



# Good Neighbors

BUILDING THE FUTURE TOGETHER

**Children's**  
Hospital & Regional Medical Center

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## Inside This Issue:

### Improving Transportation in our Neighborhood



*Dr. Thomas Hansen, CEO of Seattle Children's Hospital, rode with 15 others to the Cascade Bicycle Club Bike to Work Breakfast. Riders from Seattle Children's wore Children's bike jerseys and rode on company-sponsored bicycles to kick off Bike to Work month.*

## Community Happenings

### Upcoming Classes and Events

*This is a sample of the great classes offered by Children's and you can always find the full calendar at [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes).*

- > **Infant Car Seat Class for Expecting Parents** –  
July 26, 10 a.m. to noon, free, pre-registration required.
- > **Car Seat Safety Check** –  
August 23, 10 a.m. to 1 p.m., first-come, first served.
- > **Better Babysitters** –  
August 3, 9 a.m. to 2 p.m., \$40, registration required.
- > **Infant and Child CPR** –  
Children's administrative building, 70th and Sand Point Way N.E.,  
August 7, 6 to 9 p.m., \$40 per person.

For a complete list of classes, more information or to register, visit [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes) or call (206) 987-2000.

Starting this summer, Children's will offer our families and staff monthly tours of our hospital grounds. If you are interested in joining a group, and would like to know dates and times, please email [julie.povick@seattlechildrens.org](mailto:julie.povick@seattlechildrens.org).



# Good Neighbors

## A Critical Need for Centralized Care

### One Family's Story

In 2004, half a million premature babies were born in the United States. During the same year, Jim and Shelley Rossi, residents in the Wedgwood neighborhood, were expecting their first baby. On July 14, 2004, their daughter Delia was born — eight weeks too soon.

For premature babies, even seemingly minor medical conditions have the potential to be fatal. Prematurity is the leading cause of infant mortality in the United States, with more than one million babies being born prematurely and 10,000 babies dying from complications related to prematurity each year. At eight weeks early, Delia weighed just four pounds and was only 16 inches long; she required oxygen support, steroids for her lungs and a blood transfusion.

Delia spent the first seven weeks of her life at Swedish Medical Center, where she was born. At her 12-month "adjusted age" check-up, Jim and Shelley were informed that Delia would need physical therapy because her doctors had concerns about the development of her leg and stomach muscles, and her motor skills were not progressing as they should, a common problem in premature infants. It is critical to address these issues early to ensure there are no long-term complications.

Jim and Shelley chose Seattle Children's Hospital to help them because it is close to their Wedgwood home and has the centralized care and sub-specialties that are important as Delia grows in case she needs different types of medical attention. Access to specialized pediatric care is especially important for preemies because they are at higher risk for medical complications throughout childhood. Having a range of specialists in one synergistic location allows for a comprehensive approach to care and peace of mind for parents.

"Caring for a preemie is scary," Shelley Rossi said. "Every little thing has the potential to become a more serious medical condition. We are so well taken care of at Children's; from the nurse's hotline to Sunday clinic hours and 24-hour emergency care, we feel like we have a built-in network of medical experts whenever we need them."

Delia started physical therapy at Seattle Children's Hospital with aggressive weekly sessions, and over time, progressed to requiring a session just once a month. Since finishing physical therapy, Delia has been treated at Seattle Children's Hospital three times for croup, ear infections and fluid in her lungs — all common conditions in children that can prove fatal for preemies if not treated properly. Today, Delia is a healthy, energetic, almost 4-year-old with no trace of the muscular problems that plagued her early development.

"We never know exactly what health conditions could still arise as a result of Delia's being premature, but as she continues to grow, it is a comfort to know Children's is just a few minutes away," Shelley said.

Last February, Seattle Children's Hospital Research Institute received a \$1 million grant from the Bill & Melinda Gates Foundation to study ways to prevent prematurity and stillbirth — the leading causes of infant mortality in the United States.

The Global Alliance for the Prevention of Prematurity and Stillbirth (GAPPS), based at Seattle Children's Hospital, will hold a conference in May 2009 to showcase findings from its literature review, unpublished data review and gap analysis with key research stakeholders. To learn more about GAPPS and the conference, please visit <http://gappsseattle.org/>.

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**Dear Friends and Neighbors,**

This edition of *Good Neighbors* is all about transportation, an issue I am deeply committed to. Seattle Children's Hospital is a known leader and innovator on transportation management and we continue to strive to do even better.

We are constantly looking to identify inventive ways to combat traffic and help make Seattle a healthier and safer place to live and work. Our Comprehensive Safety and Mobility Plan seeks to do just that by creating solutions to reduce vehicle trips and the need for parking at the hospital by increasing alternative options.

Children's employees are already doing a great job in helping us to reduce our carbon footprint by reducing vehicle trips to work. I'm proud to report our record-breaking participation during Bike to Work month and the Group Health Commute Challenge.

This year, 304 Children's employees participated in Bike to Work month. Microsoft had the second highest number of participants at 275, but they also have ten times more employees than Children's. The City of Seattle came in third with 241 riders, and the University of Washington was fourth with 240.

Children's also led the pack for number of new riders registered – 95. Costco came in second with 77, Microsoft was third with 76, and the University of Washington was fourth with 63.

Overall, Children's participants biked a total of 29,242 miles, translating to a savings of 29,242 pounds of CO2! We know transportation is an issue many of you care deeply about and we wanted to take this opportunity to share with you some of our exciting plans to improve safety and mobility in our neighborhood.

On behalf of everyone at Children's, I want to express our deep appreciation to all of our Community Advisory Committee (CAC) members for their partnership and dedication throughout the Master Planning process, including the Comprehensive Safety and Mobility Plan for NE Seattle. Their tremendous time, effort and expertise have contributed to improvements in the plans for our hospital, the NE Seattle Community and the region. We look forward to our continuing work together as we finalize the Master Plan components.

I hope you enjoy this issue of *Good Neighbors*. We welcome your ideas and input, please e-mail us at [newsletterfeedback@seattlechildrens.org](mailto:newsletterfeedback@seattlechildrens.org).

Sincerely,

Dr. Thomas Hansen  
CEO, Seattle Children's Hospital



**Staying Safe on Our Streets**

Warmer weather offers the opportunity to get outside to do more walking, running and biking. Here are a few tips for both pedestrians and drivers to keep everyone safe on our streets.

**Tips for pedestrians**

- > **Walk on the sidewalks.** If sidewalks are not available, walk on the edge of the road or on the left shoulder of the road, facing the traffic flow.
- > **Always cross at marked crosswalks or intersections.** Hold your child's hand while crossing. Teach your child to walk their bike across busy streets.
- > **Stop at the curb and look left, right and left again** for traffic before crossing the road. Always obey traffic signals.
- > **See and be seen by drivers.** Stay out of their blind spots, make eye contact with drivers when crossing a busy street, wear reflective clothing and carry a flashlight when walking in the dark.
- > **Have your child stop and look both ways before walking past driveways and alleys.** Do not let your child cross the street alone or get a ball out of the road until they are about 10.

**Tips for drivers**

- > **Always yield to pedestrians** using marked and unmarked crosswalks.
- > **Never try to overtake or pass drivers** who have stopped for pedestrians.
- > Before turning right on a red light, stop and look in all directions for pedestrians and other cars, and **turn only when it is safe and all pedestrians have cleared the crosswalks.**
- > **Be extra careful at night or during periods of reduced visibility.** Keep an eye out for children at play when driving in neighborhoods. Obey speed limits.



**The Future of Transportation**

Our goal is to make getting to Children's without your car the easiest, most convenient way to get here. Biking, walking, hospital-run shuttles, public transit and other transportation alternatives will quickly become the primary modes of transportation to and from Seattle Children's Hospital.

We recently presented our innovative Comprehensive Safety and Mobility Plan to the Community Advisory Committee for input as part of our Major Institutional Planning Process. Reducing vehicle traffic is only one part of our aggressive new safety plan; there are a number of exciting public benefits in this plan:

- > We are expanding our shuttle services to provide more routes for employees and patients.
- > **Flexbikes are coming!** We are piloting a bike-sharing program with the University of Washington called Flexbike.
- > We're prepared to fund **\$2 million in bike and pedestrian safety improvement** projects in our neighborhoods.

**"Our goal is to make our neighborhood a safer and healthier place to live,"** said Paulo Nunes-Ueno, transportation manager at Children's Hospital. **"We've got to look at the big picture in terms of our development and a big part of that is looking at new and innovative ways to access the hospital."**

We're committed to continuing to find creative solutions to safety and mobility, and are excited about how these ideas will affect our community.

**Want to learn more about our Comprehensive Safety and Mobility Plan?** Visit this Web site ([http://masterplan.seattlechildrens.org/documents/May\\_6\\_Presentation\\_FINAL\[1\]\\_small.pdf](http://masterplan.seattlechildrens.org/documents/May_6_Presentation_FINAL[1]_small.pdf)) to view a PowerPoint presentation with more detailed information.

**Introducing the Friends of Children's Hospital's Co-Chairs**

Ward Bushnell, Steve Ross and Dixie Wilson have generously stepped forward to serve as co-chairs for Friends of Children's Hospital. These individuals have long-standing relationships with Children's Hospital and understand the critical importance Children's plays in our community. They are tasked with educating a broad base of support for the hospital's growth. Under the leadership of our co-chairs Friends has grown to more than 600 members!



Look for the Friends of Children's Kiosk on the road this summer; keep your eye out for it at farmers markets, summer festivals and other events around town. For a complete schedule and to learn more about how you can be involved in supporting Children's Hospital's growth, join Friends of Children's Hospital today at [www.friendsofchildrenshospital.org](http://www.friendsofchildrenshospital.org).