

Building the Future Together

Good Neighbors

Upcoming Classes and Events



Here are just a few of the many classes and events offered by Children's. To register, obtain more information or view the complete calendar, go to www.seattlechildrens.org/classes or call 206-987-2000.

Infant and Child CPR | Thursday, Dec. 11
6-9 p.m., \$40 per person

Meal Support Training for Parents of Children with Eating Disorders | Mondays, Nov. 24 to Dec. 22
7-8:30 p.m., 5-week class, \$320 per family

For Boys Only: The Challenges of Growing Up | Tuesdays, Dec. 9 and Dec. 16

6:30-8:30 p.m. \$50 per parent/son pair; \$10 per additional child.

Children's offers patient and neighborhood families and staff free tours of the hospital grounds. For dates and times, e-mail julie.povick@seattlechildrens.org

Laurelon Terrace Owners Vote to Sell

An overwhelming majority of Laurelon Terrace condominium owners recently voted to sell their units to Children's, closing a deal that creates a win-win for the hospital and the community. Acquiring this 7-acre site adjacent to the hospital allows Children's to pursue a new expansion alternative developed by the hospital and the Citizens Advisory Committee.

The alternative addresses a number of neighborhood concerns such as lowering building heights and limiting traffic on nearby residential streets. More than 80 percent of Laurelon Terrace owners supported the sale.

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Good Neighbors

Color us Green – and Proud Of It



Seattle Children's Hospital has a long history of leading the way in caring for sick and injured children. Now, we're also leading the way in green approaches to hospital design, construction and operation.

Although specific strategies won't be worked out until final design, Children's is eyeing the Green Guide for Health Care (GGHC) as a blueprint for incorporating sustainability into the hospital's expansion. Supported by the United States Green Building Council, **the GGHC is a best practices guide for healthy and sustainable building design, construction and operations for the health care industry.**

Children's will include innovative examples of green design during each phase of development and will include specific sustainable strategies to create a high-performing healing environment.

Current and long term plans include ways to reduce energy, waste, water and vehicle emissions to our environment.

One example of this is Green roofs – roofs that are completely or partially covered in vegetation. Green roofs reduce storm water runoff and can cut a building's energy costs by providing natural insulation. In addition, green roofs generally last longer and make a building more attractive.

Other examples include letting in as much daylight as possible to save electricity, using recycled building materials to conserve natural resources and choosing low VOC (volatile organic compounds) paints and adhesives to prevent harmful off-gassing.

In many ways, Children's is already green. "By adopting and expanding green policies, we benefit our patients, the hospital and the community," said Mitch Birchfield, Director of Environmental Services.

Thanks to a variety of strategies – everything from installing low-flow toilets to switching to microfiber mops that use 10 times less water – **Children's is saving more than 7 million gallons of water a year, cutting its water bill by more than \$50,000.**

Children's uses paper products that contain 30 percent post-consumable fibers, returns printer cartridges to the vendor to be re-charged and provides three-bin mixed recycling stations throughout the campus. In addition, we created a purchasing policy that evaluates products and services based on safety and environmental issues.

By striving to limit vehicle trips to the campus, Children's reduces pollution and congestion, benefitting both the environment and the neighborhood.

Sustainable Practices for the Home

- **Bring organic wine as thank you gifts to holiday gatherings.** Some say organic wines have a clearer taste and organic wines definitely reduce the use of pesticides.
- **Use petrochemical-free household products.** This will save your lungs and the planet by reducing the use of oil, and harmful volatile organic compounds.
- **Have your groceries delivered.** By having groceries delivered you effectively reduce the number of miles driven overall. One truck delivering to multiple sites is better than multiple cars all going to the grocery store. Especially in the northwest where transportation accounts for 49% of total carbon emissions.
- **Run consolidated errands.** Reduce total carbon emissions and cut down on car trips by making a list and checking it twice! Hit all the stores you need to in one trip and you'll save time and money.
- **Check your tire pressure.** One quick way to have a dramatic affect on oil consumption is to just keep your automobiles tires inflated to the right pressure. Tires lose about 2lbs. of air pressure/month. Keeping correctly inflated tires improves gas mileage. If we all did this we could save thousands of barrels of oil daily, not to mention all the carbon going into the atmosphere.



The Faces of Seattle Children's

Meet Jeff Hughes

It's no accident that something is always blooming on the grounds of Seattle Children's Hospital, where Jeff Hughes and his team work hard to create a year-round haven for patients, families and staff.

"The overall mission of our gardens has always been to provide a therapeutic element," said Hughes, manager of Grounds, Sustainability and Environmental Stewardship at the hospital. "Having a wide variety of plants helps the garden serve as a distraction and provide relief from potentially stressful situations no matter what the season."

More than 2,000 species of plants thrive on the hospital's 22-acre campus. Other than including a mix of native and non-native plants to make the landscape more diverse and engaging, the grounds reflect an emphasis on sustainable gardening practices.

"We put the right plants in the right place," Hughes said. "We allow them to grow to their full size and don't over-prune. We turn all of our waste into mulch and practice integrated pest management, which relies on natural remedies rather than pesticides."

Hughes worked in landscape construction before joining the hospital's Grounds Department in 1982. Children's had cared for his son and Hughes was struck by the "kindness and compassion" the hospital showed his family as well as the beauty of the grounds.

"I was drawn to Children's because I wanted to work for an institution that employed correct horticultural practice and understood the therapeutic nature of gardens," Hughes said.

An accomplished painter, Hughes sees parallels between canvas and garden. "Both require work to bring out the art," he said.

Hughes became manager of the Grounds Department in 1994. Now, he's also responsible for the hospital's overall Sustainability and Environmental Stewardship efforts. Hughes believes Children's has an obligation to set the green bar high in everything it does.

"We can provide our patients with the best care possible," he said, "but if we don't give them a healthy world to live in, we haven't fulfilled our mission."

Winter Gardening Tips

- **Fertilize your lawn for the last time this month (until spring).** Use a low to no Nitrogen fertilizer, with higher levels of Phosphorous and Potash (Potassium) - these promote root growth over the winter so you can achieve that super green lawn all season long.
- **Groom all beds now before soils get water logged.** Doing it later will increase the compaction of soils, which has a negative affect on spring root growth.
- **Rake leaves onto planting beds after grooming.** Then add 4 inches of wood chips from area arborists (which you can get free in many cases) instead of bark. Bark doesn't add nutrients to the soil like wood chips, and doesn't aid the micro-organisms present in the soil, which have a positive affect on nutrient uptake in plant roots. It can also carry Botulinum.
- **Plant spring flowering bulbs in among perennials.** The perennials foliage will swallow up the fading foliage of the bulbs so you never have to cut them back. This saves time and allows the bulbs to get maximum nutrients while the leaves fade out of sight.



Child Health and Safety

Are Your Smoke Alarms Working?

Smoke alarms save lives - but only if they're working. Never remove the batteries when alarms sound due to steam, cooking fumes or a low-battery chirp. It's too easy to forget to put the batteries back. Instead, wave a towel or magazine in front of the alarm until it stops. If false alarms happen often, try moving the alarm, but be sure to follow the instructions from the manufacturer. You can also consider buying an alarm with a hush button.

Check to be sure you have at least one alarm on each level of your home, including the basement. Change the batteries once a year, replace alarms every 10 years and test alarms every month by pressing the test button.

The Seattle Children's Safety Center in the hospital's Whale 5 Gift Shop sells smoke alarms for \$5.95 as well as other low-cost child safety products ranging from safety gates to CPR kits. The Whale 5 Gift Shop is open Monday through Thursday, 8:30 a.m. to 7 p.m. and on Friday, 8:30 a.m. to 5:30 p.m.

One Family's Story



“We were truly fortunate to have this world-class transplant facility in our backyard,” Beth said. “Some people have to leave their homes for months at a time to travel here for treatment.”

When doctors at Seattle Children's Hospital discovered that Kayla Betz's bone marrow was failing, her parents knew they had a very sick child on their hands. Then they learned that two more of their children, Connor and Keegan, would soon develop the same disorder.

The news was staggering. “All of your children are doing just fine and suddenly you have this crisis,” said their mom, Beth Morigan.

Kayla, Connor and Keegan were born with a rare genetic disease that as a child grows older causes the bone marrow to stop producing blood cells - including white blood cells that defend the body against potentially fatal infections.

Beth and her husband, John VanLeer, were relieved to learn the disorder could be treated with a bone marrow transplant. And they were even more encouraged to discover that Children's is home to one of the leading transplant programs in the world.

“We were truly fortunate to have this world-class transplant facility in our backyard,” Beth said. “Some people have to leave their homes for months at a time to travel here for treatment.”

The family was living in Snohomish County when Kayla's transplant was performed in 2003, but a few months later moved to Seattle to be closer to the hospital. Connor's transplant was performed in 2005 and Keegan's is scheduled for sometime this year. “We knew we were going to be in this for the long haul,” Beth explained, “so we wanted to be within 10 minutes of the hospital.”

After living near Green Lake, the family now makes their home in the Pinehurst neighborhood just north of the hospital. “It's great because we can go to one place for almost all of the treatment and follow-up the kids need,” Beth said. “And Children's does a great job of scheduling so we can get everything done in one chunk of time.”

Kayla, now 17, and Connor, 14, are fully recovered from their transplants and the family is confident that Keegan, 10, will experience an equally positive outcome thanks to the specialized care provided by Children's. “From the lab to the reception desk, everybody there is just very friendly and focused on helping kids get better,” Beth said. “It's great that Children's is expanding because more children will be able to get the same great care ours did.”

State Salutes Hospital's Green Commitment

From composting food waste to reducing hazardous waste, Children's treads as lightly on the planet as possible. The state Department of Ecology has recognized our commitment to green alternatives with a Governor's Award for Sustainable Practices.

The annual award honors businesses, government agencies and other organizations that show leadership in conserving resources and eliminating hazardous materials, waste and emissions.

The award cited Children's as a leader in numerous areas, including being one of the first hospitals to phase out medical devices containing plasticizers, chemical additives that pose a health risk to newborns. **We also stopped using medical devices containing mercury and cut the amount of hazardous waste we generate by more than 27 tons a year. In addition, Children's was the first hospital in the region to compost food waste, which diverts 1,400 pounds a week from landfills. Plus all kitchen fat is reprocessed into biodiesel.**

Last year, we shared our clean, green strategies with more than 80 organizations around the country through a teleconference organized by Hospitals for a Healthier Environment. “We are walking the talk and truly making a difference by shrinking our own environmental footprint and by setting an example for other organizations around the state and in the field of health care,” said Mitch Birchfield, director of environmental services.

