WEBINARS FOR PARENTS and PROFESSIONALS

### Purposeful Parenting

Create a foundation of clear expectations and consistent responses that allow your child to develop self-discipline and self-confidence. Respond rather than react to challenging behaviors by understanding what your child needs.

Wednesday, April 22, 6:30 – 7:30 p.m.

Tuesday, June 9, Noon – 1 p.m.

### Grieving and Growing: Helping Children of All Ages Cope With Change

Understand and respond to children of all ages experiencing loss from divorce, death, deployment, adoption, foster care, and other life-changing circumstances.

Thursday, April 30, 6:30 – 7:30 p.m.

Monday, June 15, 4 – 5 p.m.



### Children and Stress

Understand what stress is and how it impacts children. Consider strategies for helping your child cope with common stressful situations and experiences. Learn effective ways to lessen tension, increase cooperation, and support development.

Friday, May 1, Noon – 1 p.m.

Thursday, June 25, 6:30 – 7:30 p.m.



### Positive Discipline – Calm, Connect, Correct

Positive discipline offers techniques that work to establish strong relationships and responsible children.

Tuesday, May 19, 7 – 8 p.m.

### Understanding Anger in Children (Ages 6-12)

Understand the causes of anger, how to anticipate and defuse angry outbursts, and how to help your children manage their own emotions.

Tuesday, May 26, Noon – 1 p.m.

### Helping Young Children Manage Emotions (Ages 2-6)

Learn how an adult's response to a child's emotional upset can either foster or inhibit a child's ability to develop secure attachments, manage their own challenging sensations and emotions, and develop the brain architecture for positive coping. Create an environment where young children will thrive.

Friday, June 5, Noon – 1 p.m.

## FEATURED WORKSHOP

### Dads Today

What does it mean to be a dad in today's world? Take an honest and insightful look at the differences and similarities between a father's roles and responsibilities in the past and today. What does the research say, and how can we put what we know into action? Dads will gain confidence in their parenting, and all community members can attend to learn how to support the important relationship between fathers and children. Presenter Z. Andrew Jatau is CHKD's fatherhood consultant and a licensed professional counselor in private practice in Virginia Beach.

Thursday, June 11, 6:30 – 8 p.m. • 2nd Floor Conference Room, CHKD Health Center at Landstown



## Dads in Action

Presented by CHKD Future Generations Board

Learn more at [CHKD.org/DadsInAction](http://CHKD.org/DadsInAction).

### Fatherhood 101 Class

Get prepared for the arrival of your new baby.

This class is for both new and expectant dads.

Saturday, May 23, 10 – 11:30 a.m.

CHKD Health Center at Oakbrooke

### Dad's Day Out

Bring the kids and get involved in these monthly activities designed for fathers and their children to get together and do something fun. Visit [CHKD.org/DadsInAction](http://CHKD.org/DadsInAction) for event details and to register.

### Practical Parenting Chats

Don't miss Practical Parenting Chats with our CHKD parent educator or Dad Talks with our fatherhood consultant. Like us on Facebook to learn more: [Facebook.com/CHKDHS/](https://www.facebook.com/CHKDHS/).

## DON'T MISS



### Professional Parent Education Conference - Educate, Equip, and Inspire

Come and learn from fellow parent educators and keynote speaker Dr. Robert Marvin, an attachment and trauma expert. Leave feeling inspired to make a difference in the lives of families. A \$25 registration fee includes breakfast and lunch. Visit [CHKD.org/Classes](http://CHKD.org/Classes).

Thursday, May 28, 8:15 a.m. – 3:30 p.m.

Barry Robinson Center, Norfolk



## SAVE THE DATE

Walmart



June 22 – July 19

Support CHKD at area Walmart Supercenters, Neighborhood Markets, and Sam's Club locations during their annual campaign for the kids. Donate when checking out or participate in a store fundraising activity.