

Brandon Overcomes the Odds

‘Diabetes’:
The Diabetes/
Obesity Epidemic

When Children
Need Imaging Tests

**Miami
Children's
Is Where the
Children Are**



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Miami Children's Hospital**

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Dear Friends,

Imagine waking up one morning to find that your hands cannot tell hot from cold. Then imagine you are diagnosed with a cyst in your spine that may leave you unable to walk, and later find you have to undergo spinal surgery. Finally, imagine all this occurs when you're a 15-year-old basketball star. Not only did all of this happen to our miracle child Brandon Knight, but after his surgery he went on to lead his high school basketball team to the state championship title and was named the Broward County Player of the Year. We will probably see him playing in the NBA in a few years.

In this issue of *Children's Gazette*, our feature article is on diabetes and the health toll this devastating epidemic is taking on our nation's children. As parents, we have to step up to the plate and make the necessary changes that will allow our children to have healthy futures that are free of diabetes- and obesity-related complications. We know it's hard to eat healthy and exercise daily when all of our schedules are so busy, but what's more important than our children?

Read on to find out more about speech delays, how to tell allergies from colds and how Miami Children's goes above and beyond when it comes to caring for your child—even with something as simple as a magnetic resonance imaging (MRI) test.

Have a happy and safe summer, and know that we are here for whatever pediatric services your child needs.

Sincerely,

M. Narendra Kini, MD
President and Chief Executive Officer

MIAMI CHILDREN'S HOSPITAL



PATIENT PROFILE:
Brandon Knight

Overcoming the Odds

Brandon Knight's future looked bright. He was a straight-A honor student at Pine Crest Preparatory School and, at just 15, Brandon was already a basketball legend in not only his local community—but nationwide as well. One day in February 2007, however, it looked like Brandon might never play basketball again.

Brandon was getting ready to take a shower this particular night and realized he couldn't feel hot or cold water with his right hand. A few days later, he fell and cut his elbow during a game and was unable to feel that either. Brandon's parents took him to see an orthopaedic sports physician who ordered a magnetic resonance image (MRI) that showed a syrinx—a fluid-filled cavity within Brandon's spinal cord that was the likely cause of weakness in his hands and arms, as well as deficits in pain and temperature sensation. A cyst at the base of the syrinx was also pressing up against Brandon's spinal cord, putting him at risk for developing progressive problems that could eventually prevent him from not only playing basketball, but even walking and running.

When the orthopaedic physician determined that Brandon's condition could also affect his neurological capabilities, he went to see a neurosurgeon for further evaluation.

A SECOND OPINION

At the time of Brandon's initial visit, the syrinx and cyst were relatively small. The neurosurgeon decided the best option would be to just watch and track the progress of both to see if they would not progress in time. He released Brandon to play basketball with his school team, the Pine Crest Panthers, and with his summer traveling team. He also attended the Steve Nash–Nike Skills Academy and the National Basketball Association (NBA) Top 100 High School Basketball Camp.

Brandon played basketball all summer,

but before the start of the next school year, his parents decided they wanted a second opinion regarding their son's medical condition. They took him to see David Sandberg, MD, FAAP, pediatric neurosurgeon on staff at Miami Children's Hospital and Assistant Professor at the University of Miami Miller School of Medicine. Dr. Sandberg repeated Brandon's MRI and found the syrinx had gotten larger. Brandon needed surgery immediately.

A SURGICAL SUCCESS

Brandon's surgery was scheduled for October 15, 2007, and although they were nervous, his parents were reassured by Dr. Sandberg's confidence.

"I couldn't have asked for a better surgeon," says Tanya Knight, Brandon's mother. "Before the surgery, he told us, 'I'll see you in five or six hours—I don't expect any complications.' His directness and assuredness put us at ease. It was clear he knew what he was doing."

Since Brandon was still a teenager and had a promising basketball career ahead of him, Dr. Sandberg chose to perform the least invasive surgery possible. Two weeks later, Brandon returned to school, and within three months he was back playing basketball like he'd never left the court. He went on to lead the Pine Crest Panthers to the state championship title in February 2008 and was named the Broward County Player of the Year.

"The operation was successful in every way," says Dr. Sandberg. "All of Brandon's symptoms are resolved. In fact, you'd never know he had undergone surgery at all by watching him play basketball. And three months after surgery, a follow-up MRI showed that both the syrinx and cyst are completely gone."

How's that for a miracle child?

FUN FACTS ABOUT BRANDON

FAVORITE...

ACTIVITIES: basketball

HOBBIES: studying, basketball and, when he has time, watching movies

ACTOR: Denzel Washington





Generation XL

Disproportionate Risk

According to the American Diabetes Association, there are numerous factors that can increase a person's risk of developing Type 2 diabetes. People are at risk for the disease if they're overweight, get little exercise or have a close family member with diabetes. For those who are of Hispanic, African-American, American-Indian, Asian-American or Pacific-Islander descent, they, too, are at an increased risk for the disease. And, since 61 percent of the population in Miami-Dade County is Hispanic, South Florida has a disproportionate number of children with Type 2 diabetes.

"If you know that you or your child is at risk for developing Type 2 diabetes, you need to change your family's lifestyle to include more exercise and a healthy diet with little or no fat and sugar, but loaded with fruits and vegetables," says Luis Gonzalez-Mendoza, MD, endocrinologist and President of the Medical Staff at Miami Children's Hospital. "Children are getting very little support with weight-management issues from schools or the government, so it's up to parents to take over. If parents aren't willing to help their children succeed, then children have very little chance of facing a healthy future."

Thirty years ago, it was virtually unheard of to find a child or adolescent who had been diagnosed with Type 2 diabetes. Thanks to a dangerous combination of poor dietary habits, lack of exercise and increasing childhood obesity, that's no longer the case. Today, physicians estimate that 45 percent of all new diabetes diagnoses in adolescents are Type 2.

Type 2 diabetes is a disease that occurs when the body doesn't produce enough insulin—the hormone that helps convert glucose (blood sugar) into energy—or when the body loses its ability to use insulin properly. The result is that glucose builds up in the bloodstream, eventually causing complications such as heart conditions, vascular disease, eye problems or kidney failure.

"As it usually takes years and years of not treating your body well to develop Type 2 diabetes, it was highly unusual even in the

very recent past to find kids with this disease," says Luis Gonzalez-Mendoza, MD, endocrinologist and President of the Medical Staff at Miami Children's Hospital. "Since the late '80s or early '90s, however, this has completely changed."

WEIGHTY ISSUES

What's happened over the past three decades to make the rate of Type 2 diabetes in children increase so dramatically? Much of this escalation can be attributed to the growing rate of childhood obesity. According to





the Centers for Disease Control and Prevention (CDC), 16 percent of children ages 6 to 19 are clinically overweight or obese—a statistic that has tripled since 1980.

“Obesity leads to an abundance of health problems in children,” Dr. Gonzalez-Mendoza says. “And, one of the most troubling aspects of this epidemic is that studies show the vast majority of overweight children will grow into overweight adults. We have to make changes now so our children will grow into healthy adults in the future.”

In light of the high rate of childhood obesity—and the expected rate of adult obesity that will follow as a result—the American Diabetes Association estimates that one in three children born in 2000 will develop diabetes during his or her lifetime. Experts have also estimated that the health problems associated with obesity—including diabetes—will cause these children to be the first generation that may die before their parents.

“When children develop Type 2 diabetes, they have to completely change their behaviors and the way they look at food and exercise,” Dr. Gonzalez-Mendoza says. “That’s quite difficult for children to do on their own. Parents *have* to be involved in this process as well.”

MONITORING FOR CHANGES

Parents of children who are at an increased risk for developing Type 2 diabetes (see “Disproportionate Risk”) should discuss their concerns with their child’s pediatrician or primary care provider. Physicians will be able to recommend weight maintenance techniques and exercise programs, while also monitoring children’s blood glucose levels through periodic tests.

Once a child’s blood glucose level exceeds 125 mg/dL, he or she is diagnosed with Type 2 diabetes. When this happens, the child has to work daily to keep the blood glucose level as close to normal (below 100 mg/dL) as possible by exercising for at least an hour each day (and eating a healthy diet that is low in carbohydrates, sugars and fats).

“It’s completely possible for children to lead a full and healthy life with diabetes,” Dr. Gonzalez-Mendoza says. “It’s critical that they make the right decisions about food and exercise while working closely with a physician and diabetes educator to learn how best to control the disease.”

For more information about diabetes management, or to find a physician who can help your child manage her diabetes risk, visit www.mch.com or call our physician referral line at (888) MCH-DOCS.

Weight Loss: It’s a Family Affair

If you have an overweight child who is at risk for developing Type 2 diabetes, it’s time for your whole family to make some changes.

Use the following tips from the National Institute of Diabetes and Digestive and Kidney Diseases to help you and your children start on the path toward a healthier future:

- **Be supportive.** (Your child already knows that he or she is overweight.) Talk about weight management in a way that provides support, encouragement and acceptance. Children’s self-confidence is often based on what they hear from parents or siblings, so don’t try to shame your child into losing weight. (It will only make him or her feel more self-conscious and discouraged.)
- **Be a team player.** Rather than making your child uncomfortable with special meals or a personalized diet plan, choose healthier food options for the entire family. Also, try to develop an exercise program in which the entire family can participate.
- **Be a role model.** Your children are modeling their behavior after you, so make sure you’re at a healthy weight. Let your child see you eating fruits and vegetables and exercising regularly.
- **Be sensitive.** Overweight children may not be comfortable wearing a bathing suit to swim or participating in group exercise activities where their physical limitations are on display. Choose activities that your child enjoys and are easy for her to manage.
- **Be instructive.** When you’re planning meals, let your child help prepare the menu, and shop for and cook the meal. If he’s involved with these aspects, he can learn to make healthy decisions that will last a lifetime.



5



Look Who's Talking

If your 2-year-old son uses few words but your 18-month-old niece is already speaking in sentences, don't worry. Every child is unique.

As children grow and develop, they begin pointing, gesturing and using a limited number of words to communicate their needs. While many begin using terms for familiar objects and people by 18 months, late speech development does not necessarily indicate a problem.

It's important for parents to know what to expect during certain stages of development. Here is a chart showing age-appropriate behaviors that may help discern if your child is progressing normally or if there may be a problem:

If your child does not appear to be reaching key milestones, a pediatrician can evaluate him or her and refer you to a speech therapist to identify potential difficulties with articulation and sound development. Tests can also be performed to help determine the cause for a delay, and speech therapy sessions may be recommended.

"Parents should know that help is available," says Claryza Pujol, MS, CCC-SLP, speech-language pathologist on staff at Miami Children's Hospital. "We are here to provide ideas to stimulate your child's development and encourage her to overcome any delays she's encountering. Together, we will find a solution that works for the entire family."

For more information about speech therapy services at Miami Children's Hospital, call (305) 662-8237.

While some studies show that learning two languages simultaneously may result in a speech delay, others suggest that the research is inconclusive. If you're raising a bilingual child, be sure to discuss any concerns you have with your child's pediatrician.



keep for future reference

AGE	MILESTONES
6 to 12 months	Imitating sounds, babbling
12 months	Using one or two words, repeating words easily, pointing to objects when they are named, recognizing names
18 months	Saying the names of people and objects they encounter frequently, repeating what they hear
24 months	Combining two or more words

Finding the Source of the Sneeze

Cold and allergy symptoms are very similar, so figuring out which one your child has can be tricky.

Both colds and allergies can bring on runny, stuffy noses; sneezing; and, sometimes, a sore throat.

How can you tell which condition your child has?

"One way to determine whether your child is suffering from a cold or allergies is the duration of her symptoms," says Vivian Hernandez-Trujillo, MD, FACAAL, FAAP, Director of Allergy and

Immunology at Miami Children's Hospital.

"Cold symptoms generally disappear in five to 10 days, while allergies may last much longer."

Another way to discern a cold from allergies is to track when your child starts having symptoms.

If he is sneezing and blowing his nose around the same time each year, chances are he has seasonal allergies.

Use the chart to the left to help differentiate between colds and allergies.

WHEN TO SEE THE DOCTOR

"If you think your child has allergies and the symptoms are ever so severe that he's having difficulty in school or having trouble sleeping, you should take him to his pediatrician," Dr. Hernandez-Trujillo says. "Your pediatrician can refer you to an allergist for further testing."

To find a pediatrician or allergist on staff at Miami Children's, call (888) MCH-DOCS or visit www.mch.com.

SYMPTOMS	COLDS	ALLERGIES
Watery, itchy eyes	✗	✓
Cough	✓	✓
General aches and pains	✓	✗
Fatigue, weakness	✓	✓
Fever	✓	✗



We Know Children

At Miami Children's Hospital, we understand that imaging tests, including magnetic resonance imaging (MRI) scans, can be scary for children. We're here to help them through it with care and compassion.

When your child gets an MRI at one of our Miami Children's locations, you can feel assured knowing it's administered with his or her concerns in mind. The entire process is explained to the child before the scan, including the possibility of loud noises that come from the machine as the scanner takes the images. Each child is reassured that nothing will touch or harm him or her during the scan.

To make children more comfortable while the MRI is being performed, a physician may administer medicine to promote drowsiness. Children also have the option of watching a movie or listening to the radio or a favorite CD.

LOCATION, LOCATION, LOCATION

Multiple imaging centers offer parents the convenience of choosing a facility that's close to home. Here are the locations where we offer MRI and other imaging tests your child may need:

- Miami Children's Dan Marino Center in Weston
- Miami Children's Doral Center
- Miami Children's main campus
- Miami Children's South Dade Center in Palmetto Bay

These centers provide ample parking and decreased wait times on the day of your appointment. Highly skilled individuals who have worked at the main campus bring their pediatric expertise and experience working with children to each location.

To schedule an MRI at one of our Miami Children's imaging facilities, call (305) 663-8413. You can also pre-register online at www.mch.com/patient.



IMAGING FIRSTS

Miami Children's Hospital was home to the first magnetic resonance imaging (MRI) scanner in Miami and the first MRI facility dedicated only to pediatrics in the United States.

Remembering Oscar



Oscar Chandler, a 23-month-old, happy, healthy toddler who enjoyed play dates with other neighborhood children, fell into his family's pool in February 2007. In spite of heroic efforts to save Oscar's life, two weeks after the accident, he passed away.

The Oscar Project

The Oscar Project offers courses from 8:45 a.m. to 4 p.m. every Saturday at various locations around the city. The seven-hour training costs \$160 and includes educational materials in English or Spanish, a two-year lifesaving certification and lunch. Topics covered include:

- CPR certification for infants and children
- choking maneuvers for infants and children
- emergency management
- fire safety
- first aid and basic childcare
- injury prevention in the home and garden
- kitchen and bathroom safety
- outdoor safety
- poison control
- pool and water safety
- when to call 911

For more information about The Oscar Project or for a class schedule, visit www.oscarproject.org or contact Susan Lining at (305) 205-3315 to register.

Susan Lining, Founder and Director of The Oscar Project, was deeply affected by Oscar's passing. Oscar had been a playmate of her two children.

"I was so distraught about Oscar's untimely death that I thought about it for weeks," says Susan. "Then I realized there was an unfulfilled need in our neighborhood; many of the nannies we trusted to keep our children safe didn't know basic lifesaving techniques such as CPR."

SKILLS THAT SAVE LIVES

An idea formed in Susan's mind: Why not offer CPR, as well as other valuable skills, to the childcare workers in her neighborhood? Because of the large Spanish-speaking population, Susan believed it was vital to offer these classes in both English and Spanish.

"When I was first organizing The Oscar Project, I reached out to staff members at Miami Children's Hospital and asked if they could train a group of nannies in my home," says Susan. "I was so thankful and relieved when they said they would help. Miami Children's is truly a great resource for our community."

KNOWLEDGE IS POWER

With the help of professionals at Miami Children's, Susan put together a course that covers more than just water safety. Ranging from CPR training to basic injury prevention and from poison control to knowing when to call 911, the course empowers nannies by equipping them with the knowledge they need to better respond in an emergency, and it is the only program of its kind in English or Spanish.

"We had 12 nannies at our first Saturday course," says Susan. "Afterward, many of the families in our neighborhood said their nannies seemed more sure of themselves. The nannies became more outspoken about potential concerns regarding children's safety."

HONORING AN ANGEL

Susan feels Oscar's memory continues to live on through The Oscar Project, and that other lives can be saved as a result of the training the course provides. With continued support from Miami Children's, as well as volunteers in the community, Susan believes The Oscar Project will continue to flourish.

"We are working hard to empower those who care for our children," says Susan. "While no one ever wants to face emergencies, they are inevitably going to happen. We are here to give people the skills they need to respond in these situations. And, most of all, we are here to help save children's lives."

For more information about The Oscar Project, visit www.oscarproject.org.

A Life Worth Living

“The most wasted day of all is that on which we have not laughed.”

A cross-stitch message that hung under her grandfather’s breakfast clock was a glimpse into the personality of a very private woman, an adored wife and beloved sister. A professional woman—she had seen what might be termed, by some, faith-altering scenes as an army nurse during the Battle of the Bulge suffering from and surviving tuberculosis—she never lost her sense of faith in God or her belief in the goodness and kindness of all people.

MAKING THE WORLD A BETTER PLACE

A native of Bloomington, Minn., she and her husband of 41 years eventually settled permanently in South Florida and began a close, personal and professional relationship with a prominent local attorney, Eugene Sulzberger. It was through Eugene that the couple came to know Miami Children’s Hospital and its Foundation, and it was he who suggested that they might wish to remember the Foundation in their estate plans, and they did.

“They were a remarkable couple, completely and totally in love,” remembers Eric Sulzberger, who joined his father in the friendship that had started many years before, “and she was resolved that her wealth should go to institutions that could best utilize and benefit from her and her husband’s good fortunes, and my father’s suggestion of Miami Children’s Hospital Foundation (MCHF) seemed to fit her exacting desires. Ambassador David M. Walters, the Founder of MCHF, also played a key role with regard to this generous donation.”

Thanks to the original suggestion of Eugene and the continuing friendship of he and son Eric, upon the death of this very strong willed and private woman, MCHF received a gift of \$2.7 million dollars.



Eugene Sulzberger; Meschelle Huether, Vice President of Estate and Gift Planning for the Miami Children’s Hospital Foundation; Lucy Morillo, President of the Miami Children’s Hospital Foundation; and Eric Sulzberger

Foundation Events Recap



Peter Lik Gallery

The Peter Lik Gallery celebrated its South Beach opening with proceeds going to MCHF.

Peter Lik; Lucy Morillo, President of Miami Children’s Hospital Foundation; and Juan Carlos Mas, Chairman of the Board of Miami Children’s Hospital, celebrated the opening of Mr. Lik’s gallery in South Beach. Proceeds went to the Foundation.

IHOP’s National Pancake Day

IHOP restaurants hosted their annual National Pancake Day, and the Florida IHOP locations raised over \$53,000 for Children’s Miracle Network hospitals in their state. Locally, locations in Miami-Dade, Broward and Monroe counties raised \$10,953 for MCH. Many locations got very creative in promoting National Pancake Day within their restaurants. Thank you to our dear friend Janet Alexander for coordinating the Florida efforts!

Nebulizers-Paul Pino

David Torres; Lucy Morillo, President of Miami Children’s Hospital Foundation; Dr. Moises Simpson; Ann Lyons, Vice President of Donor Relations; and Paul Pino. All-Med Services of Florida donates a shipment of nebulizers to Miami Children’s Hospital.



Arthur and Buster visit the children

Arthur and Buster brought laughter and smiles to Miami Children’s Hospital during their visit with the children.



FIU Dance Marathon

Over 200 dancers participated in the 11th Annual FIU Dance Marathon. Participants stayed on their feet for 25 hours by dancing and taking part in other activities—such as basketball, a rock climbing wall and a bounce house. Participants also learned a line dance (one dance per hour) and performed the entire line dance (25 dances) at the end of the event.

One hundred percent of funds raised benefited the Children’s Miracle Network program at MCHF. This year’s event raised \$114,313.48 (includes cash and in-kind donations of products/services). Thanks to Leah Dunleavy and the entire Dance Marathon Committee for their tireless efforts in making this year’s event a great success.

Marriott/CMN Golf Tournament

The 8th Annual South Florida Children’s Miracle Network golf tournament was held at the beautiful Doral Golf Resort & Spa, a Marriott Resort. Players enjoyed a great day of golf on the Blue Monster course and helped to raise over \$70,000 for MCHF. Thank you to Chris Bielski, John Mulrey and the entire golf committee for their continued commitment to the Children’s Miracle Network and MCH.



Foundation Events Recap



Hugs & Kisses

On Sunday, March 2, the first annual Hugs & Kisses Family Fun Day was held. The 400+ friends of the Miami Children's Hospital Foundation (MCHF) and Miami Children's Hospital (MCH) enjoyed the children's fashion show, the first annual "I Make a Difference" awards, a fabulous champagne brunch and a full-blown carnival. Hosted by the Village of Merrick Park, the weather was perfect, and everyone had a great time.

[Photo 1] Lisa Petrillo, Mistress of Ceremonies; Norma Quintero, Co-Chair; Constance Fernandez, Co-Chair; Lucy Morillo, MCHF President; DJ Kerr, Co-Chair; Zachary Kerr, Cristofer Fernandez and I. Nicholas Lopez-Morillo Jr., Chairs



A Life of Service

Thomas Cornish, President of Seitlin Insurance and MCHF board member, has been awarded a lifetime community service award from the Travelers for his service to the Miami-Dade community.

[Photo] Henry Furtik, Travelers; Lucy Morillo, MCHF President; Tom Cornish, President, Seitlin Insurance; and Patrick Kinney, President of Field Management, Travelers

Diamond Ball Kick-Off Reception Held May 15, 2008

Juan Carlos and Vivian Mas, Co-chairs of the 2008 Diamond Ball & Private Concert, hosted a kick-off reception at their lovely home on May 15. Joining them were the producers of the ball and concert, which included Ron Weisner, BET Awards Producer, and Tzvi Small, Supervising Producer of the Grammy Awards as well as his associate, Chuck Young. The party featured a special performance by 7-year-old piano prodigy Ethan Bortnick.



Team Guardians

[Photo] Rudy Perez; Angel Perez, Founder of the Angel Alexander Diaz Foundation; Aran Curbelo; Lucy Morillo, MCHF President, presented with a check for \$2,000; and Daniel Rodriquez

The Nichols Foundation

Stephen Coxhead presented the second gift of a \$50,000 pledge to Lucy Morillo for a multidisciplinary suite in the MCH Brain Institute from Stephen and Lu Coxhead of The Nichols Foundation.



"I Make a Difference" Award Winners

MCHF held its first annual philanthropic award for young people who have been chosen by their schools for going above and beyond for their communities.

[Photo] "I Make a Difference" award winners: Sydney Iadarola, Elena Zapata, Lauren Monzon, Samantha Reetz, Alessia Bachrach, Jack Davis and John Michael Holtmann



Tribute Fountain and Serenity Dedication

Susan Smith Walters, daughter of MCHF's founder ambassador David M. Walters, is joined by Dr. Narendra Kini, President and CEO of Miami Children's Hospital, and Lucy Morillo, Foundation President, at the dedication of the Tribute Fountain and Serenity Garden in the Ambassador's honor.

The Barflies Wiffle Ball Family Day

A presentation check from Lorenzo Cosio was given to MCHF with proceeds from The Barflies Wiffle Ball Family Day.

[Photo] Lorenzo Cosio and Ann Lyons



Rotary Club of Coral Gables

A check for \$86,000 was presented to renovate the MCH rehabilitation area and create the multi-sensory therapeutic room.

[Photo] Marlene Burt, Felix Pardo, Helga Robinette and Jose Perdomo



Barney's 20th Anniversary

In celebration of his Big Purple Bus Tour's 20th anniversary, Barney made a stop at MCH and entertained the children in the playroom. Activities included a sing-along with Barney and photos with their favorite purple dinosaur. Barney also donated a basket filled with toys from Jakks Pacific Child Guidance line for MCH's playroom.



Community Power

Brandon Dreichler, Jonathan Ortiz and Austin Kramer performed a community service project for their confirmation at Mary Help of Christians Church in Coral Springs, where games and DVDs were donated.

Dance-a-Thon Benefit

John Fidanque and Brandon Harris present Brandon Parasarm with a trophy and an iPod for raising the most money at the Dance-a-Thon benefit for the MCH Teen Lounge.



Dedication of David's Playroom

Dr. Redmond Burke and David Fidanque were present at the Dedication of David's Playroom.

Upcoming Events

July 1–August 7

Dairy Queen locations will be participating in their annual sale of "miracle" balloons.

September 6 & 7

The 20th annual Hardware Conference will be held at the Marco Island Marriott. Vendors will once again donate their product booths for live and silent auctions, with 100 percent of the proceeds benefiting the Children's Miracle Network program at MCHF.

September 20–30

IHOP locations will be participating in their annual sale of "miracle" balloons.

October 4

Save the date for the Annual MCHF Diamond Ball & Private Concert. Contact Karla Jones for details at (786) 268-1841 or e-mail kjones@mchf.org.

October 23

MCHF Community Council's "Miami Flavors" cookbook will launch at Books & Books in Coral Gables.

October 26 & 27

The Torch Relay for Children's Miracle Network will once again travel through South Florida. The event is open to the public. For more information, please visit www.torch-relay.org.

November 13

Save the date for the 2008/2009 Annual Queen of Hearts Luncheon honoring Swanee DiMare. MCH Auxiliary will host the event at Indian Creek Country Club. Contact Ann Lyons for more details at (786) 268-1830 or email at alyons@mchf.org.

November 15

MCHF Community Council's "Miami Flavors" cookbook will launch at the Biltmore Hotel.

November 22 & 23

The 8th Annual Hasbro Toy Sale will be held the weekend before Thanksgiving. A portion of the proceeds benefits the Children's Miracle Network program at MCHF. For more information, please contact Ivett Iglesias at (786) 268-1827.

CMN News

The final numbers are in, and we congratulate the top five Children's Miracle Network sponsors (for MCH) for 2007:

- #1 Publix
- #2 Marriott
- #3 Costco
- #4 Wal-Mart/Sam's Clubs
- #5 FIU Dance Marathon

We'd like to welcome Enterprise as a new local Children's Miracle Network sponsor. They have many exciting events and promotions in the planning stages. Stay tuned for more details.

We'd also like to welcome Wal-Mart Supercenter #1916 in Coconut Creek to the CMN family.

MCHF Community Council "Miami Flavors" Order Form

Miami Flavors is like no other cookbook. It provides favorite recipes from 75 top chefs in Miami and 75 Miami city leaders, all contributing to Miami's unique and diverse flavor enjoyed daily by hundreds of thousands of visitors and residents alike.

Miami Flavors is a "feel-good" cookbook because 100 percent of the sales will be donated to MCH, thanks to a grant from Cargill International Corporation. The cookbook was created by members of MCHF Community Council—volunteers who love children, the Miami experience and making a difference in their community.

Miami Flavors is a hardcover, full-color, 8" x 8" cookbook presented by a top graphic designer with a first printing of 3,000 copies.

Miami Flavors will have promotional events planned at several locations, including Books & Books in Coral Gables, The Biltmore Hotel and the International Book Fair in Miami.

ORDER INFORMATION

Name _____

Address _____

Phone _____ Cell _____

E-mail _____

Price per copy: \$19.95 + tax

PAYMENT: Cash Check

Credit Card: AmEx VISA MC Discover

Credit Card Number _____

_____ EXP ____ / ____

Number of Books _____

Total Cost: \$ _____

Buy a balloon and make
medical miracles happen.

Help us help the children.

Children's Miracle Network—the alliance of premier hospitals for children—is a nonprofit organization dedicated to raising funds and awareness for children's hospitals across North America. Its founding pledge is to keep 100 percent of donations in the community where they are raised.

Since 1986, Miami Children's Hospital has been the Children's Miracle Network-affiliated hospital in South Florida. All funds raised in Miami-Dade, Broward and Monroe counties benefit Miami Children's. Children's Miracle Network sponsors raise funds year-round, one dollar at a time to help one child at a time.

Here are some of the many ways you can help raise funds for the Children's Miracle Network.

- Support our sponsors by purchasing a "miracle" balloon (or other Children's Miracle Network paper icons) throughout the year at the following locations:
 - Drop your loose change in our coin collection canisters located at HMS Host locations at Miami International Airport and Tom Thumb Food Stores.
 - Sell "miracle" balloons (or other paper icons) to your family and friends or at school, group meetings and houses of worship. The "miracle" balloons are provided to you at no cost.
 - Host a fundraising event.
 - Sponsor a toy drive for the children at Miami Children's.

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GREAT CLIPS
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RE/MAX
SAM'S CLUB
SUNOCO
WAL-MART

For more information on the Children's Miracle Network program, please visit our web site at www.mchf.org or contact Maria Moldes at (786) 268-1832 or mmoldes@mchf.org.



We're here for the children

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