

# Good Neighbors

BUILDING THE FUTURE TOGETHER



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

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These illustrations show conceptual design to provide a sense of the design standards Children's strives for. The three views shown are:

- Concept 1.  
View looking NE from 40th Ave NE and NE 45th Street
- Concept 2.  
Hartmann Street Frontage and
- Concept 3.  
Looking North on 40th Ave NE.



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Please contact  
Desiree Leigh, at  
(206) 987-5269 or  
[desiree.leigh@seattlechildrens.org](mailto:desiree.leigh@seattlechildrens.org)  
with any questions or  
comments regarding  
Children's plans for  
expansion.

## New Expansion Alternatives

As we move through the planning process for our upcoming expansion we have the opportunity to hear specific ideas and comments from our neighbors and the Citizen's Advisory Committee (CAC) and are able to refine plans to reflect positive changes. After thoughtful review of the questions raised by both groups, we have further refined our expansion alternatives and created two new possibilities:

**Alternative 7 Revised (7R)** – replaces Alternative 7 and increases the setbacks along Sand Point Way and 40th Ave. NE and shifts some development up the hill on the Laurelon Terrace property to lessen the intensity of development on the property and on the Hartmann campus. In addition, Alternative 7R will:

- > Reduce proposed building height to 140 feet
- > Stair step buildings away from Sand Point Way NE
- > Redistribute and re-balance the development
- > Improve open space by using garden terraces and creating more pathways and connections throughout campus
- > Eliminate the right in, right out vehicle access to Sand Point Way NE
- > Provide increased access to the first floor rooftop gardens and courtyards on Laurelon Terrace
- > Consolidate access to the Emergency Department with service and parking from 40th Avenue NE

- > Reduce bed unit size per floor from 36 to 24 beds, increasing the number of bed units and narrowing the nursing units
- > Reduce development on the Hartmann property to 150,000 gross square feet and 225 spaces and relocate the balance to the hospital campus and Laurelon Terrace

**Alternative 8** – Alternative 8 takes a look at what development might look like without use of the Hartmann property and relocates the development over to the Laurelon Terrace development. This alternative adds additional square footage to the south edge of the hospital's new campus to compensate for the square footage lost at the Hartmann property.

Children's presented these alternatives to the CAC during a public meeting on September 9. Starting in October the Citizens Advisory Council (CAC) is expected to discuss and deliberate it's final recommendations which are expected to be finalized by February of 2009.

Look for more information and updates on these alternatives and others on our website at:

<http://masterplan.seattlechildrens.org>.

### Inside This Issue:

## New Expansion Alternatives



See Alternative 7 Revised (7R) details on page 1.



See More on Page 1

## Community Happenings

### Upcoming Classes and Events

Did you know Seattle Children's offers a wealth of health and safety classes open to the public? Here are just a few of our upcoming offerings:

- > **Infant and Child CPR**  
6:00 – 9:00 p.m. September 29, 2008
- > **Babysafe**  
6:00 – 9:00 p.m. October 7, 2008
- > **Infant and Child CPR**  
6:00 – 9:00 p.m. October 9, 2008
- > **Infant Car Seat Class for Expecting Parents**  
10 a.m. – 12:00 p.m. November 8, 2008
- > **Meal Support Training for Parents**  
7:00 – 8:30 p.m. October 20, 27 and November 3, 10, 17, 2008

For a complete list of classes, additional information or to register, visit our Web site at [http://www.seattlechildrens.org/child\\_health\\_safety/classes\\_events](http://www.seattlechildrens.org/child_health_safety/classes_events) or call (206) 987-2000.



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## Update on Friends of Children's Hospital

Friends of Children's Continues to grow every day and we now have more than 1,100 Friends!



Thank you to all of our Friends who wrote a letter or spoke at the public hearing during the DEIS Public Comment Period – your support was overwhelming and greatly appreciated.

We continue to update our Web site to bring you the most current information about the expansion and what is happening in the Citizens Advisory Committee, so visit often! [www.friendsofchildrenshospital.org](http://www.friendsofchildrenshospital.org).

### Prefer to Receive *Good Neighbors* via E-mail?

If you would like to receive *Good Neighbors* electronically, please send an email to [newsletterfeedback@seattlechildrens.org](mailto:newsletterfeedback@seattlechildrens.org) with "E Version" in the subject line.



## Teachers: Another Pivotal Player at Children's Hospital

Did you know that Seattle Children's Hospital offers education programs for children with frequent or long-term hospitalizations? The Education Department at Children's Hospital is committed to helping children and providing a sense of normalcy during a difficult time. Brian Ross, manager of the Education Department, answers some frequent questions about the program.



### Q: How many teachers does Children's employ?

**A:** We have six full and part-time teachers providing educational services in our medical/surgical, rehabilitation and child psychiatry units. Four full-time instructional assistants offer support to those teachers.

### Q: Are students taught in a classroom or individually?

**A:** For children who can leave their rooms for long periods, we have a large classroom where we teach kids in small and large groups. For those kids who just can't be out of their bed for long periods of time, we go to the patient and teach them at their bedside.

### Q: Is Children's education program accredited through the state of Washington?

**A:** We have an agreement with the state's Office of the Superintendent of Public Instruction. All of our teachers are state-certified. Both institutions recognize the need for these services because educational programs can benefit hospitalized children psychologically, developmentally, academically and systematically.

### Q: Do the Children's teachers coordinate with the patients normal teachers?

**A:** Yes, all services are coordinated with the patients' existing education program. We strive to maintain the routine the child was already in and keep the sense of normalcy when a child is in the hospital for any reason.

### Q: Why is it important to have an Education Department at Children's?

**A:** Our education department is one of the most important players in a child's recovery. Our teachers help these kids keep a sense of normalcy and a focus on their future. We remind them what all the other kids their age are doing and help them keep a routine in a very traumatic time in their lives.

To learn more about the education program at Children's Hospital, please visit [http://www.seattlechildrens.org/our\\_services/support\\_services/school\\_services.asp](http://www.seattlechildrens.org/our_services/support_services/school_services.asp).



### Dear Friends and Neighbors,

Summer was a busy season at Children's and fall promises more of the same. It's September and kids are heading back to school! In this issue you'll find tips for helping your child eat a healthy lunch to help keep them energized throughout the day.

We also have some exciting news to share with you in this newsletter – after careful and thoughtful review of the comments received by our neighbors, greater Seattle community and Citizens Advisory Committee regarding our expansion, we have found ways to refine Alternative 7 even further. I hope you enjoy the information we have included. You will see details about the NEW Alternative 7R and Alternative 8 inside this issue.

Is there something at the hospital you would like to learn about? Do you have any comments or suggestions about *Good Neighbors*? Then, please e-mail us at [newsletterfeedback@seattlechildrens.org](mailto:newsletterfeedback@seattlechildrens.org).

I hope you enjoy this issue of *Good Neighbors*.

Sincerely,

Dr. Thomas Hansen  
CEO, Seattle Children's Hospital

For more information on the master plan please visit: <http://masterplan.seattlechildrens.org>.

## Child Health and Safety

### Packing healthy lunches

As kids start a new school year, remember that not all lessons are learned in the classroom. One valuable lesson to teach your kids is how to eat healthy, balanced meals and snacks. Breakfast has always been called the most important meal of the day, but a balanced lunch is essential to giving kids the energy they need to get through the afternoon and their after-school activities.

Whether your children bring lunch from home or buy lunch at school, it is important to give them the skills to make healthier choices. Here are some examples of foods to avoid and foods to choose instead:

Instead of:	Consider:
Higher-fat lunch meats, such as ham	Lower-fat deli meats, such as turkey
White bread	Whole-grain breads (wheat, oat, multigrain)
Mayonnaise	Light mayonnaise or mustard
Fried chips and snacks	Baked chips, air-popped popcorn, trail mix, veggies and dip
Fruit in syrup	Fresh fruit or fruit in natural juices
Cookies and snack cakes	Trail mix, yogurt or homemade baked goods such as oatmeal cookies or fruit muffins
Fruit drinks and soda	Milk, water or 100% fruit juice



Remember, eating healthy foods at home makes it easier for children to make healthy choices at school. Help your kids learn now what foods are going to help them stay energized all day. The earlier children start eating healthy, the more likely they are to enjoy the rewards of healthy eating throughout their lives.