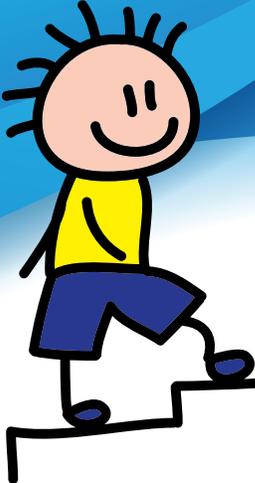


SAINTS

Alive!

Miracles happen because of you



I Think I Can,
I Think I Can,
I KNOW I Can!

Your support helps kids like Caiden get back on the playground.

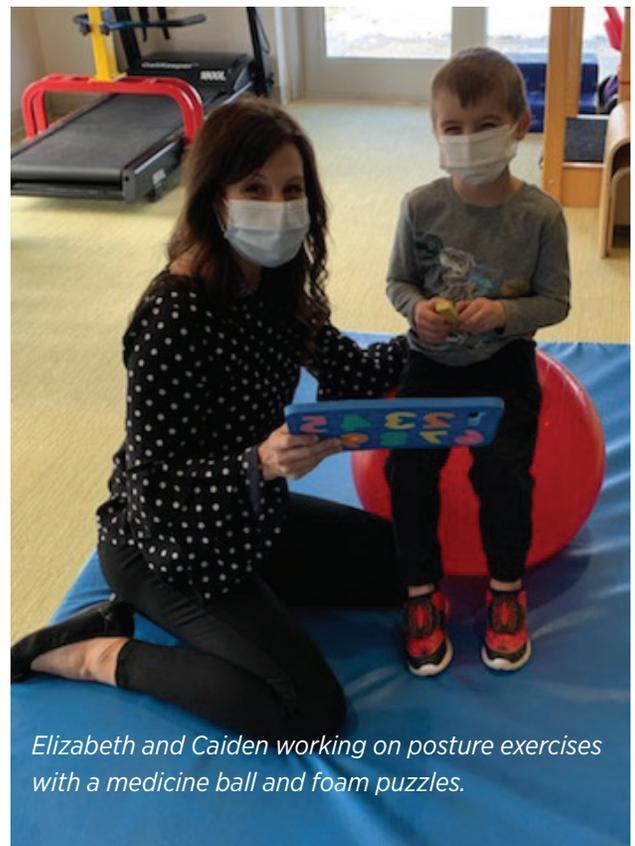
The Harris family loves to spend time outdoors. Camping, four wheeling and enjoying nature are just some of the activities they like to do as a family. They especially enjoy the spectacular scenes Northeast Wisconsin has to offer in the fall, whether it is the colors of the leaves or the beautiful lakes and rivers.

Just like any four-year-old boy, Caiden Harris is filled with energy and always on the go. He was particularly excited when his father, Adam, got the minibike out around Labor Day 2021. They were riding leisurely around their property when, unbeknownst to them, they approached a large divot in the ground. The minibike hit the divot, causing it to lose control and fall to the ground. Caiden took the brunt of the fall as the bike came crashing down on his leg, breaking his right femur, the largest and strongest bone in his body.

"I remember my husband came rushing to the door of our cottage with Caiden crying and holding his leg. He looked so terrified and was telling us his leg hurt," said Megan, Caiden's mother. Megan gathered Caiden and her husband, who was also injured, and drove an hour and a half south to HSHS St. Vincent Children's Hospital.

After time at the emergency department, Caiden's provider, Dr. Bye, a pediatric orthopedic surgeon, confirmed his femur was broken. Because the injury was so severe, his leg was placed in a full cast. This active 4 year old was not allowed to put any weight on his right leg for five weeks.

"I remember thinking 'did it affect the growth plate?'" added Megan. If a fracture goes through a child's growth plate, it can result in a shorter or crooked limb, thus causing lifelong complications. She followed up with Dr. Bye and they assured her that the fracture was not going to affect the growth plate, but it was very close. "After hearing that I was so relieved, but still in shock from Caiden's accident," said Megan.



Elizabeth and Caiden working on posture exercises with a medicine ball and foam puzzles.

continued on page 2



I KNOW I Can!

continued from page 1

When the five week rest ended and his cast came off, Caiden started visiting Elizabeth Waerzeggers, pediatric physical therapist, with Prevea Health. The injury and time in the cast caused Caiden to limp but he has been in therapy since October 2021.

Elizabeth continues to work with him on strengthening his hip and leg muscles to regain the strength he lost. “Prolonged casting causes its own deficit on top of his leg injury. Prolonged inactivity during such an important developmental stage of life is very difficult,” explained Elizabeth.

Physical therapy can be very difficult for most adults as it involves hard and sometimes strenuous exercises to help regain any strength or movements lost from injury. However, Elizabeth specializes in pediatric care, so she put a plan together for Caiden designed specifically for the unique needs of a child. “The key to working with kids is to keep them distracted. We want the child to never realize they are exercising, and

that we are just playing,” added Elizabeth. “If we can achieve that, then I know we have done a great job.”

Pediatric physical therapy explores several different strategies for children like utilizing balance boards, exercise balls, therapeutic swing, stairs, different texturized surfaces, or toys for a variety of different methods of play. They all help Caiden, and children like him, return to navigating their world. Play is **ALWAYS** involved. This ensures that Caiden is having fun while simultaneously making progress in his rehab journey.

“For both adult and pediatric patients our end goal is the same, to get them back to their jobs,” said Elizabeth. “However, there is one big difference. With children their job is to be able to play again.”

“Elizabeth is amazing! Our experience with the entire pediatric therapy team has been fantastic,” said Megan. “Caiden loves going to therapy.”

Just like he used to be, Caiden is non-stop action and every day his leg grows a little stronger. With **YOUR** generous support, children like Caiden can continue to receive quality individualized care by our very own local specialized pediatric therapists.

Baby, It's Cold Outside

You can help keep children warm in Northeastern Wisconsin

Winter is in full swing, which means temperatures are very low here in Northeast Wisconsin.

You can bring comfort and warmth to those spending time at the hospital! The most requested items to keep children warm at HSHS St. Vincent Children's Hospital are:

Boy and girl pajamas

12 month – 10 years:

- Any character
- Please no fleece (too warm)

Teen boys and girls:

Jogger pants (XS-XL)

- Any color
- No drawstrings

Plain sweatshirts (XS-XL)

- Any color
- No drawstrings

Please put in a clear Ziplock bag with sizes clearly marked

To make delivery arrangements, please contact Shane Starr by calling 920-884-5905 or emailing Shane.Starr@hshs.org





Ready, Set, Action

A one-of-a-kind project is complete, thanks to YOUR support

In the last newsletter, we shared an update on the HSHS St. Vincent Children's Hospital video wall project, which included the installation of thirty-two, 46-inch video screens, placed together to create one display!

Well, we are so excited to share that **OUR** one-of-a-kind interactive video wall is complete and in use!

"The video wall provides our pediatric patients and their families' moments of joy, play, and interaction during a time that could be exclusively filled with fear. It's not only beautiful aesthetically but also has immense clinical benefit to keep our inpatient kids moving and engaging with those around them, positively impacting their mental and physical health," said Amber Chibuk, Executive Director, HSHS St. Vincent Children's Hospital. "We are proud to have this unique piece of equipment – the only children's

hospital in the Midwest to have it! – and so grateful donors like **YOU** helped make it possible!"

This multi-screen display will greet patients and visitors around the corner when they step off the elevator. There are several captivating experiences for children and their families to take part in:

Crayfish dance: children can dance in silly ways using their arms and hands to make the crayfish follow their movements and dance across the screen.

Bean bag toss: kids can play a game of bean bag toss by themselves or with other children, when safe.

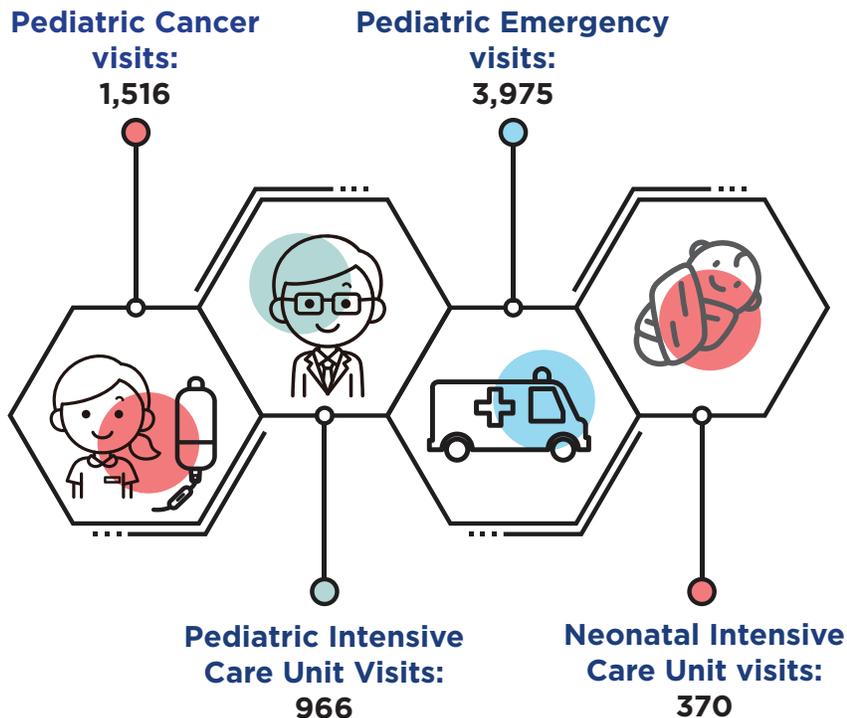
Because of generous donors like **YOU**, HSHS St. Vincent Children's Hospital continues to treat children in unique and advanced ways to ensure they always have a positive experience.

You are the *Greatest Gift!*

Your support in 2021

Day in and day out, your gifts are hard at work, touching every child who walks through our doors. Whether that is a little boy who has broken his leg, a little girl who slipped and fell, or a newborn baby who is having complications – **YOUR** support saved them all!

This is the care we provide each and every day. Gifts like yours to the HSHS St. Vincent Children's Hospital directly and indirectly touch **ALL** patients we serve each year.



2021 Tax Acknowledgment Receipts

Tax acknowledgment letters are regularly sent from the HSHS St. Vincent/St. Mary's Foundation. If you would like a summary of your 2021 giving, please email us at WI-Foundations@hshs.org or contact us by phone at 920-433-8620.



12 Months: 12 Gifts of Healing and Hope

Become a monthly donor today

Providing renewed health and hope to children at HSHS St. Vincent Children's Hospital is now easier than ever. By becoming a monthly donor, you can continually comfort and heal the patients in our care. As a monthly donor, you will:

- Make automatic monthly donations paid from your credit card
- Designate your gift to a specific need close to YOUR heart or to the area of greatest need
- Receive an annual acknowledgement letter for tax purposes
- Elect to change or suspend your donation at any time

If you have any questions or would like to learn more, please contact us at 920-433-8620 or WI-Foundations@hshs.org

BEGINNING IS EASY!

1. Visit our secure, online donation form at <https://giving.hshs.org/SVGBCH/Donate>.
2. Select a monthly gift amount or add your own.
3. Check "Make this a monthly gift"
4. Provide your contact info, payment method, and any optional details.
5. Click "Donate Now".