

Building the Future Together

Good Neighbors

Swim Safely in Open Water



In the Pacific Northwest, swimming safety is more than learning your strokes. It's also about swimming in the right place and having the skills to survive in the cold waters of our lakes, rivers and the Puget Sound. You and your children need to know how to survive an unexpected fall into deep and cold water and know how to safely swim in open water. A study of child drowning deaths shows that many of these deaths occurred while kids were swimming or playing in or near lakes and rivers.

Survive an unexpected fall into the water

Cold water robs the body's heat 32 times faster than cold air. If your child falls into the water, try to get them out as quickly as possible. Swimming also causes the body to lose heat at a much faster rate than remaining still in the water. If you or your child falls into the water, avoid panic. Air trapped in clothing can help you float as long as you remain still in the water. You can be better prepared by wearing a life jacket when you are in a boat, or even while swimming or playing in the water. A life jacket will help reduce your heat loss. If you fall into the water, do not swim unless shore, a life raft, or an overturned boat is nearby. Keeping still in the water increases your survival time.

Swim in a lifeguarded area

Lifeguards are trained to spot swimmers who are in trouble in the water. They are also trained in how to rescue them and bring them to shore safely. While having a buddy swim with you is a good idea, many drownings have occurred when someone else is there but doesn't know

how to perform a water rescue. Also, lifeguarded areas have been cleared of water hazards, such as sudden drop-offs.

Low-Cost Life Jacket Sales at Evans Pool

Seattle Children's and Seattle Parks and Recreation will hold sales of low-cost life jackets on Saturdays from 10 a.m. to 2 p.m. on: June 20, July 18, August 15, and September 19. The pool is located at 7201 E Green Lake Dr. N. The phone number is 684-4961.

To Learn More

- Visit www.seattlechildrens.org/dp.

Prefer to receive this newsletter via e-mail?

Send an e-mail to newsletterfeedback@seattlechildrens.org with 'E-mail Version' in the subject line.

If you prefer not to receive this newsletter, you may e-mail us with 'No Newsletter' in the subject line.

Good Neighbors

Expansion Plan in Hands of Hearing Examiner

The master plan for expansion of Seattle Children's continues on the path toward a final decision by the Seattle City Council. The latest step came in April when as part of the proceedings, Hearing Examiner Sue Tanner heard an appeal filed by the Laurelhurst Community Club. The appeal challenged the adequacy of the Department of Planning and Development's approval of the final environmental impact statement (EIS) for the plan.

Tanner found most elements of the Final EIS, such as height, bulk, scale and transportation, to be adequate. She has asked for more information about how the proposed master plan impacts housing in the area and for additional analysis of the city's comprehensive land use policies.

"We welcomed the hearing examiner's thoughtful questions and provided the Department of Planning and Development with the additional information they needed. We are looking forward to the next steps in the process and the ability to add needed beds as soon as possible," said Ruth Benfield, vice president at Seattle Children's."

With help from a Citizen Advisory Committee (CAC), Seattle Children's began work on the master plan in 2007. The plan lays out the hospital's development potential over the next 20 years.

"The importance of this plan is that it will allow Children's to meet the growing needs of the region while at the same time letting the community know what to expect in terms of future development," Benfield said.

Children's expects to need 250 to 300 more beds over the next 20 years. The need reflects the growing number of chronically ill children who are living longer and requiring more of the specialized care available only at pediatric hospitals such as Children's. Adding beds also will enable us to create more single-patient rooms, increasing privacy and curbing the spread of infections.



After many meetings over the last two years, the CAC recommended in its final report, that the proposed Final Major Institution Master Plan (Alternative 7R - The Revised Expanded Boundary Early Laurelon Terrace Development Alternative) be adopted by the City Council with some additional conditions.

"The CAC worked extremely hard and their participation — as well as support from the community at large — clearly resulted in many improvements to the plan," said Benfield, an ex officio member of the CAC.

One example was the decision of Laurelon Terrace condominium owners to sell their units to Children's. Acquiring the 7-acre site allows us to address several neighborhood concerns such as lowering building heights and limiting traffic on nearby residential streets.

With the CAC's work on the master plan complete, members are expected to be invited to join a new Standing Advisory Committee to help as we go forward. Todd Johnson, vice president of facilities, will serve as the hospital's ex officio member of the new committee.

Children's wishes to thank the members of the CAC for their time and effort. They are:

Karen Wolf, chair; Catherine Hennings, vice chair; Cheryl Kitchin, member; Dolores Prichard, member; Myriam Muller, member; Kim O. Dales, member; Doug Hanafin, member; Dr. Gina Trask, member; Michael S. Omura, member; Wendy Paul, member; Yvette Moy, member; Robert Rosencrantz, member; Bob Lucas, member; Theresa Doherty, member; Shelley D. Hartnett, member; Nicole Van Borkulo, alternate member; Mike Wayte, alternate member; Dr. Brice Semmens, alternate member; Kathleen Sabo, past member; Cathy Higgins, past member; Christine Barrett, past alternate member; Ruth Benfield, Seattle Children's, ex officio member; Steve Sheppard, city of Seattle, ex officio member; Scott Ringgold, city of Seattle, ex officio member.

For more information please visit:
<http://masterplan.seattlechildrens.org>

