

Summer/Fall 2019

Cart Wheels

Making a
splash
for kids



Summer swim safety

Tips for sleep-deprived parents

Transport Team:
40 years of flying



CART WHEELS
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The race is on!

The Derby may be a distant memory, but it feels like the race continues at Norton Children’s Hospital. Is that the homestretch in front of us?

After a busy spring with a packed calendar of fundraising events, we are excited to set our sights on the completion of another phase of renovations. After many months of workarounds, the hospital lobby will reopen and feature enhanced wayfinding and security, a view of a new meditation garden and colorful play spaces for kids.



At the end of the year, renovations will culminate with the highly anticipated opening of the Jennifer Lawrence Cardiac Intensive Care Unit. It took an unbelievable amount of vision, hard work and dedication from so many to make this addition to the hospital a reality — and we’re almost there. We will rally the community during our annual holiday events for one final push before we open the doors to the unit.

We have no doubt the new unit will begin changing lives from day one and help distinguish the hospital as a center of excellence in providing high-quality, specialized heart care. It also will allow so many families to stay close to home and their support systems while they receive lifesaving care.

We can’t end this letter without mentioning how incredibly proud we are to witness promising new pediatric cancer therapies saving young lives, thanks to your support of funding for groundbreaking research. On page 13, read about the exciting advancements taking place right here at Norton Children’s Cancer Institute, affiliated with the University of Louisville.

None of these milestones would be possible without you. Over and over again, you continue to amaze us in how you generously give to help make a difference for more children.

Thank you for your continued support of our mission. We wish you and your loved ones a safe and relaxing summer!

Lynn Meyer, Ed.D.,
R.N., CFRE
Senior Vice President
Chief Development Officer
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Jennifer C. Evans, M.D., MPH
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Dry drowning is REAL

Know the signs to save a life

Every summer, children are lost or suffer long-term disabilities related to submersion injuries. Submersion injuries include drowning and near-drowning incidents. Frightening stories about “dry drowning” go viral on social media. You may scroll past them, thinking dry drowning is not a real threat. But it is. And it can be life-threatening.

Nonfatal dry drowning refers to respiratory impairment related to a submersion under water during which water does not actually enter the lungs because of a spasm in the airway. It can happen when a child has a close call and breathes in water. But, just like nonfatal wet drowning, where water is inhaled into the lungs, it can progress, causing lung complications. Immediate medical treatment may be needed in order to prevent further issues or death.

Even if the child appears well initially, his or her condition can change rapidly and dramatically hours after the event.

“Water-damaged lungs may not function normally and the person’s oxygen level may decrease,” said April R. Mattingly, M.D., pediatrician with Norton Community Medical Associates – Crestwood. “Respiratory problems can develop and can become irreversible in a matter of hours.”

Signs to watch:

- Change in level of consciousness or personality
- Tiredness or weakness
- Cough with or without pink, frothy mucus
- Whistling or abnormal sounds while breathing
- Vomiting
- Breathing fast or not at all
- Turning blue
- Unconsciousness

Anyone who experiences a near-drowning or a close-call event should be seen by a medical professional immediately after being rescued from the water. Health care providers will be able to observe the child for a period of time in order to predict if their respiratory status will likely worsen.

Drowning is preventable. Active supervision is key to ensuring water safety, from the bathtub to the neighborhood pool to the lake.

Active supervision means:

- Staying alert and avoiding distractions, such as reading, eating or using the phone
- Never taking your eyes off children or leaving them unattended in or around water
- Continuously scanning the water’s surface and the bottom of the pool
- Stopping unsafe play and running in the pool area
- Knowing where to locate and how to use water safety equipment
- Keeping a phone nearby for emergency use only

–Joyce Retz

Learn more

Call Norton Children’s Prevention & Wellness at **(502) 205-4966** for more information on swim safety, or go to **SafeKids.org/Water**.

On the cover: Evan Karr

A higher view

3D printing technology helps teen needing complex scoliosis surgery



A replica of Gracie's spine printed on a 3D printer

Gracie Latkovski is sitting up straighter and breathing easier after undergoing state-of-the-art spine surgery. Her surgeons were able to be precise in her complex surgery by preparing with the help of a 3D printed replica of the 14-year-old's spine.

"Healthwise, it has helped her tremendously," said Christin Latkovski, Gracie's mother. "We are totally excited about what it has done for her."

In addition to having scoliosis, Gracie has cystic fibrosis and cerebral palsy, and she uses a wheelchair. Gracie and her family live in Bullitt County outside of Louisville.

Gracie's spinal surgery used new Firefly technology to address a spine severely bent and curved by scoliosis. The Firefly software converts computed tomography (CT) images of the spine into digital files that can be printed using a 3D printer.

"Without surgery, the curving of her spine eventually would have affected her lungs," said Joshua W. Meier, M.D., a pediatric orthopedic surgeon with Norton Children's Orthopedics of Louisville.

Safer, more accurate scoliosis surgery

A 3D model of Gracie's spine was used to create custom-made drill guides for each of her affected vertebra. Dr. Meier and Kent L. Walker, D.O., also a pediatric orthopedic surgeon with Norton Children's Orthopedics of Louisville, used the guides to implant surgical screws. These pedicle screws are placed into the vertebrae, and a rod connects the screws, allowing the spine to fuse in place.

"The result of the 3D printed models and guides is increased accuracy and increased safety placing the screws," Dr. Meier said. "The surgery is also quicker, meaning less time under anesthesia and a lower risk for infection and bleeding."

The surgery helped straighten Gracie's spine, making the teenager 4 inches taller. The surgery also better balanced Gracie's spine over her hips, so she can sit more comfortably.

"She loves being taller and it helps her breathe," Christin said. "She was pretty much leaned over to one side. Straightening her up has really helped her so much."

Innovative technology

According to Dr. Meier, not all back surgeries require the Firefly technology, but it was a valuable tool in a case like Gracie's.

"She had a lot of curvature in her spine and lot of rotation," he said. "Her case would have been a fair amount more challenging without the Firefly technology."

The technology is new, with the Firefly guides receiving approval from the Food and Drug Administration within the past two years.

According to Dr. Meier, using 3D printed models of an individual patient's spine was not even on the radar when he graduated from medical school in 2002.

"I'm not even sure 3D printing existed then," Dr. Meier said.

3D replica of Gracie's twisted spine was 'unbelievable'

Gracie's mother said seeing a 3D replica of Gracie's bent and twisted spine helped convince her and her husband, Dominic, that their daughter needed surgery.

"It was unbelievable what her spine looked like," Christin said, adding that the final decision whether to undergo back surgery was Gracie's.

"She said, 'I'm ready. I want to do it. I don't want to be like this the rest of my life,'" Christin said. "There's nothing stopping this girl."

—David S. Martin

Early signs of scoliosis

- Uneven shoulders, or one shoulder blade more prominent than the other
- Uneven waistline or hips
- Ribs more prominent on one side
- Trouble standing up straight

Most children and teens with scoliosis can look forward to active lives, but early diagnosis is key. If you are concerned about your child's back, speak with your pediatrician or connect with Norton Children's Orthopedics of Louisville at **(502) 205-4967**.



Her wheelchair doesn't stop Gracie from one of her passions: dancing. She and her sister, Quincy, became social media sensations in 2013 when a video of the two dancing went viral.



Keto diet and epilepsy

A 'fad' diet for many keeps seizures at bay for some kids

The ketogenic diet is among the latest Hollywood health fads. But beyond its promotion from the likes of Kim Kardashian and LeBron James, the diet is making a world of difference for some children with epilepsy.

The ketogenic diet (keto diet) is high in fat, low in carbohydrates, and protein is strictly controlled. The diet prompts the body to switch its fuel supply almost entirely to fat.

Research has shown that the keto diet, which has been around for decades, can reduce the frequency of a child's seizures, especially if medication isn't working. Norton Children's Hospital and the University of Louisville have been offering a keto diet program to epilepsy patients for the past 15 years. Here's how it works:

What's the link between the ketogenic diet and epilepsy?

The exact mechanism of how the diet works is still being investigated. It seems to center around replacing sugar as the brain's primary fuel with ketones, which are generated from fat. Brains that run on fat don't seem to seize nearly as easily or as frequently as brains that run on sugar.

What kinds of results do patients see?

Most patients will have a significant decrease in their seizure frequency and/or intensity, and many become seizure-free. A lot of parents also will report increased alertness and improved development in their children.

Is the program good for all ages?

Yes. It can help adults as well as kids. But it's not easy to stick to. School-age kids who can't eat what their peers are eating have an especially hard time. Going to a birthday party and not being able to eat birthday cake, for example, can be challenging.

Any drawbacks or concerns about the keto diet for epilepsy patients?

It's a lot of work for parents and can be complicated to maintain. It's a lifestyle change. Plus, there are potential long-term side effects, such as poor growth, kidney stones and osteoporosis. Normally, the goal is to keep the child seizure-free on the diet for two years and then wean them off. But when the diet works well, patients often don't want to wean off. And most of the time the neurologist will support them in that decision.

Are there other 'epilepsy diets'?

Yes. A modified Atkins diet, in which carbohydrates are restricted but protein is not, also can work. The Low Glycemic Index Diet also helps some epilepsy patients.

It's extremely important that before trying any of these diets, patients and families talk to their neurologist.

—Joe Hall

Know a child with epilepsy?

The Children's Hospital Foundation has funded the printing of a book for kids about epilepsy. Written by the sister of a Norton Children's epilepsy patient, "A Kid's Guide to Understanding Epilepsy As Told by Samantha," by Sydney Badon, will be available this summer. To get a copy, call the foundation at **(502) 205-4976**.

Baby keeping you up?



Even six years later, parents haven't fully recovered from lack of sleep

Most parents realize they're in for some sleep deprivation with a newborn, but now researchers have determined it takes much longer for sleeping habits to return to normal.

A recent study found sleep satisfaction and duration reached the lowest point during parents' first three months after having a baby. Even six years later, however, parents' sleep still hadn't fully recovered.

Mark A. Brockman Jr., M.D., pediatrician with Norton Children's Medical Associates – Iroquois, sees lots of tired parents.

"From nightly feedings to children having scary dreams, to the physical and emotional toll of parenting, there are lots of reasons parents don't get good sleep," Dr. Brockman said.

According to Dr. Brockman, lack of sleep can have long-term health effects.

"If you're not on a routine, not exercising, not eating healthfully, it will definitely be exacerbated by not getting enough sleep," he said.

- **Avoid exercising before bedtime.** Similar to the effects of caffeine, exercise stimulates the brain and tells it that it's not ready for sleep.

- **Keep screens out of the bedroom** — no TV, movies, cellphones, laptops, video games or tablets. There are two theories behind this: 1. The light from electronic screens delays the release of melatonin, the hormone your body naturally produces to control your sleep and wake cycles, making it harder to fall asleep. 2. Keeping your brain engaged with content from the devices prevents it from feeling ready for rest.

- **Make sure the bedroom is dark and comfortable,** and noise levels are at a minimum throughout the house. If the environment isn't helpful for sleeping, then falling asleep is delayed.

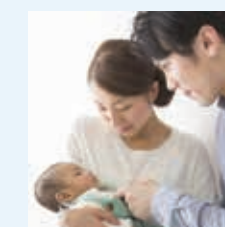
—Joe Hall

Creating healthy sleeping habits

Dr. Brockman said it's never too early to establish healthy sleeping habits in children that, in turn, should help parents get more Z's. Here are some ideas for the whole family:

- **Establish a regular bedtime and wake time.** And keep it on weekends.
- **Create a relaxing bedtime ritual,** such as a warm bath or reading.
- **Do not give your children food or drinks containing caffeine or sugar** within four to six hours of their bedtime.
- **Avoid large meals or snacks before bedtime.**

New parent or new to town?



Norton Children's Medical Associates monthly "Newbie Night" open houses allow parents to meet staff and tour offices.

Find an office or Newbie Night near you at **NortonChildrens.com/Pediatricians**.

Teen gives back to kids with congenital heart conditions



Dean Lavenson Photo

Evan's dog, Honey, is his constant companion and has helped him cope with his many surgeries and procedures over the years.



Family Photo

Evan recovers at Norton Children's Hospital after the first of five open heart surgeries to repair his congenital heart defect.

Evan Karr is an active 15-year-old who swims and likes to have fun with his friends. But underneath his brave exterior is a young man who was born with a complex congenital heart defect — tetralogy of Fallot. This condition happens in about five of every 10,000 babies born.

The term *tetralogy* implies that there are four anatomical characteristics of the defect that require repair by a surgeon. These are a hole between the two ventricles of the heart; a narrowing of the pulmonary valve and the area between the right ventricle and pulmonary artery; a thickening of the right ventricle; and the aorta misplaced between the left and right ventricles.

"Sitting in the room when I got the news, listening to things I had never heard before, I thought, 'I must be the only person this has ever happened to,'" said Sarah Karr, Evan's mom. "You just never hear anyone talk like that — that your baby was born with a heart defect."

Some babies with tetralogy of Fallot need only one surgery to repair their heart. Some babies require many surgeries — Evan was one of them. In all, he has had five open heart surgeries and nine cardiac catheterization procedures at Norton Children's Hospital. But today, Sarah is thankful he is thriving.

"People picture us as brave and strong, but you don't have a choice," Sarah said. "The hospital staff see how vulnerable you are and how afraid. I am so grateful to have them to rely on."

For each surgery and procedure, Evan has had his second family at Norton Children's Hospital standing by him no matter what.

"We know everyone there and they are like family," Sarah said. "Norton Children's Hospital means everything to us."

And now Evan and Sarah want to give back.

This year, Evan is one of three honorees being celebrated at the Norton Children's Hospital Splash 'n' Dash Walk/Run on Saturday, Aug. 3. He and his mother are helping the Children's Hospital Foundation raise funds for the hospital's new Jennifer Lawrence Cardiac Intensive Care Unit.

“People picture us as brave and strong, but you don't have a choice. The hospital staff see how vulnerable you are and how afraid. I am so grateful to have them to rely on.”

—Sarah Karr

"The big value in having a unit like this is for the hospital to be recognized as a center of excellence, achieving outcomes that are among the best in the country," said Bahaaldin Alsoufi, M.D., chief of pediatric cardiovascular surgery for Norton Children's Hospital and UofL Physicians. "Having a state-of-the-art facility with a child-friendly, healing environment that can support the family and keep them close to home means everything to these families."

Although Evan is a happy, active teen, he and his mom know he likely will need ongoing care at Norton Children's Heart Institute in the future. If that's not reason enough for them to give back, they know many other families need the skill and support they turned to over and over again.

"Someone you know might be affected by a heart defect. It's in your own community," Evan said. "You're not giving to a cause that you might never see. You can go visit the kids you are helping."

—Joyce Retz



Saturday, Aug. 3, 2019

9 a.m. • Louisville Waterfront Park

Do something good for your health while supporting the health of kids at Norton Children's Hospital! Runners and walkers can choose to splash, climb and slide their way through a 5k course or a 1k family fun run filled with refreshing ways to cool off in splash zones. Afterward, stick around for family-friendly activities in the "Just for Kids" Zone.

Why participate?

- Every dollar raised goes directly to Norton Children's Hospital, and you can choose the area to support.
- Each year, Norton Children's Heart Institute provides care for thousands of children in our community. Its team of specialists provides comprehensive care for essentially every cardiac issue affecting children and adults with congenital heart disease. Chances are, you know a family who has been impacted.
- Thanks to the expertise at Norton Children's Hospital, treatment is available right here at home regardless of type or complexity, with excellent outcomes that are currently among the best in the country.
- While there are many walk/runs throughout the year, there is only one this unique. We are sure you and your family will have a great time!

Join a team or register as an individual at SplashNDash5K.org.

Jamie Rhodes Photo

On any given day, the “Just for Kids” Transport Team helicopter touches down on the roof of Norton Children’s Hospital, delivering a critically ill child into the capable hands of waiting specialists. Sometimes the child arrives via a specially equipped ambulance. Sometimes it’s an airplane coming from hundreds of miles away.

This year, the transport team is celebrating four decades of service to families. Made up of neonatal nurses, respiratory therapists and other clinicians, they bring newborns and kids of all ages in need of specialty care from hospitals around the region, state and beyond.

Capable of providing almost every type of medical care that can be found in an intensive care unit, the team is an extension of the high level of care provided at the hospital.

The creation of a hospital transport service began with Larry Cook, M.D., the children’s hospital’s chief of neonatology, in the 1970s. He recruited his partner, Roger Shott, M.D., from Syracuse University. Dr. Shott had helped install a state-of-the-art neonatal transport service at Upstate Medical Center in Syracuse, and Dr. Cook was eager to start that type of service in Louisville.

In 1977, Dr. Shott secured funding from a WHAS Crusade for Children grant to obtain an ambulance, along with funds secured from the state to design and equip the vehicle for neonatal intensive care. The transport team was ready to roll.

“We were able with that van to shorten the time that a sick baby would begin to receive intensive care,” Dr. Cook said. “It was wonderful to get the intensive care to babies born in outlying locations and expand the mission of the children’s hospital.”

From day one, the transport team was in high demand and dispatched to hospitals from Paducah to Bowling Green and beyond. The team quickly outgrew its mobile intensive care unit and added air transport, initially with volunteer pilots from the Kentucky Flying Service.

“It wasn’t long before we were getting more babies by transport than were being born [locally],” Dr. Cook said. “Ultimately, we expanded to include pediatric patients as well as newborns.”

Mary Lynne Shackelford, who still works at Norton Children’s Hospital, was an original member of the transport team. She currently serves as director of patient care services.

“I remember many times we would fly out, land, hand a baby off [at Norton Children’s Hospital] and then take off again, doing three to four trips in a row,” she said.



Wings for Kids
Every June, the Wings for Kids Radio-Controlled AirShow wows kids and adults alike in support of the “Just for Kids” Transport Team. The event at E.P. “Tom” Sawyer State Park has raised more than \$250,000

since 2011. The annual benefit helps keep the transport team up to date with medical and technological advances, such as the new helicopter pictured above.



Transport team members stand with the newest fleet member: an Airbus EC-145 helicopter that can cruise at 150 miles per hour and carry a total of six people. The fleet is funded by the Children’s Hospital Foundation with support from Speedway. Pictured from left: Melia Harvey, R.T.; Jenny Hager, R.N.; John Parker, pilot; Jeremy Van Meter, EMT; Missie Harris, R.T.; Lauren Johnson, R.N.

Being a part of the transport team was exciting work, Mary Lynne said, but could be intense and harrowing.

“Once we had a baby who had a cardiac arrest on the plane, and we worked to resuscitate the baby as we were landing. They held all commercial traffic so we could land, and that baby survived. I knew we were getting them to the right hospital and the right physicians to give them the best opportunity to survive,” she said.

Dr. Cook recalled epic transports in practically undrivable weather conditions. The team would come back exhausted but with a successful retrieval of a stable child.

It was these kinds of experiences that bonded the transport team as a tight-knit group, according to Tony Hilbert, respiratory therapist and original member of the team. Tony, who now works as the cardiopulmonary manager at Norton Brownsboro Hospital, managed the early transport team for 10 years.

“The team were like my own kids — that was my family,” Tony said.

An extension of the physician’s hands

The highly skilled and sophisticated team must go through rigorous training and keep up competencies in several areas on a yearly basis.

“They function as an extension of the physician’s hands in the transport environment,” Tony said.

Today’s transport team includes 30 people assigned to three-member crews made up of a registered nurse, respiratory therapist and emergency medical technician. They transport more than 2,000 patients a year via four mobile intensive care units, one helicopter and an airplane when needed.

Much has changed for the transport team and Norton Children’s Hospital in 40 years, but the team remains ambassadors of the hospital for families in crisis.

“They are as amazing and heroic today as in the early days,” Tony said. “They never forget they are caring for someone’s child.”

—Holly Hinson

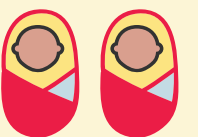
“Just for Kids” Transport Team marks **40 YEARS** of ensuring kids get **LIFESAVING CARE**

First transport team in Kentucky, since **1978**

5 mobile intensive care units, one helicopter and one airplane

35 staff people make up 3-member teams consisting of a **REGISTERED NURSE**, **RESPIRATORY THERAPIST** and **EMERGENCY MEDICAL TECHNICIAN**

Able to transport twins in its mobile intensive care units

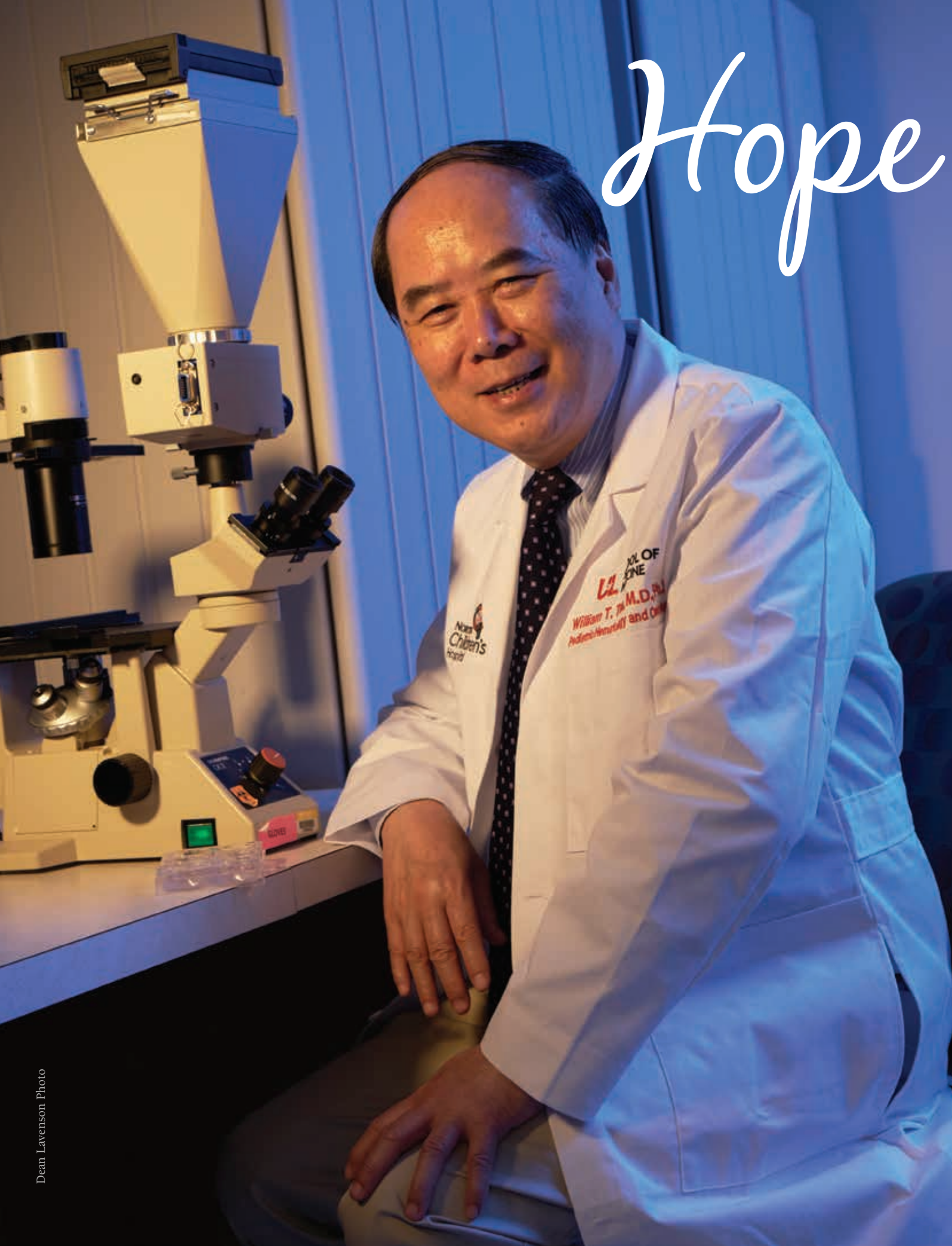


Receives about 3,000 calls per year

Serves over 2,000 patients per year

Supported by





Dean Lavenson Photo

Hope for kids with difficult-to-treat cancers

New physician is on the cutting edge of innovative therapy

A new hematologist/oncologist with Norton Children's Cancer Institute is putting international research to practice for local kids. His specialty: blood and bone marrow disorders such as leukemia and immune deficiency syndromes.

William T. Tse, M.D., Ph.D., is the new director of the Norton Children's Cancer Institute Pediatric Blood and Marrow Transplant Program. He also is a pediatric hematologist/oncologist with UofL Physicians – Pediatric Cancer & Blood Disorders.

Dr. Tse and Norton Children's Cancer Institute, affiliated with the University of Louisville, have embarked on a bold initiative to bring cutting-edge cellular immunotherapy to Greater Louisville.

An immunotherapy treatment called CAR-T (chimeric antigen receptor T cells) reprograms a child's own immune system to kill cancer cells. One version of this treatment received U.S. Food and Drug Administration approval in 2017 for acute lymphoblastic leukemia (ALL) in children. Dr. Tse's goal is to offer this CAR-T immunotherapy at Norton Children's Hospital within the next year.

Dr. Tse also is working to bring a clinical trial to Norton Children's Hospital using CAR-T for acute myeloid leukemia and to work with the therapy as a potential treatment for solid tumors, such as neuroblastoma and brain tumors. Clinical trials can offer patients access to new treatments while they are still being tested.

"For decades, the only options for cancer patients have been surgery, radiation and chemotherapy," Dr. Tse said. "Now there is immunotherapy. In the next five to 10 years, this will continue to get better and better."

According to Dr. Tse, the cost also could come down as research advances.

"We hope in the future we can use off-the-shelf, universal-donor immune cells in immunotherapy, which will help bring down the cost of this important treatment," he said.

CAR-T has the potential to make difficult-to-treat diseases curable and bring new hope to more children with leukemia and other cancers, according to Dr. Tse.

Gene editing to create tumor-fighting cells

Dr. Tse also is involved in research using CRISPR (clustered regularly interspaced short palindromic repeats), a new technology that has garnered media attention in recent months for being on the frontier of gene therapy. CRISPR allows researchers to make precise edits to an individual's genome — offering the potential of editing a patient's genes to correct mutations that cause tumors and other

diseases. Dr. Tse's research lab at Norton Children's Cancer Institute and the University of Louisville will focus on using CRISPR gene-editing technology to generate immune cells that target tumors.

Before coming to Norton Children's Cancer Institute, Dr. Tse was a stem cell transplant physician and researcher at the Ann & Robert H. Lurie Children's Hospital of Chicago, Illinois, and Northwestern University Feinberg School of Medicine in Chicago. Originally from Hong Kong, Dr. Tse did his residency training at Lucile Packard Children's Hospital at Stanford, Palo Alto, California, and fellowships in pediatric hematology/oncology at Boston Children's Hospital, Massachusetts; Dana-Farber Cancer Institute, Boston; and Harvard Medical School, Boston.

Dr. Tse said he was drawn to pediatric blood and marrow transplantation when he was in medical school because it offered the possibility of curing previously fatal diseases.

"We do this because it is a rewarding experience. We can make a difference," he said.

—David S. Martin

Making Norton Children's a major center for innovative cancer research

Chili's Clip for Kids helping realize this vision

Chili's® Clip for Kids, held May 19, helped Norton Children's Cancer Institute make strides toward becoming a national center for cellular therapy and transplantation under Dr. Tse's direction. This year's event raised more than \$53,000, which will be used exclusively to further CAR-T therapy.

The institute's long-range goal is to establish a center for cellular therapy and transplantation, setting Norton Children's Hospital apart from other children's hospitals in the region and allowing children to stay close to home to receive the latest, most advanced treatments. The center also would train and educate clinical staff to enhance their expertise, and offer support services for the children and families who receive care there.

This vision for the future — defeating cancer and offering hope to more families — is within sight, but it will take the community's support to make it a reality. Find out how you can help us save more kids' lives at HelpNortonChildrens.com.

William T. Tse, M.D., Ph.D.

Tonii and Martha Rizzo: Pillars for children



Stan Carton Photo

Talk to Tonii Rizzo and you'll find he's a humble guy, despite the fact that he has led fundraising efforts that have netted \$5 million for Norton Children's Hospital. He and his wife, Martha, also have given generously from their own pockets.

The former Abel Construction executive has taken the mission of Norton Children's Hospital to heart for more than 20 years. After being asked to join the Children's Hospital Foundation board of trustees in 1998, he described himself as "jumping in with both feet." That would be an understatement.

"Before I agreed to join the board, I had to feel a passion for the work. I didn't want to just be filling a seat," Tonii said. "There is a tremendous need in the community for a children's hospital, and the mission of the hospital is an easy mission to make your own."

Not long after joining the board of trustees, Tonii established the Children's Hospital Foundation Golf Outing, now in its 18th year. The outing takes place at Valhalla Golf Club and Lake Forest Country Club during the week leading up to the Kentucky Derby. This year, it netted \$410,000, which put it over the \$5 million mark for total proceeds since the event began.

Through the years, Tonii has served on the board of trustees not only as a member, but also vice chair and chair. He currently serves as secretary.

In 2013 he and Martha were inducted into the Wade Mountz Heritage Society after making an irrevocable estate intention to the

work of Norton Children's Hospital. They've also made significant outright gifts to the hospital.

"My family and I have been blessed with good health and have done well in planning for the future," he said. "Now we have an opportunity to give back to families in need."

Just recently, the couple went through a legacy planning process to make a gift that will fund renovations to the Norton Children's Hospital lobby.

"The cause closest to me has always been kids," Tonii said. "When you visit the hospital and see so many kids in need of care, you just want to help."

And that's just what he's done. Tirelessly, for nearly a quarter of a century. We thank you, Tonii.

—Jennifer Reynolds

Want to know more about estate and legacy planning?

There are many options for giving to the Children's Hospital Foundation while you receive tax breaks and other benefits. Give us a call at **(502) 205-4976** to learn more.

Music fuels noteworthy healing

Local program aspires to go national

Not much rattles Joseph M. Flynn, D.O., MPH, FACP, chief administrative officer for Norton Medical Group and physician-in-chief for Norton Cancer Institute. Yet, he admits to having butterflies last May as he stood backstage with his guitar at Chili's® Clip for Kids. He was excited — yet also a bit terrified — to perform with a group of young cancer patients and gifted music therapists at Fourth Street Live!

"I was nervous about playing with people who have real talent, but it was a joyful day. I'm grateful I had the chance to be part of it," he said.

That concert included songs created by young patients of Norton Children's Cancer Institute, affiliated with the University of Louisville. Through the Cancer Beats program, the youth collaborated with local musicians to produce songs that celebrate the strength of each person's cancer journey.

Cancer Beats takes music therapy for teens and young adults to the next level. It launched in 2018 with support from Teen Cancer America, an organization started by Roger Daltrey and Pete Townshend (of The Who) to transform cancer care for young people.

Dr. Flynn and the Children's Hospital Foundation secured a \$132,311 grant from Teen Cancer America to support Cancer Beats. Given the two organizations' shared goals and promising relationship, additional funding may become available to help take Cancer Beats nationwide.



Dr. Flynn participates in a music therapy session with teen cancer patient Aidon Welsh.

Why is philanthropy a personal priority for Dr. Flynn?

He finds inspiration from riding in Bike to Beat Cancer, working on program grants and making time in his jam-packed schedule to join young music therapy patients in decorating ukuleles.

"Selfishly, it brings me great joy," he said with a laugh.

Dr. Flynn knows music therapy can improve emotional and physical well-being for those with cancer and other conditions. Research confirms this, but Dr. Flynn saw it at work firsthand years ago when his son was playing in a teen band.

One of his son's friends was a star athlete. After losing a leg to bone cancer, the boy was devastated and felt his life was over until he began playing guitar with his friends in the band.

Dr. Flynn will never forget what the boy's mother later told him: "Music saved my son's life."

—Menisa Marshall

It's a great example of how the right model built on compassion makes a profound difference for those we serve."

—Joseph M. Flynn, D.O., MPH, FACP

According to Dr. Flynn, Norton Healthcare's two foundations deserve major kudos for making a huge impact on patient care by supporting innovative, effective programs.

"It's a great example of how the right model built on compassion makes a profound difference for those we serve," he said.

Cancer Beats needs musicians!

If you have musical talents you'd like to share, or you know a teen who could benefit from music therapy, visit [NortonChildrens.com/Cancer-Beats](https://www.nortonchildrens.com/cancer-beats). Want to support Cancer Beats? Consider giving at [HelpNortonChildrens.com](https://www.nortonchildrens.com/help).



David Doty Photo

Cure CF parties with a purpose

In June, Cure CF, a local nonprofit organization committed to finding a cure for cystic fibrosis, held SpiroPaLOUza, a daylong music and food festival, at the Norton Commons amphitheater. This year's event helped fund the hiring of a pulmonary fellow, Michael Oriangas, M.D., who will bring to Louisville additional specialized expertise in caring for kids with CF.

Cutting a rug for kids

More than 900 Western Kentucky University students, faculty, community members, families and sponsors attended the fifth annual student-led Dance Big Red on March 29. The 12-hour dance event raised \$71,780 for pediatric heart care and adolescent cancer care at Norton Children's Hospital. Since the inaugural event, Dance Big Red has raised nearly \$250,000 for Norton Children's Hospital.

At the same time, four Western Kentucky high schools — Bowling Green, Greenwood, South Warren and Warren East — held their own Dance Little Reds, a high school version of Dance Big Red. Collectively, the schools raised over \$16,000.



Jamie Rhodes Photo

Teed off about diabetes

In May, golfers hit the links at Valhalla Golf Club to help support the Christensen Family Sports Medicine Program, a part of the Wendy Novak Diabetes Center. The Wendy Novak Diabetes Center Golf Invitational included lunch, games, an auction, reception and private dinner provided by Volare and Chef Josh Moore.

More than 1,200 children currently are being treated and 150 more are diagnosed each year with Type 1 diabetes. Funds from the golf event helped fund the hiring of an endocrinology fellow, Eric Dyess, M.D.

From left: Tony Christensen, Charles W. Price, Wendy Novak and David Novak

Wade Mountz Heritage Society inducts new members

The Wade Mountz Heritage Society recently celebrated its 2019 inductees. The society recognizes individuals who have made irrevocable gifts of \$100,000 or more in their estate planning to the Children's Hospital Foundation and/or Norton Healthcare Foundation.

The Wade Mountz Heritage Society is named for Norton Healthcare President Emeritus Wade Mountz and embodies many of his core values, such as his vision, leadership, character, commitment and integrity.

2019 inductees are:

- | | |
|------------------------------------|----------------------------------|
| Anonymous | Todd and Suzanne Lammert |
| David Baker Jr. and Jennifer Baker | Riggs and Alicia Lewis |
| Terrian Barnes | Mike Logan |
| Adam and Kasey Fields | Scott and Kristina Reed |
| Roger and Karen Hale | Andrew and Katherine Strausbaugh |
| Randy and Tara Hamilton | Jamie Whittle |
| Paul and Dana Hardesty | |



Stan Carton Photo

Left to right, front: Russell F. Cox, Tara Hamilton, Lynnie Meyer, Roger Hale, Dana Allen, Lelia Sublett; second row: Randy Hamilton, Andrew Strausbaugh, Terrian Barnes, Karen Hale, Mike Logan, James Sublett, M.D.; third row: Kasey Fields, Jennifer Baker, Dana Hardesty, Suzanne Lammert, Kristina Reed, Jamie Whittle; fourth row: Adam Fields, David Baker Jr., Paul Hardesty, Todd Lammert, Scott Reed, Riggs Lewis

For more information on events listed below, call **(502) 629-8060** or visit HelpNortonChildrens.com.

JULY	
	Now to Nov. 23
	Win a house. Help a child. The Norton Children's Hospital Home & BMW Raffle tickets are on sale through Nov. 23. Don't miss your chance to own a beautiful new home in Norton Commons built by the Ramage Company and valued at over \$800,000. The raffle also includes a drawing for a new BMW from BMW of Louisville plus \$10,000. One or both could be yours for just \$100. Only 12,000 tickets will be sold. Purchase a raffle ticket and learn more at HomeAndBMWraffle.com .
AUGUST	
	3
	Norton Children's Hospital Splash 'n' Dash Walk/Run. 9 a.m., Big Four Lawn at Louisville Waterfront Park. Walkers and runners splash their way through a 5k course filled with water obstacles or a 1k family fun run, and enjoy family-friendly activities afterward. Register at SplashNDash5k.org .
SEPTEMBER	
	13
	Celebration of Courage. 5:30 p.m., Norton Cancer Institute - Brownsboro. Help us honor families impacted by cancer and Bike to Beat Cancer riders and volunteers the night before the big ride. All past and present Norton Children's Cancer Institute and Norton Cancer Institute patients and immediate families, as well as Bike to Beat Cancer riders and volunteers, are invited. Enjoy a meal, live music and kids' activities. Sponsored by Lilly Oncology. RSVP by calling (502) 629-1234 , option 4.
	14
	Bike to Beat Cancer. 8 a.m., Norton Cancer Institute - Brownsboro. Cyclists of all abilities ride 15, 35, 65 or 100 miles through Kentucky or a 5-mile Family Ride through Norton Commons in support of Norton Cancer Institute and Norton Children's Cancer Institute, affiliated with the University of Louisville. Get details and register at BikeToBeatCancer.org .

Connect with us!    

Follow us on Facebook, Twitter, Instagram and Snapchat to stay up-to-date on events and happenings. Feel free to drop us a note or share your experience @NortonChildren's!



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Providing care that's "Just for Kids"

Norton Children's maintains an unwavering dedication to the children of our community and region by offering pediatric specialists at Norton Children's Hospital, Norton Women's & Children's Hospital, Norton Children's Medical Center and Norton Children's Medical Associates pediatric practices throughout Kentucky and Southern Indiana. To learn more about our programs and services, visit NortonChildrens.com.

The Children's Hospital Foundation raises funds exclusively for Norton Children's Hospital and its sister facilities, providing support for facilities, equipment, new technologies, clinical research, child advocacy and health education for patients, parents, physicians, staff members and the community. For more information about charitable contributions that help children, call **(502) 629-8060** or visit HelpNortonChildrens.com. To learn more about volunteer opportunities at Norton Children's Hospital, call **(502) 629-6122**.

Summer/Fall 2019

Cart Wheels

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