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Brandon Wittrock has cerebral palsy, and his positive attitude helps him inspire others.



SPRING 2016

A NEWSLETTER FOR
GILLETTE PATIENTS AND FAMILIES

Understanding Cerebral Palsy

Brandon Wittrock has a motto: “Never give up, never back down, and never lose faith.” For Brandon, who has cerebral palsy and hydrocephalus, this motto has helped him manage the many challenges, including more than 30 surgeries, he’s faced in his lifetime.

Many families at Gillette Children’s Specialty Healthcare can relate to Brandon’s life journey. They’re dealing with cerebral palsy themselves, or they know someone who has the condition. That’s not surprising, since Gillette is one of the top three cerebral palsy centers in the world.

Gillette doctors and medical staff support families as they begin to learn about cerebral palsy. Pediatric rehabilitation medicine specialist Marcie Ward, M.D., often is

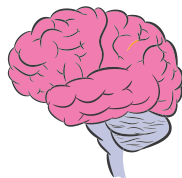
the one to give families the news that their child has this condition. “While it may be difficult to hear a diagnosis, there’s no need to despair—there are so many interventions available for parents, and outcomes can be very good,” she says. “Today’s medical professionals are better equipped to help children with complex medical conditions than at any time in history.”

Explaining cerebral palsy to friends and family members isn’t always easy, either. So in celebration of Cerebral Palsy Awareness Month, we’ve developed some resources to help you learn more about cerebral palsy and, in turn, be able to answer questions from others.

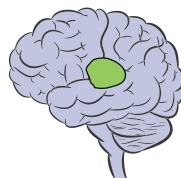
You can find these resources, including infographics and Brandon’s story, at: gillettechildrens.org/MovingCPForward

What are the Types of Cerebral Palsy?

There are different types of cerebral palsy. Symptoms and effects depend on what part of the brain is affected.



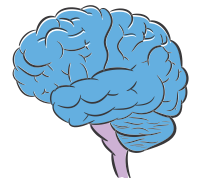
Stiff muscles (spasticity), associated with damage to or developmental differences in the **cerebral cortex**



Uncontrollable movements (dyskinesia), associated with damage to the **basal ganglia**



Poor balance and coordination (ataxia), associated with damage to the **cerebellum**



Mixed, a combination of two or more types, associated with damage to **multiple areas of the brain**

See Us Online!

Visit our website at gillettechildrens.org

FOCUS

on What's New at Gillette



Designing a New Patient Experience



On your next visit to the St. Paul campus of Gillette Children's Specialty Healthcare you might notice crews working to remodel the main fourth floor entrance. This is the first step in a construction project that will have many stages during the next 18 months. The purpose of this project is to improve patient care.

Please be on the lookout for signs to guide you through the construction area.



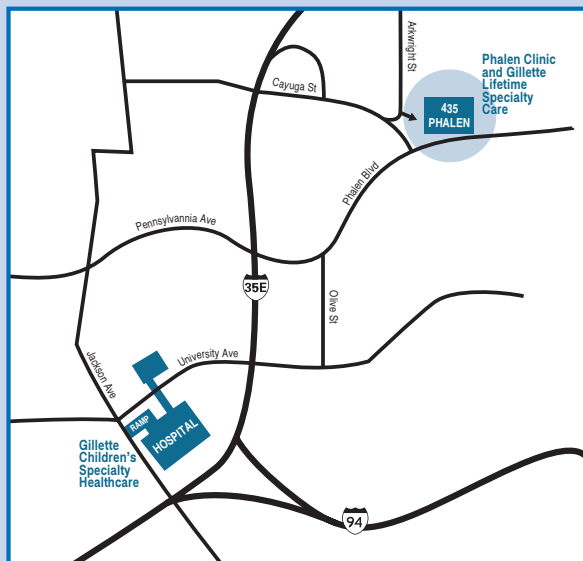
Architectural concept of the new entrance area.

New Pediatric Outpatient Clinic Opens in April

A pediatric outpatient clinic is opening in mid-April at 435 Phalen Blvd. in St. Paul—the same building that houses the Gillette Lifetime Specialty Healthcare adult clinic.

The services at the new pediatric outpatient clinic include: Concussion and Related Neurotrauma, Endocrinology, Gastroenterology, Medical Genetics and Genetic Counseling, Neurology, Pediatrics and General Medicine, Psychiatry, and Sleep Medicine.

The new clinic is on the second floor of 435 Phalen Blvd. Gillette Lifetime remains on the first floor and continues to serve adult patients.



New Motor Delay Clinic Helps Parents Get a Diagnosis

Gillette has a new resource for parents concerned about their child's development, muscle tone and movement.

Our new Motor Delay Diagnosis and Treatment Clinic lets families see three medical experts in one visit to get a comprehensive assessment.

A neurologist, a pediatric rehabilitation medicine specialist and an orthopedic surgeon work as a team to screen children age 0-4 who have, or appear to have, motor delays.

Early diagnosis and intervention is important to make sure children are getting the care they need for conditions such as cerebral palsy.

The Gillette doctors can also work with primary care doctors and provide a second opinion regarding the best care for children who have cerebral palsy.

To schedule an appointment please call 651-290-8707 (toll-free: 800-719-4040).

Mark Your Calendar

Throughout the year, Gillette offers fun and educational events for our families and supporters. You can always learn what's going on by visiting our website: gillettechildrens.org/events.



If you'd rather get a list of events in your inbox each month—along with news about Gillette—subscribe to Family Focus Edition, our email newsletter. To sign up, go to our home page at gillettechildrens.org, scroll down to the bottom, and fill out the Subscribe to Our Newsletters form on the left side.

Music Therapy

Enhancing Wellness: Integrative Care

April 12

5:30-7 p.m.

Gillette Children's Specialty Healthcare

St. Paul (Main) Campus

Fees: \$10 for one person (a Gillette patient or one parent or caregiver)

\$15 for two people (a Gillette patient and one parent or caregiver)

Scholarships are available

Be ready to sing and play some instruments as a board certified music therapist shows you how music therapy might help your child. Contact Mary Grimm at 651-578-5002 or mgrimm@gillettechildrens.com.

Aromatherapy

Enhancing Wellness: Integrative Care

May 10

5:30-7 p.m.

Gillette Children's Specialty Healthcare

St. Paul (Main) Campus

Fees: \$10 for one person (a Gillette patient or one parent or caregiver)

\$15 for two people (a Gillette patient and one parent or caregiver)

Scholarships are available

Your nose knows how essential oils can enhance physical, emotional and spiritual well-being. Two Gillette nurses will give you the opportunity to learn how concentrated essential oils from trees, flowers, and herbs can improve your health. Contact Mary Grimm at mgrimm@gillettechildrens.com or 651-578-5002.

Gillette Golf Classic

June 6

Registration opens at 11:30 a.m.

Southview Country Club

239 Mendota Rd. E., St. Paul, MN

Have fun playing golf, eating lunch, and raising money for Gillette. The tournament will help fund participation in the Cerebral Palsy Research Network, which aims to improve outcomes for people who have cerebral palsy, through clinical research and new treatment protocols. This event is presented by Alliance Insurance Advisors, LLC. For more information, go to gillettechildrens.org/events/gillette-golf-classic.

Walk and Roll 3K Family Fun Walk

June 18

Registration opens at 8:30 a.m.

Walk begins at 10 a.m.

Como Park in St. Paul, MN

The Friends of Gillette invite you to support Gillette at this fun-filled family stroll around Como Park. People of all abilities will walk around the beautiful paths or roll the route in walkers, wheelchairs, or strollers. Proceeds will help purchase communication devices and sports equipment that are specially adapted to the needs of kids who have disabilities. To find out more go to gillettechildrens.org/WalkRoll.

Sorting Through a Childhood Diagnosis

5 Tips for Parents

Marcie Ward, M.D., a pediatric rehabilitation medicine specialist at Gillette Children's Specialty Healthcare shares these tips for parents of children who have concerns about their child's development.

- 1 See your child's primary care doctor.** Your physician can typically gauge if your child is showing signs of a more severe disability and whether he or she should be carefully monitored.
- 2 Get a referral.** Ask for a referral to a medical center, like Gillette, that specializes in diagnosing medically complex conditions, especially if your primary care doctor has concerns. Many medical centers offer top-notch diagnostic programs. Gillette, for example, operates a motor delay clinic specifically designed to diagnose children who have delays in motor milestones (See Page 2).
- 3 Contact your school district.** Ask about intervention programs and early childhood education options. Most school districts offer helpful solutions.
- 4 Ask for a second opinion if you feel you need one.** Don't worry about insulting anyone. It's your child, and getting the expertise of a second medical expert is not only acceptable, it's encouraged.
- 5 Find support.** There are many websites that offer parenting tips. There are also support groups to connect you with other families of children who have medically complex conditions.

Social Media Support



Find us on Facebook

- Cerebral Palsy Resource Group—
Gillette Children's Specialty Healthcare
- Spina Bifida Resource Group –
Gillette Children's Specialty Healthcare



SPRING 2016

If you don't want to receive Family Focus . . .

Email us at Publications@gillettechildrens.com. Give the patient's name and phone number, and the name of the publication from which you wish to unsubscribe.

Gillette Children's Specialty Healthcare is named in honor of orthopedic surgeon Arthur Gillette, M.D., who helped found the nation's first hospital for children who have disabilities. We are an independent, not-for-profit children's hospital, and our organization has no affiliation with the Gillette Company or the Gillette brand of personal care products.

Need to Make an Appointment?

Call your Patient Access team. If you don't know the direct number, call **651-290-8707** or **800-719-4040** (toll free). Select your preferred language and press option 6.



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Pedal in Place and Adapted Bike Expo

Supporters of Gillette and United Cerebral Palsy (UCP) of Minnesota raised more than \$60,000 during the fourth annual Pedal in Place stationary bike race, an increase over last year's total of about \$54,000. The money raised will be used to help buy adapted bikes for kids who have cerebral palsy and other disabilities.

Twenty-seven teams of 10 gathered on February 28 at Life Time Fitness in Lakeville. Many Gillette employees volunteered at Pedal in Place or the Adapted Bike Expo. Todd Dalberg, D.O., a pediatrician and palliative care doctor at Gillette, rode the entire three-and-a-half hours of the event by himself and clocked 60 miles!

Down the hall from the Pedal in Place event, 82 kids had the opportunity to test about 35 new bicycles and tricycles adapted to their needs at the Adapted Bike Expo. The kids had smiles as they pedaled around and showed their biking skills.

Applications are closed for this year's adapted bike program.

Thanks to everyone who helped make Pedal in Place and the Adapted Bike Expo a big success!

A big thank you to the event sponsors: McGough and Welltower. Appreciation, as well, to our in-kind donors: Life Time Fitness, Hy-Vee, Strauss Skates & Bikes, Dairy Queen, MPL Specialties, and Papa John's Pizza.

