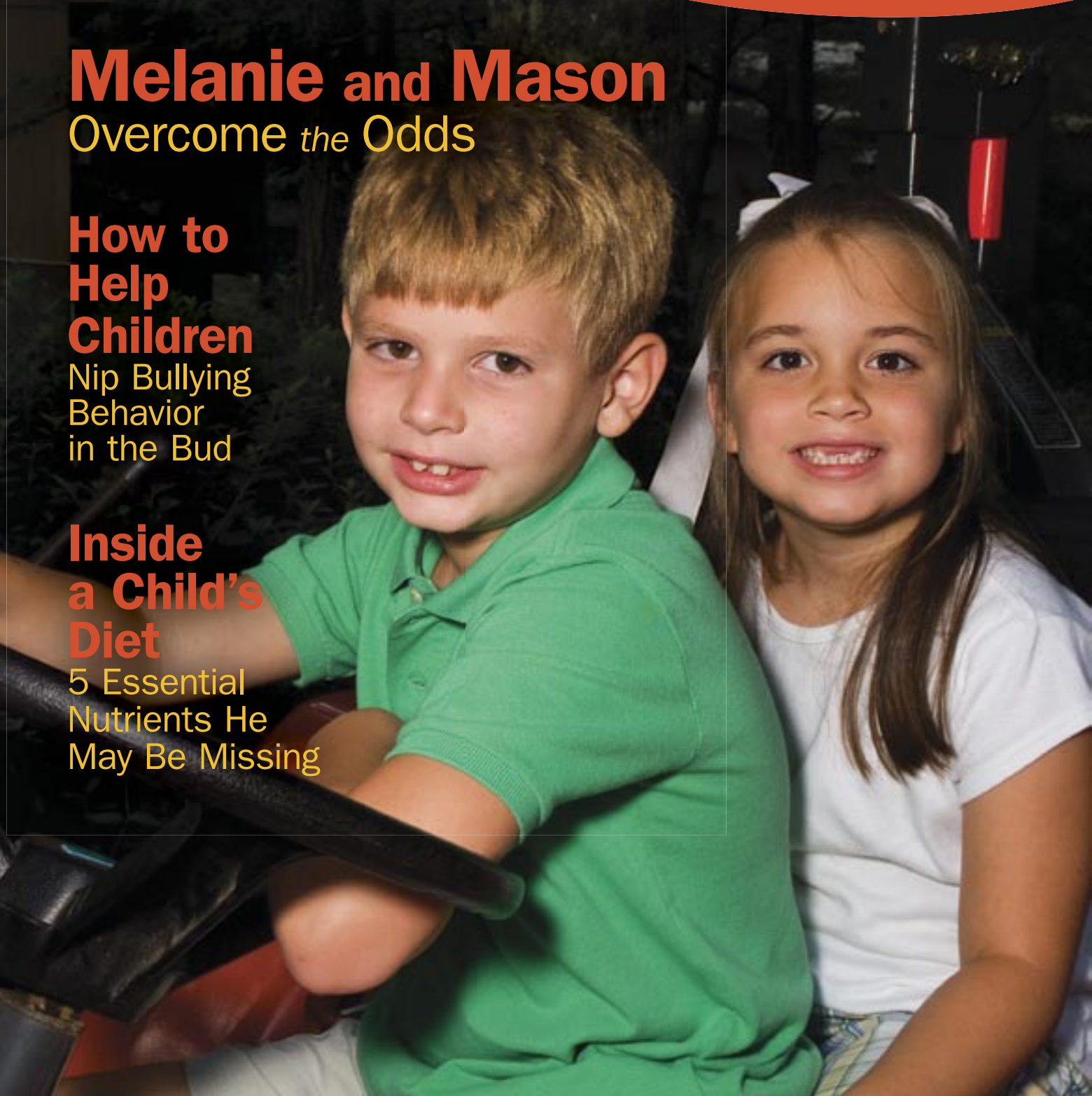




Melanie and Mason Overcome *the Odds*

**How to
Help
Children**
Nip Bullying
Behavior
in the Bud

**Inside
a Child's
Diet**
5 Essential
Nutrients He
May Be Missing



**President and Chief Executive Officer
Miami Children's Hospital**

Thomas M. Rozek

**Director of Marketing & Public Relations
Miami Children's Hospital**

Marcia Diaz de Villegas

Editor

Rachel Perry

Contributing Writers

Maria Moldes, Jamie Holt, Daniel Brantley, Jim Casey, Gabrielle Fernandez, Anna Fischer, Jenny Poole Havron, Heather Henning, Lesley Landrum, Sheryl K. Montle, Rachel Parsons, Dorothy Piatt, Kiki Thompson

Designer

Abigail Gentry-Richardson

Developed by


TRUE NORTH
 (800) 624-7496



**MIAMI CHILDREN'S HOSPITAL
BOARD OF DIRECTORS 2007**

Rene V. Murai, Chair; Mario Trueba, Vice Chair;
 Ghislain Gouraige, Jr., Secretary; Israel Alfonso, MD;
 Joe Arriola; Mark Blank; José Carro, MD; Anselmo
 Cepero, MD; Gary Gregory; Donna Huck; Robert Jordan;
 Manny Kadre; Andrew Labbie, MD; Juan Carlos Mas;
 Christian C. Patrick, MD, PhD; José Perez-Rodríguez,
 MD; Gene Prescott; Thomas M. Rozek; Moises
 Simpson, MD; Roberto Warman, MD; Joanne M.
 Youngblut, PhD, RN, FAAN

**MIAMI CHILDREN'S
HOSPITAL FOUNDATION
OFFICERS AND DIRECTORS**

Lucy Morillo, Esq., President
 Mark Blank, Chair
 Alan Ojeda, First Vice President
 Teresa V-F Weintraub, Second Vice President
 J. David Scheiner, Treasurer
 Karim Alibhai; Donald H. Altman, MD; Jesus Diaz;
 Constance M. Fernandez; Juan Carlos Mas; William
 L. Morrison; Mario Murgado; Kenneth J. Reilly;
 Roberto Rocha; H. Allan Shore, Esq; Susan M. Sibley;
 Eric W. Sulzberger; Judy Weiser; Dawn White;
 Thomas M. Rozek, Ex-Officio



Dear Friends,

We hope this issue finds you well as your children adjust to being back in school and the holidays begin their rapid approach. Have fun, celebrate safely and know Miami Children's Hospital is here if you need us.

As you may have noticed on the cover, we have two miracle children to celebrate in this issue. Mason Davis and Melanie Lawrence are 6-year-old friends who both suffered from seizure disorders. The two were successfully treated at the Comprehensive Epilepsy Center at Miami Children's Hospital—and are now busy with school and play.

Bullying is something most children will face in their lives. Not only is it hard on children, it's also hard on parents. You want to protect them, but you may not know when, or whether, to step in and help. We shed some insight on this predicament on pages 4 and 5.

On page 8, read how William Muñios, MD, FAAP, board-certified pediatric gastroenterologist and Associate Director of Pediatric Gastroenterology at Miami Children's Hospital, helped create the television show *Shaq's Big Challenge* to give kids the inspiration and education they need to lose weight. Having a role model like NBA's Miami Heat star Shaquille O'Neal helps kids learn the importance of healthy eating and exercise habits at early ages for a lifetime of benefits.

As always, we are pleased to offer you any and all of the services you need when it comes to your children. They are the most treasured people in your lives—and ours.

Sincerely,

Christian C. Patrick, MD, PhD

**CHIEF MEDICAL OFFICER/SENIOR VICE PRESIDENT
FOR MEDICAL AND ACADEMIC AFFAIRS**

MIAMI CHILDREN'S HOSPITAL

the Overcoming Odds

Friends since birth, 6-year-olds Mason Davis and Melanie Lawrence have shared a lot over the years—a babysitter, summer trips to the library and hours spent swimming. More importantly, the pair shares a special bond created by having their lives changed for the better by Miami Children's Hospital's Comprehensive Epilepsy Center, part of Miami Children's Brain Institute.

If you met little Mason of Leesburg, Georgia, you would never know the trials he has experienced in his young life. An “all-boy” bundle of energy, Mason likes to divide his free time between the pool and a tractor he named “Big Orange.” Sitting down to do homework is the greatest of his worries these days, but the road to recovery has been rocky.

TIME STOOD STILL

“We were told when Mason was 14 months old that he was at very high risk for seizures due to a stroke he suffered in utero,” says Mason's mom, Tonia Davis. “The day of the first seizure, Mason was sitting in my husband's lap when he began to stare at the ceiling fan with his eyes fixed as far to the right as they would go.”

Mason had already had a temperature that day, but his lips turned blue and his fever spiked to 104°. His parents rushed him to the local emergency department, where his pediatrician met them. The family continued to seek help from a pediatric neurologist in Pensacola they had seen since Mason was 14 months old.

“The specialist in Pensacola referred us to Miami Children's Hospital's Comprehensive Epilepsy Center where we had our first consultation in July 2006,” says Tonia. “This was comforting, because Mason's friend Melanie received treatment there for her seizures, and we knew the quality of care to be the best of the best.”

Mason's parents met with Michael Duchowny, MD, a neurologist, world-renowned expert in treating medically resistant epileptic seizures and Medical Director of the Comprehensive Epilepsy Center at Miami Children's. After medication failed to prevent Mason's life-threatening seizures, Dr. Duchowny referred Mason to Sanjiv Bhatia, MD, a pediatric neurosurgeon on staff at

Miami Children's. In October 2006, Dr. Bhatia performed surgeries on Mason, removing the brain tissue that caused these devastating seizures.

TWO YEARS EARLIER

Mason arrived in Miami for his operation with his playmate, Melanie Lawrence, at his side. Melanie had also undergone surgery at Miami Children's Comprehensive Epilepsy Center in May 2004. During the procedure, the center's distinguished neurosurgical team removed a significant portion of Melanie's malfunctioning right frontal lobe to prevent seizures that were previously unrelenting—despite two and a half years of therapy with every available medication.

For Melanie's mother, Kim Lawrence, this solution came when she had reached the end of her rope and little Melanie, then only 3, was having as many as 40 seizures a day.

“I told our doctor in Atlanta that I would sell my house and go anywhere in the world to help Melanie,” Kim says. “He said, ‘If I were you, I would go see Dr. Duchowny at Miami Children's Hospital.’”

The rest is history, and Melanie now faces a bright, happy future.

FULL OF LIFE AGAIN

Melanie and Mason are two of the Brain Institute's numerous success stories. Mason's health continues to improve by the day.

“He has seemed like a different child since his surgery,” says Tonia. “He finally looks like himself again. We're so grateful to have our son back.”

Both bright, confident first graders who enjoy learning and playing together, Mason and Melanie are sure to share many adventures now that a lifetime of seizures is behind them—thanks to Miami Children's Comprehensive Epilepsy Center and the wonderful physicians who changed their lives.

PATIENT PROFILE:

Mason Davis and Melanie Lawrence



FUN FACTS ABOUT MASON and MELANIE

FAVORITE...

FOODS: chicken nuggets and chocolate

ACTIVITIES: tractor rides and bicycle motor cross (BMX) racing

ANIMALS: they both love cats and dogs!

SCHOOL SUBJECTS: math and reading

COLORS: John Deere green and pink





Bye, Bye Bullies!

They're mean. They're pesky. They're downright cruel. So what's a parent to do when a schoolyard bully is targeting your child?

Whether it's through acts of physical, verbal or mental torment, bullying isn't right and can be potentially dangerous to both the bully and the victim. The problem with bullying is that you can't fight cruelty with more cruelty—you have to take the higher road.

What should you do when you learn your child's being bullied and all you can think of is grabbing that schoolyard bully by the horns? First of all, take a deep breath, put your anger aside and shift your focus to what's best for your child.

LEND A LISTENING EAR

"If your child is the victim of a bully, he is likely feeling hurt, afraid and even ashamed," says Maribel Del Rio, PsyD, who completed her medical training in the Division of Behavioral Medicine at Miami Children's Hospital.

"As mom or dad, it's your job to offer comfort, support and reassurance. Make a point to listen to him, understand how he's feeling and validate those feelings. Tell him he's not alone—that many people are victims of bullying and together you're going to make it stop."

Making the decision to tell an adult that he or she is being bullied is a major step for a child, regardless of age or size. Often, children and teens who are being mistreated by a peer are afraid that if they tell an adult—

whether it's a teacher, parent or coach—the bullying will get worse. While you're talking with your child, let her know you're proud of her for being brave and telling you about the problem.

EVALUATE AND TAKE ACTION

Now that you know what's happening, it's time to consider the best course of action. You may need to talk to your child's teacher, guidance counselor or school principal, particularly if the bullying is taking place at school. The bully's parents may also need to be involved so they know what's happening and can address their child's behavior. Depending on the situation, you may contact the parents yourself or have the school handle the initial contact.

As well as addressing the problem on an authoritative level, you should also talk to your child about ways he or she may be able to improve the situation. Here are some tips you can offer.

- **Find a buddy.** Suggest that your child walk with a friend when going to class, the bus stop, lunch, recess or the locker room. A bully is less likely to pick on someone when other people—who are not the bully's friends—are around.
- **Avoid and/or ignore the bully.** Instruct your child to avoid the bully whenever possible. If your child sees the bully lingering near a restroom, he or she should go another way to use a





The Many Faces of Bullying

When you hear the word “bullying,” you may envision a rough and tough kid pushing a smaller child against the wall and demanding lunch money. While this is a common form of bullying, it’s not the only way this dangerous behavior can manifest itself in your child’s life. Here’s a look at the different phases that bullying may take.

Pre-K & Kindergarten (ages 4–5)

- physical violence, such as hitting, kicking, biting or playing too aggressively with others
- verbally making fun of another child

Elementary (ages 6–10)

- physical violence and/or threats
- ignoring a child and convincing others to do the same
- verbally making fun of another child
- name-calling
- forcefully taking things from another child, such as money, jewelry or MP3 players
- excluding a child from group activities

Middle and High School (ages 11–18)

- gossip (intentionally spreading false information about another student)
- posting rumors or cruel comments on web sites
- threats

Be Bully Aware

If your son or daughter doesn’t tell you about being bullied, chances are you may not know it’s happening. However, there are a few warning signs that can indicate your child is the object of a bully’s torment.

The Warning Signs

- trying to evade specific situations or events, such as waiting at the bus stop or going to an after-school event
- acting anxious
- changing eating habits
- experiencing sleep difficulties or nightmares
- avoiding activities or events he or she enjoys like dance class or try-outs for a sports team

If you notice any of these changes in your child’s behavior, talk with him or her to find out what may be causing them.

different one. If your child is approached by the bully, he or she should tell the bully to stop, walk away and ignore any mean remarks the bully may make. It’s also important that a teacher or other adult is told when these episodes occur.

- **Don’t entice the bully.** Sometimes bullies are after things like money, cell phones, iPods or other popular items. If this is the case, tell your child to leave these objects at home for a while.

“While the problem is being worked through, be sure to reassure your child that the bullying is not her fault and you’re proud of her for telling someone about it,” says Dr. Del Rio. “By continually communicating with your child and the school officials, you should be able to resolve the bullying situation so your child will again feel safe.”

Help! My Child’s the Bully

You were running a few errands before picking the kids up from school when you got a call on your cell phone. It was your son’s teacher asking you to come in for a meeting with him, the principal and the third-grade guidance counselor to talk about how your son has been bullying another child in the classroom. While questions of how your sweet little boy could be doing such a thing run through your mind, consider these points to help you as you deal with the situation at hand.

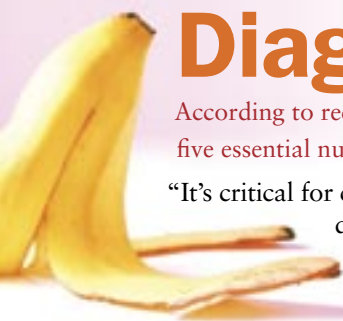
Don’t jump to conclusions. Openly listen to what everyone—your child, the school personnel, the other child and his or her parents—has to say about the situation before making a decision on how to address the issue.

Talk to your child. Discuss why the bullying behavior started, how it makes your child feel and how he or she would feel if the situation were reversed.

Consider a counselor. Studies have shown talking with a family therapist can help curb bullying behavior by addressing self-esteem concerns, aggression or egocentric thinking that may be the source of the bullying.

5





Diagnosing Diet Deficits

According to recent dietary studies, many children in the United States are missing five essential nutrients.

“It’s critical for children to get the nutrients they need so their bodies can grow and develop properly,” says Jamie Kaufman, Registered Dietitian at Miami Children’s Hospital. “By ensuring your kids eat healthy now you can see that they reap the benefits for years to come.”

Use this chart to guarantee your children get the nutrients they need.

The following breakfast meal incorporates all five essential nutrients your child needs to get off to a great start every morning:

1 8-ounce glass of orange juice;
1 cup Cheerios with
1 cup 2-percent milk;
1 medium banana;
and 1 ounce almonds

NUTRIENT	FUNCTION	DAILY NEEDS	FOOD SOURCES
Calcium	builds strong bones; aids muscle function, blood clotting and normal heart rhythm	ages 1-3 500mg ages 4-8 800mg ages 9-18 1,300mg	dairy products (milk, yogurt); products fortified with calcium like juice or cereal
Fiber	regulates bowel movements; reduces constipation	add five grams to your child’s age (e.g. 4 year olds need 9 grams daily)	fruits; vegetables; legumes; whole-grain products
Magnesium	helps energy production; improves immune system; helps maintain heart, nerve and muscle function	ages 1-3 80mg ages 4-8 130mg ages 9-13 240mg ages 14-18 410mg for boys, 360mg for girls	dark green vegetables; whole grains; beans; nuts and seeds
Vitamin E	builds immune system; protects against cancer	ages 1-3 6mg ages 4-8 7mg ages 9-13 11mg ages 14-18 15mg	dark green leafy vegetables; vegetable oil; nuts and seeds
Potassium	balances fluid levels; increases energy; allows normal muscle and heart function	ages 1-3 3,000mg ages 4-8 3,800mg ages 9-13 4,500mg ages 14-18 4,700mg	sweet potatoes; white beans; yogurt; bananas; tomato sauce



Keep Children Safe

A five-second walk around your car before starting the motor may save a child’s life.

The Trauma Center at Miami Children’s Hospital has already reported a record increase in child backover accidents in 2007.

“It used to be common to see one or two of these cases per year,” says Malvin Weinberger, MD, Director of Trauma Services at Miami Children’s. “Since February, we have treated nine backover victims—two of whom had fatal injuries.”

WHY IS THIS HAPPENING?

About 60 percent of backover incidents involve a large automobile such as a sport utility vehicle (SUV), and many accidents occur at slow speeds in a driveway or parking lot. Bigger cars have significantly larger rear blind spots than standard-size cars. Depending on the height of the driver, the blind spot in a

sedan may be between 12 to 20 feet while the blind spot in an SUV may reach up to 26 feet.

PRACTICE PREVENTION

Backover accidents are highly avoidable. Spot the Tot, a program created by Safe Kids Worldwide, has developed the following tips to help keep children safe around vehicles:

1. Hold children’s hands while in driveways, parking lots or on sidewalks.
2. Check all sides of a moving vehicle for children who may be walking or playing nearby.
3. Walk around a parked vehicle to look for children, toys and pets before starting the ignition and shifting into reverse.

Protect children by practicing these tips before reversing in a vehicle. For more information about Spot the Tot, call the Division of Preventive Medicine at Miami Children’s Hospital at (305) 666-6511, ext. 2516.



In Appreciation...

...Of all our wonderful and generous donors.

With the holidays approaching, we at Miami Children's Hospital want to thank those individuals who dedicate their time to Miami Children's Hospital through the MCH Foundation and other organizations that make many of the hospital's dreams possible.

Donating to a charity or an organization doesn't have to be done in cash. Instead, many of our donors choose to donate their time—a commodity that is equally as important as money to Miami Children's Hospital and MCH Foundation. The hospital, our young patients and our community have benefited from the energy and participation of these individuals, groups and companies.

Gloria and Emilio Estefan and the **Estefan Foundation** have a long-term relationship with MCH Foundation and Miami Children's Hospital. They have continuously provided financial support and the valuable donation of quality time to our children. Gloria, who has won five Grammy awards, volunteers at the hospital by reading her children's books, *The Magically Mysterious Adventures of Noelle the Bulldog* and *Noelle's Treasure Tale*, to patients.

Other support has come from such notable people as **Dwyane Wade**, NBA All-Star guard for the Miami Heat, and his sister **Tragil**. While on medical leave from the Heat, Dwyane asked if he and Tragil could come to the hospital and watch a game with kids who were unable to play. Dwyane and Tragil brought lunch and presents for all of the children and their families, and Dwyane shot hoops with many of the kids.

Major corporations such as **BlueCross BlueShield of Florida** have made significant financial contributions that have gone directly to support Miami Children's Hospital Brain Institute. Other generous donations, such as furnishings for 24 of our family apartments in the Devonshire House, were contributed by **Rooms To Go**. The Devonshire

House is a facility where families of long-term patients can stay while their loved ones are getting the medical treatment they need.

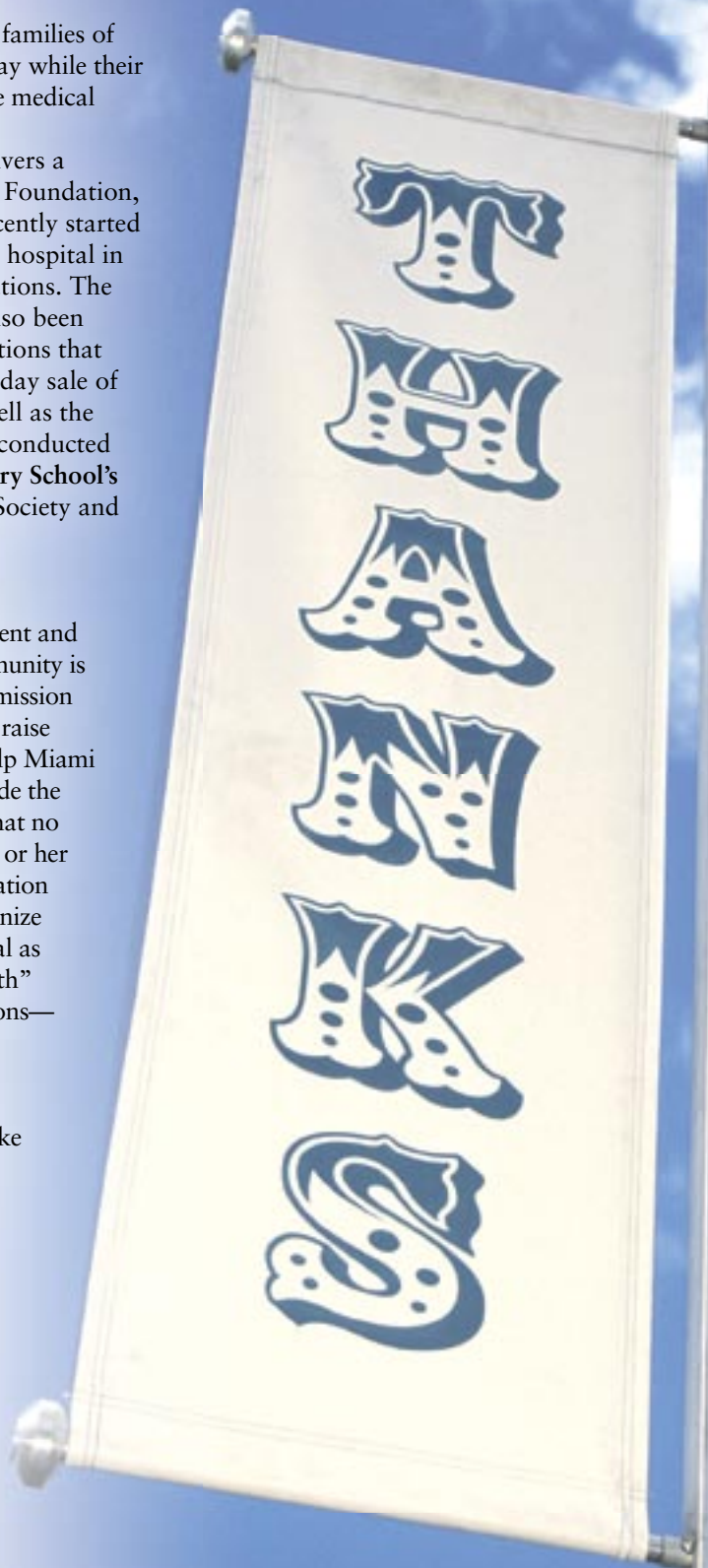
KB Toys regularly delivers a carload of toys to MCH Foundation, and the company has recently started collecting change for the hospital in several of its Miami locations. The MCH Foundation has also been the recipient of contributions that were generated by a holiday sale of **Aflac** Santa Ducks, as well as the proceeds of a campaign conducted by the **Riviera Preparatory School's** National Junior Honor Society and Student Government.

MAKING IT HAPPEN

The generous involvement and commitment of our community is the key to success in our mission “to create awareness and raise contributions that will help Miami Children's Hospital provide the best medical services so that no child ever has to leave his or her backyard.” MCH Foundation and the community recognize Miami Children's Hospital as the “Diamond of the South” and know that all donations—whether a financial contribution of \$3.50 or \$3,000,000, or the gift of time and tenderness—make the Hospital and MCH Foundation richer for the experience.

We would like to thank everyone who contributes to Miami Children's Hospital's Foundation, and we wish you the happiest and healthiest of holiday seasons. Cheers to a fantastic 2008!

If you would like to make a gift to help MCH Foundation, please call (305) 666-2889.



Shaq's Weight-Loss CHALLENGE

Childhood obesity has reached epidemic proportions in America due to inactivity, poor nutrition and the absence of healthy role models. NBA's Miami Heat star Shaquille O'Neal, along with William Muiños, MD, FAAP, board-certified pediatric gastroenterologist at Miami Children's Hospital, is using television to give children inspiration and improve their lives.



"Shaq's Big Challenge is based on scientific evidence that children need a role model or someone they respect who can serve as a motivator when making major lifestyle changes such as the ones we introduced in the program. Shaq served as mentor, motivator and friend to these children—the majority of whom saw a huge degree of success over the course of the six-week program."

—William Muiños, MD, FAAP, board-certified pediatric gastroenterologist and Associate Director of Pediatric Gastroenterology at Miami Children's Hospital



"Childhood obesity is a real problem in the United States, and we felt something positive had to be done to educate and inform people on the grave danger associated with obesity—such as diabetes, heart disease and early death," says Dr. Muiños, Associate Director of Pediatric Gastroenterology at Miami Children's. "We created a weight-loss program for kids and chronicled it on the television show *Shaq's Big Challenge*. As a father and an athlete who understands the importance of healthy nutrition and exercise, Shaq stepped up and became our champion against childhood obesity. He is a great role model for children."

CHANGING FOR THE BETTER

Before the program began, the six participating children were evaluated by Dr. Muiños. He checked for any existing health problems to ensure the children would be able to begin comprehensive fitness and lifestyle changes. Support from parents was especially valuable when a team of experts visited each child's home to evaluate the contents of their kitchens. Experts explained what foods should be avoided and how to prepare healthy, yet delicious, meals for the entire family.

"The great thing about *Shaq's Big Challenge* is that it focuses on how essential family support is for successful weight loss in children,"

says Dr. Muiños. "Health is about more than eliminating junk food consumption, and the program tried to show this through educating families about different aspects of childhood obesity, including exercise and lifestyle modifications."

One important aspect of the weight-loss program included the periodic monitoring of children's body mass index (BMI) and cholesterol levels, which helped the team of experts determine if the rigorous physical challenges and nutrition counseling had paid off.

SUCCESS ACHIEVED

Ultimately, through hard work and dedication to the program, all six children improved their health and lost weight—with one child losing an astounding 77 pounds in nine months.

"With *Shaq's Big Challenge*, our goal was more in-depth than simply trying to get these kids to shed a few pounds," says Dr. Muiños. "We wanted to help children prevent serious health problems that coincide with obesity. If our youth are to succeed and live healthy, productive lives, childhood obesity must be recognized—and treated—as the disease it is. Only through awareness and education can we reverse this growing trend and save our children."

For more information about this weight-loss program, visit www.shaqfamilychallenge.com.



Proving Once Again, *We're the Best of the Best*

Miami Children's Hospital is named one of America's top children's hospitals in *U.S. News & World Report*.



In the September 3 issue of *U.S. News & World Report*, which included a ranking of "America's Best Children's Hospitals," Miami Children's was listed 26 among the top 30 hospitals in the country and is the only pediatric hospital from Florida to be included on the list.

"I extend my sincere gratitude to the physicians, nurses, care professionals, staff and volunteers of this hospital who have devoted themselves to providing exceptional leadership and

excellence in the care of children," says Thomas M. Rozek, President and CEO of Miami Children's. "This important national recognition is a tribute to the entire Miami Children's Hospital family and our enduring commitment to putting children and families first."

To be eligible for this year's rankings, medical facilities had to be classified by the National Association of Children's Hospitals and Related Institutions (NACHRI) as a freestanding children's hospital or as a children's

"hospital within a hospital"—a large, multidisciplinary pediatric service within a medical center. Of the 122 children's hospitals that met this standard as of March 2007, 113 responded to a *U.S. News* survey asking for data and statistics on a variety of procedures such as the number of bone marrow transplants and difficult heart operations performed at the hospital. Thirty of these facilities made the cut as one of "America's Best Children's Hospitals."

Your Web Site of CHOICE

- You need to find a pediatric specialist.
- You want to send a get well e-card to a patient.
- You would like to make a donation or volunteer your time.

When you need extra health information, turn to Miami Children's Hospital's newly revamped web site, www.mch.com. Thanks to an updated design, everything you need is right at your fingertips.

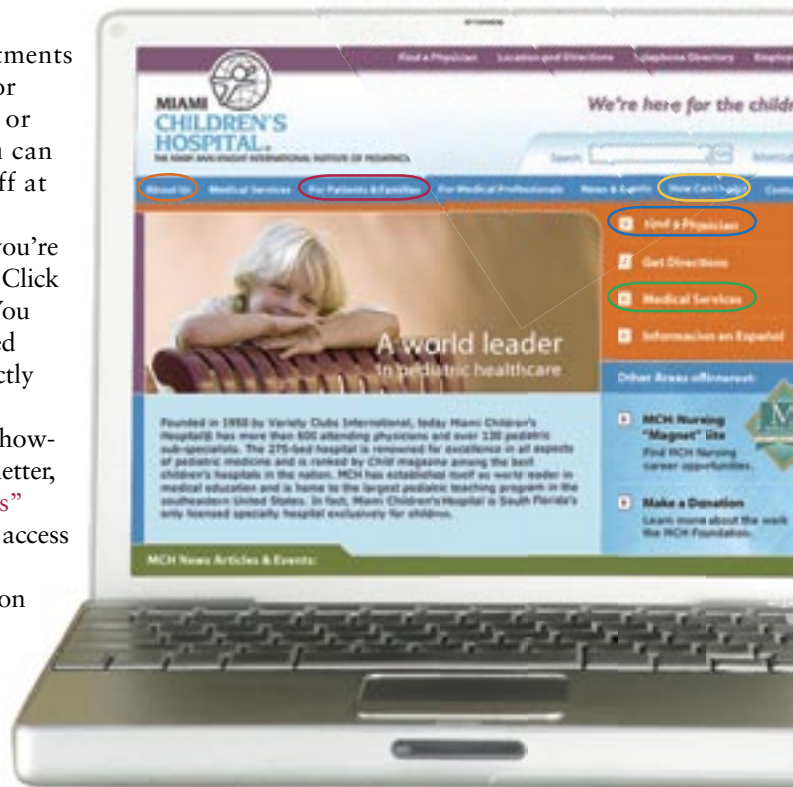
Read about clinical research studies or specific departments within the hospital by clicking on "Medical Services," or select the perfect physician to treat your infant, toddler or teen by clicking on "Find a Physician." From there, you can learn more about the 650 physicians on the medical staff at Miami Children's.

Do you already have an appointment at the hospital, but you're not sure how to find the specific area where you need to be? Click on "About Us" and then "Interactive Department Finder." You will be able to "virtually" navigate your way to your intended department from the hospital's entrance, so you'll know exactly where to go once you get here!

If you're looking for general pediatric health information, how-to tips or a subscription to the free Miami Children's e-newsletter, you'll find what you need under the "For Patients & Families" link. In addition, you can send an e-card to a patient or gain access to more than 10 child-friendly web sites.

If, on the other hand, you're interested in making a donation to Miami Children's, volunteering your time or joining the Children's Advocacy Network, select the "How Can I Help?" link. You can contribute to Miami Children's mission of providing the highest quality health care to thousands of children—and you're only a mouse click away.

Visit www.mch.com today—you'll be glad you did!



Annual Hardware Conference

The 19th annual Hardware Conference was again held at the Marco Island Marriott. Vendors from the hardware industry donated their product booths for the live and silent auctions and helped raise over \$25,000 for the Children's Miracle Network. Thank you to our dear friends Tom and Dale Chasteen, conference organizers and Ace Dealers for another great conference.

May 10th Inaugural Diamond Ball Kickoff Reception

Vivian and Juan Carlos Mas, Chairs of the Inaugural Diamond Ball, hosted more than 100 invited guests at their beautiful home in Gables Estates. The evening celebrated the introduction of the new Diamond Recognition Society, which honors those who make contributions to MCH Foundation. The evening was a great success, raising more than \$280,000.



Mark Blank, MCHF Chair; Lucy Morillo, MCHF President; and Vivian and J.C. Mas, MCHF Co-Chairs Inaugural Diamond Ball

Miami Children's Hospital Corporate Golf Invitational

The Miccosukee Golf and Country Club was the place to be on May 24 for the annual day of fun, camaraderie and golf. The event raised over \$100,000! Team Arellano came in first place, beating Team C.B. Bovenkamp. In third place was Team Butler Buckley Deets.

Rooms To Go

On April 3, Stephen Buckley, President of Rooms To Go, made amazing contributions to the families that use Devonshire House, Miami Children's Hospital's facility for families of out-of-town patients. Now the families can have the comfort of beautiful furniture while their children are treated.

BlueCross BlueShield of Florida and the Estefan Foundation

Cyrus Jolivet, Vice President of Public Affairs for BlueCross BlueShield (BCBS) of Florida, was joined by Gloria and Emilio Estefan for the naming of MCH Brain Institute Lobby on April 9. BCBS and the Estefan Foundation made wonderfully generous contributions to Miami Children's Hospital. On behalf of all of the children and families, we thank them.

KB Toys

We would like to send a note of thanks for KB Toys' ongoing contributions of toys for children. Thank you to all!

St. Kevin's Catholic School

Thank you to St. Kevin's Catholic School, which raised \$2,952 during a visit to the school by the Health On Wheels healthmobile.



Carrabba's Italian Grill Grand Opening, Miami Lakes

Miami Children's Hospital was selected to benefit from the June 4 opening night proceeds of Carrabba's newest location in Miami Lakes. It was an exciting night, and the food was incredibly delicious. Thanks go to Katie Planamenta for bringing this great opportunity our way. Carrabba's donated 50 percent of its opening's net proceeds, totaling \$4,762.61!

Aventura Mall Coin Collection

So far, Aventura Mall has donated over \$3,000 in coins collected from the mall's fountains.

1st Annual Miami Children's Hospital Appreciation Day

The 21 members of MCHF hosted more than 1,200 Miami Children's Hospital staff members in six locations on June 29. With a red, white and blue Fourth of July theme, the MCHF team celebrated the hard work and commitment of Miami Children's Hospital, Weston, South Dade, Miami Lakes, Blue Lagoon and LifeFlight with breakfast treats, snacks and t-shirts for all. Nine lucky winners won the hottest raffle item—lunch with Lucy Morillo, Foundation President.

Riviera Preparatory School

Our thanks to the National Junior Honor Society and Student Government of Riviera Preparatory School in Coral Gables for their hard work and donation to MCH Foundation. You should all be very proud of yourselves, as we are proud of you.



Y.M. Number 7 U.S.A.

Our thanks to Y.M. Number 7 U.S.A., who raised money for MCH Foundation. Omar Rodriguez, the District Manager, presented a check of \$1,500.



Aflac Holiday Ducks

Thanks go to Corrine Reilly and Cecilia Kolstad of Aflac for joining us on June 7 and presenting MCH Foundation with a wonderful check for \$18,241.90 courtesy of the sale of Aflac Ducks last Christmas.

Upcoming Events

October 13

The Inaugural Diamond Ball will be held at the Ice Palace in downtown Miami and is sure to be the party of the year. The 700 lucky attendees will be delighted by a gourmet four-course meal prepared by Michelle Bernstein of Michy's and The Capital Grille with special wine pairings provided by Premier Beverages. This black tie evening is sure to be talked about, so don't miss out. For sponsorship and ticket information, please contact Glenda Saez at (786) 268-1831 or gsaez@mchf.org.

November 5 & 6

The Torch Relay for Children's Miracle Network will begin its journey in Chicago and end in Los Angeles. Local participants will walk, run or bike through South Florida. The event is open to the public. For more information, please visit www.torch-relay.org.

November 15

Brenda Nestor Castellano will be honored at this year's 41st Annual Queen of Hearts Luncheon, which will be held at the Indian Creek Country Club. A reception will start the event at 11 a.m. and will be followed by an informal fashion show and luncheon at noon.

Tickets range from \$125 to \$175 per person. Contact Merlyn Marengo at (786) 624-2038 or mmarengo@mchf.org for more information.

November 17 & 18

The seventh annual Hasbro Toy Sale will be held from 8 a.m. to 5 p.m. on Saturday and 9 a.m. to 3 p.m. on Sunday at JAS Forwarding, 2750 NW 84 Avenue, in Miami. Start your holiday shopping early and get brand name toys at incredible prices. A portion of the proceeds will benefit the Children's Miracle Network. For more information, please contact Ivett Iglesias at (786) 268-1827 or iiglesias@mchf.org.

December

During the holiday season, please consider hosting a toy drive to benefit the children at Miami Children's Hospital. All toys should be new and unwrapped. Sorry, we cannot accept plush toys, balloons, candy or war-themed toys. Toy donations may be dropped off Monday through Friday from 8:30 a.m. to 5 p.m. at Miami Children's Hospital Foundation, 3000 SW 62 Avenue in Miami. For more information, please contact Ivett Iglesias at (786) 268-1827 or iiglesias@mchf.org.

9 Ways to Give Back

The primary roles of Miami Children's Hospital Foundation (MCHF) are to increase awareness and raise funds to support Miami Children's Hospital (MCH) and its programs and projects. Working together, MCHF and MCH are committed to ensuring that no child will ever have to leave the region to receive state-of-the-art pediatric care.

The following are nine ways you can participate in giving:

1. **Outright giving.** Your tax-deductible gift of cash or marketable securities can help support medical programs that treat more than 185,000 pediatric cases annually.
2. **Bequests.** Donate a gift of cash or property, a percentage or a fixed dollar amount of your estate to MCHF for MCH programs and projects.
3. **Memorial/Honor.** Bestow a gift to honor someone special in your life as a lasting and meaningful tribute to that individual.
4. **Charitable lead trust.** Allocate trust payments to MCHF for a given period of time, then have the assets revert back to you or your family with estate gift taxes usually reduced or even eliminated. Witness your philanthropic plans taking place today while making this gift.
5. **Charitable remainder trust.** Establish a trust with cash/marketable securities or property and receive a predictable income stream for your lifetime.
6. **Retirement plan assets.** Avoid double taxation and designate MCHF as the beneficiary of your retirement accounts.
7. **Retained life estate.** By deeding your home to MCHF now, you receive valuable tax advantages while still living in your home for your lifetime.
8. **Life insurance policies.** Your premiums could be deemed charitable contributions to MCHF and thus become tax-deductible.
9. **Commitment of time.**

For more information regarding ways you can donate to MCH Foundation, contact Meschelle Huether, MCHF Vice President of Estates, Gift Planning & Annual Fund, at (786) 268-1847 or e-mail mhuether@mchf.org.

Fall Festivities

Use the following clues and your favorite fall memories to complete this puzzle.

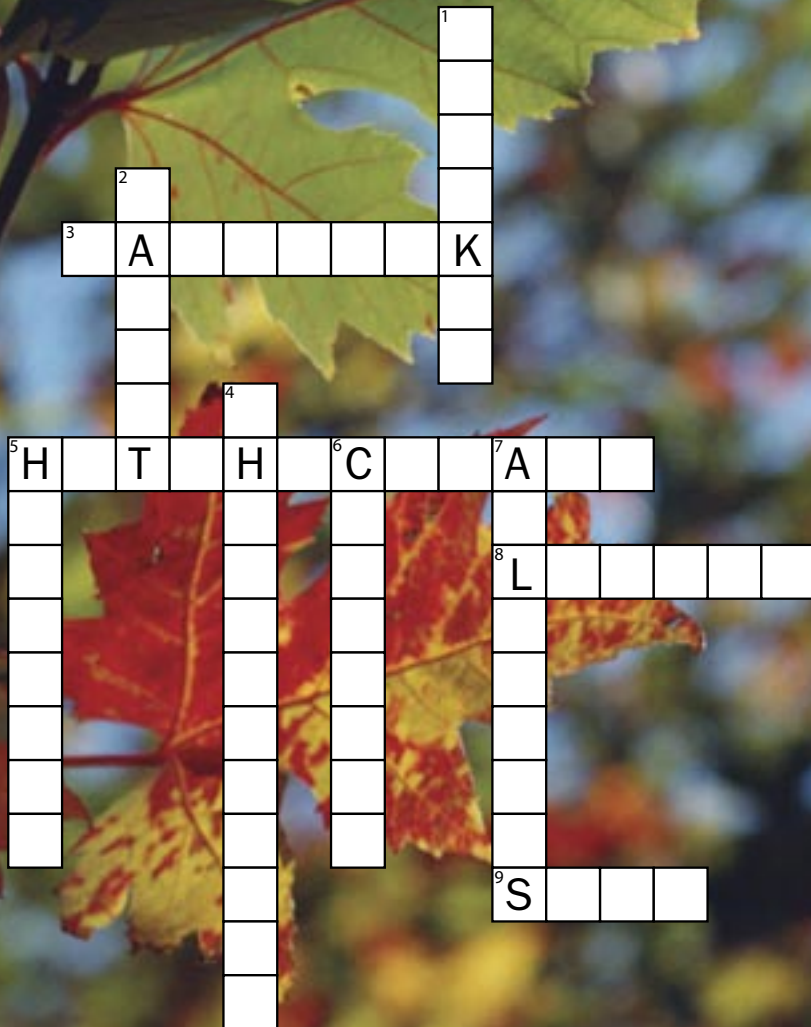
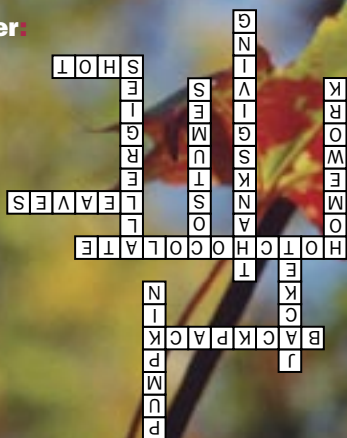
Across

3. If you don't wear this properly, it could lead to spine problems later in life
5. Curl up with a good book and just add milk and marshmallows (2 words)
8. These turn colors with the changing seasons
9. You may need a flu ____, so you don't get sick this winter

Down

1. In October, this fruit might form a face
2. An extra layer for cooler weather
4. A prayer in 1621 began this festival of food
5. Teachers like to give it and dogs like to eat it
6. If you wear these on a certain day in October, people will give you candy
7. Commonly associated with milk and nuts, so no pecan fudge for you if you have them

Answer



**MIAMI
CHILDREN'S
HOSPITAL**

We're here for the children

3100 Southwest 62nd Avenue
Miami, FL 33155

Nonprofit Org.
U.S. Postage
PAID
Miami, FL
Permit No. 5774