To read the complete version of Newsbreak with photos, videos and web links, view this edition at chw.org/Newsbreak.

Key Dates

July 28 – Miracle Treat Day  
Aug. 15 – Complete biometric screening with physician  
Aug. 31 – Last day to enter Healthy Rewards activities at chwhealthyrewards.com  
September 17 – Briggs & Al’s Run & Walk  
Every Tuesday in the summer – Children’s Farmer’s Market

Children’s in the News

Children’s programs and experts often are featured in the news. Below is a sampling of recent stories about us.

Twins who received heart transplants go home

Kendall Roehling, an 18-month-old from Brookfield, went home July 16 after receiving a heart transplant on July 1. Kendall’s twin sister, Chloe, got a heart transplant in May. “It’s been a very long road since February. We’re talking about five months we’ve been following at least one of these children in the hospital, sometimes both, and not surprisingly there's lots of ups and downs along the way,” said Steven Kindel, MD, program director of the pediatric heart failure and heart transplant program at Children’s Hospital of Wisconsin.

Story aired on WTMJ-TV (NBC 4), July 15-16, 2016.  
Story also aired on WTMJ-Radio (620 AM), July 16, 2016.  
Original story on Chloe aired on WTMJ-TV (NBC 4), April 22, 2016.

Children’s opens Midtown Clinic

Children’s Hospital of Wisconsin opened its new Midtown Clinic July 18. Located at 5433 W. Fond du Lac Avenue, it is in a neighborhood with few pediatric health care options and a large population of children.


Youth concussions: Are there more of them, or are we just paying more attention?

Following new research that suggests more youth are being diagnosed with concussions, Wisconsin Public Radio explored whether or not that may be because people are taking potential concussions more seriously and seeking a diagnosis. Kevin Walter, MD, program director of pediatric and adolescent sports medicine at Children’s Hospital of Wisconsin, shared his perspective and offered advice on what to do when a young athlete has a head injury.
Boy raises money for Children’s
Blake Kroll, a 10-year-old from Luxemburg, Wisconsin, donated $500 of the earnings he made on the sale of a pig he auctioned at the Kewaunee County Fair on July 17. It was his idea as a way to give back to the doctors who helped him since he was an infant. “I go there a lot, and I know a lot of the doctors,” Blake said. After Blake’s good deed, more groups at the fair started donating $500, ultimately leading to more than $15,000 being raised for the hospital. Blake will come to Children’s in two weeks to present the check.

What to know to keep your picnic safe
Jessica St. Onge, a community health project coordinator of the Kohl’s Cares Grow Safe & Healthy Program at Children’s Hospital of Wisconsin, discussed picnic safety. Among her advice was to cook meat and poultry to its safest internal temperature at the picnic opposed to partially cooking it ahead of time; establishing a three-foot safety zone around fires to keep kids safe; and storing cold food at 40 degrees or below to prevent bacterial growth.

Children’s partners with nonprofit to turn kids’ stories into songs
Children’s Hospital of Wisconsin partnered with the nonprofit Sing Me A Story to create songs based on patients’ stories. The children wrote and illustrated stories about whatever they wanted, and Summerfest musicians turned them into songs. Artists recorded the songs inside an RV set up with a studio on the Summerfest grounds. Children will get a CD with their songs, and they will also go on Sing Me A Story’s website.

Restaurant holds fundraiser for heart patient
Urban “Awesome” Kuptz is a patient at Children’s Hospital of Wisconsin, where he recently underwent heart surgery to replace a valve that was destroyed by a staph infection. A fundraiser called “Urban Awesome Day” took place July 1 at Sobelman’s Pub and Grill to help pay the family’s medical bills.

As seen on Bravo!

Appreciation is the glue that holds our organization together. So many of you take time to call out your colleagues through the tools provided on the Bravo! recognition website to thank them for going above and beyond. Below is a submission from Sarah Antczak, patient care supervisor in the NICU, for Heaven Thornton, supply chain distribution representative.

“Heaven, thank you for demonstrating our value of Purpose in the NICU the weekend of July 8. You came to assist us in taking apart a Giraffe bed to locate a small medal that had slipped down under
the bed surface. This medal had significant meaning for the family and we were at a loss as to how to get it. You responded to our plea and within minutes you were there and helped us, always with a smile on your face. Thank you for your positive team support and making a difference!"

**What our families are saying**

See what patients and families are saying about us.

![Image of two children smiling]

<table>
<thead>
<tr>
<th>Marta Campos-Diaz</th>
<th>Children's Hospital of Wisconsin</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10</td>
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One cast just isn't enough for Daniela! She has her scoliosis cast that stays on for 3 months and now she an awesome new cast. Thanks to Dr Escott and his team for helping mend my little peanut.

**Learning and growing**

**Pediatric Grand Rounds**

“Improving the outcomes of patients with severe BPD”
8:30 – 9:30 a.m. **Friday, July 22**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objectives: 1) Understand the diagnosis and scope of the problem, 2) Describe the physiology underlying the approach to optimizing ventilation and oxygenation, and 3) Describe the multidisciplinary and long-term approach to patients with severe BPD
Speaker: **Leif Nelin, MD**, chief, Neonatal Service Line; Dean W. Jeffers Chair in Neonatology, Nationwide Children's Hospital, Columbus, OH

“The challenge of rare disease diagnostics and whole exome sequencing”
8:30 – 9:30 a.m. **Friday, July 29**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objective: Become familiarized with current applications, variant classification and result interpretation of Whole Exome Sequencing.
Speakers: **Ulrike Kappes, MD, PhD, MPH, FACMG**, assistant professor of medicine; laboratory director, Developmental and Neurogenetics Laboratory – Sequencing, Human and Molecular Genetics
Center, Medical College of Wisconsin and **Donald Basel, MD**, chief, associate professor, Department of Pediatrics, Division of Genetics, Medical College of Wisconsin

"The power of possibilities: Adaptive bicycles for kids with physical disabilities"
8:30 – 9:30 a.m. **Friday, Aug. 5**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objectives:
1. Understand the barriers to exercise and participation in the disabled population, and its impact on the incidence of obesity.
2. Explain the benefits of exercise such as biking, on physical and psychological health, and social participation.
3. Review the numerous adaptations that can be made to standard or specialized bikes to accommodate impairments such as ataxia, poor motor planning, spasticity, limb loss, strength deficits, vision problems, etc.
4. Understand funding mechanisms and ways to promote inclusion of adapted equipment at home and in schools.

**Speakers**: **David Waters, MD**, medical director; co-captain Bicycle Dream Team, Sixteenth Street Community Health Center; **Gerisa LaSpisa, JD**, executive director, Variety – The Children’s Charity of Wisconsin; **Brent Emery**, co-owner Emery’s Cycle and Fitness Center; and **Elizabeth Moberg-Wolff, MD, FAAPMR**, medical director, Pediatric Rehabilitation Medicine Associates, LLC, Milwaukee, WI

"Reducing stress levels of pediatric patients, parents and medical caregivers"
8:30 – 9:30 a.m. **Friday, Aug. 12**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objectives:
1. To learn about the connection between patient and family stress reduction and successful medical outcomes.
2. To learn the Kids Kicking Cancer Breath Brake™ to transform classical sympathetic response to the parasympathetic suppression of adrenal glucorticoids.
3. To use these techniques to teach your patients and families.
4. To increase compliance and lower trypanophobia in patients.

**Speaker**: **Rabbi Elimelech Goldberg**, founder and international director, Kids Kicking Cancer; clinical assistant professor, Department of Pediatrics, Wayne State University School of Medicine

"Anatomy and pathology of the oral cavity and lower face in children"
8:30– 9:30 a.m. **Friday, Aug. 19**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objective: To discuss the many soft tissue lesions that may occur in the oral cavity and lower face in children with a review of the pertinent imaging anatomy.

**Speaker**: **Hervey D. Segall, MD**, professor of radiology, Department of Radiology, Medical College of Wisconsin

"The Value of Fine Needle Aspiration in the Pediatric Setting"
8:30 – 9:30 a.m. **Friday, Aug. 26**
Briggs and Stratton Auditorium, Children’s Hospital of Wisconsin
Educational objectives:
1. To discuss the value and limitations of fine needle aspiration as a diagnostic modality in the pediatric population.
2. To discuss the challenges associated with performing and interpreting fine needle aspirations in the pediatric population.
3. To provide a practical approach to the successful introduction and use of fine needle aspiration as a diagnostic modality in the pediatric setting.
New job postings

New job postings are current as of Newsbreak’s deadline. For the latest information on these and other job opportunities at Children’s, log in to Employee Self Service on the intranet and click on Apply for Jobs under My Recruitment. Refer external candidates to chw.org/jobs.

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I Live Well

Erin lives well because fitness is fun

For Erin Kuehn, RN, living well isn’t just about having enough energy to get herself and her family through the day. It’s about having fun with fitness!

“I live well because I have 4 busy kids and a wonderful husband who I not only want to keep up with, but who I want to inspire to be active and live well themselves,” she writes. “We try to make family fitness fun!”

Speaker: Lisa Teot, MD, director, Pediatric Pathology Fellowship Program, Boston Children’s Hospital, Boston, MA
Why do you live well? Submit your story and score a lanyard!
What motivates you to live well? Send your I Live Well photo or story to LiveWell@CHW.org, and we’ll give you a free lanyard.

After you send in your I Live Well submission, stop by Employee Health and Wellness to pick up your lanyard; if you don’t work at the Milwaukee Hospital campus, let us know, and we’ll send it through interdepartmental mail.

Wellness updates

Earn 25 Healthy Rewards credits in 5 minutes!

We’re working hard to meet your wellness needs, and you can help us achieve that goal. Our annual Healthy Rewards Employee Satisfaction Survey is your opportunity to provide feedback on current efforts and help guide our future offerings. You’ll earn 25 Healthy Rewards credits as well! The survey is quick and easy to complete:

- Log on to chwhealthyrewards.org
- Go to “Activities” in the home page top navigation bar
- Click on the “Employee Satisfaction Survey” tile

It’s well worth your time. Act now! The survey closes Aug. 31.

Time is running out

There is still time to submit your biometric screening results from your physician. The biometric screening is one of two required activities in order to be eligible for a wellness incentive. The last day to submit your results is Aug. 15, 2016. You can locate the submission form on chwhealthyrewards.org.

Remember, the Healthy Rewards program year ends on Aug. 31. If you have activities to complete or enter for credits, be sure to do so prior to Aug. 31! You can earn points for preventive care exams, online seminars or classes, health coaching and more. Visit chwhealthyrewards.org to view options for earning credits and make sure your activities have been entered.

Five super foods for great health

Straight from the Center for Science in the Public Interest, which regularly publishes their list of best foods, here is a list of the current top five:

1. Sweet potatoes – these amazing tubers have been labeled as “one of the best vegetables you can eat.” They’re loaded with antioxidants, anti-inflammatory nutrients, and blood sugar-regulating nutrients.
2. Mangoes – a double bonus! One cup of mangoes supplies 100 percent of a day’s vitamin C and they are one of the fruits least likely to have pesticide residues.
3. Unsweetened plain Greek yogurt – a perfect backdrop for the natural sweetness of berries, bananas or your favorite breakfast cereal. And because it’s strained, the absence of liquid means that the yogurt that’s left has twice the protein of ordinary yogurt – about 17 grams in 6 ounces.
4. Broccoli – this nutrient-dense food is packed with vitamin C, carotenoids, vitamin K and folic acid. Delicious when steamed with a sprinkle of red pepper flakes and a spritz of lemon juice.
5. Wild salmon – Here’s one type of fat that’s actually good for you. The omega-3 fats in salmon can reduce the risk of sudden-death heart attacks. And be sure to keep it “wild,” which has less contaminants than farmed salmon.

Other super foods that nearly made the top five: whole-grain rye crackers, garbanzo beans, watermelon, butternut squash and leafy greens.

Find healthy foods at the Farmer’s Market!

With summer in full swing, it’s just the right time to indulge in fresh fruits and veggies. Every Tuesday from noon – 5 p.m., Simon’s Gardens, a local 5th generation farm, offers a farmer’s market on our campus! Grab a bag, look for the tent (in the parking lot of the Clinics Building) and get ready to enjoy fresh, healthy food all season.

Learn more about healthy eating

This month, visit chwhealthyrrewards.org and click on the Wellbeing Center to learn more about What’s in Your Food? There’s also a wealth of other great nutrition information!

Come back in Aug. to complete the Eat Well, Live Well seminar.

Improving your relationship with exercise

Our relationship with exercise, like many relationships, requires balance. In general, our over-worked, over-stimulated, over-the-top society has come to a point where “balance” is a lost concept. We tend to run ourselves into the ground mentally and physically, five days a week, just to binge-watch, binge-drink or over-sleep all weekend long. Balance is not always our strong suit. When it comes to exercise, if you are setting unrealistically high expectations for yourself and pushing yourself too hard, you’re not setting yourself up for success.

As another example, if you are someone who dreads exercising, it may be due to the type of workout, or lack of variety. Stop forcing yourself to do something you hate and work on finding a form of exercise that’s enjoyable instead.

Healthy relationships also require good intentions. Ask yourself why you exercise. If your answer is because it makes you feel good, helps you manage stress, it makes you happier and more energetic, or it helps you maintain your health, then you’re on the right track. However, if we’re being honest with ourselves, most of the time it’s to lose or maintain weight. Bottom line is, in order to get what you want out of exercising, you have to have good intentions for your health and your body.

Conflict in personal relationships

Learning how to handle conflict is an important life skill. Knowing how to resolve disagreements without the intervention of others will help you maintain positive interpersonal relationships with family, friends and colleagues.

These strategies will help you to address conflict effectively:
• A sincere apology is one of the simplest ways to defuse conflict. If you have made an error, own your mistake. If you were thoughtless or inappropriate, acknowledge that your behavior was out of line. Look for ways to improve communication and avoid a repeat of the disagreement in the future.
• Be honest about your feelings. If you find another person’s behavior upsetting, explain why it bothers you in a respectful manner. (For example: “It hurts my feelings when you call me that nickname.”) If you avoid addressing the conflict, your feelings may come out in your tone of voice, body language or behavior.

• Many relationships go through bad patches. You may find that you are suddenly having frequent disagreements or struggling to communicate with a loved one or colleague. When this occurs, it’s important to sit down with the other person and discuss any underlying conflicts that haven’t been addressed. Keeping the lines of communication open is an important part of maintaining a strong relationship.

• Manage your emotions. Conflict can be stressful, and sometimes it may be hard to rein in your temper or avoid saying something you may later regret. If you feel like you are about to lose control, put the conversation on hold until tempers have cooled.

• Get perspective. If you’re having a hard time resolving a conflict, ask a trusted friend or colleague for an opinion. Be careful to maintain appropriate boundaries and avoid gossip, especially if the other person is also involved in the situation.

• Consider if counseling would help you to work through conflicts and communication issues.

While addressing conflict is important, you can’t do it on your own. If the other person is unwilling to talk, it’s best to give him or her some space. Seek help if the other person’s behavior becomes abusive or threatening.

LifeMatters can act as a neutral sounding board and connect you with counseling resources to deal with conflict. Call anytime: (800) 634-6433. You can also visit mylifematters.com – password CHW1.

Source: U.S. Department of Health and Human Services

Easy ways to organize your workspace

Becoming successful in the workplace depends heavily on your ability to stay organized. Maintaining an organized office can reduce your stress and increase your productivity. LifeMatters, Children’s employee assistance program, recommends keeping your workspace organized, your personal papers filed and your work-life under control in order to keep up with daily tasks and meet important deadlines. Review the following strategies if you struggle with keeping computer files and documents in their places.

• **Keep your desk clear.** An uncluttered desk removes distractions and helps keep your mind focused on tasks that need immediate attention. The only things that should be on your desk are those items you use daily or weekly.

• **Keep hanging file folders to a minimum.** Rather than putting one manila folder inside a hanging folder, group three to five related files inside it and label the hanging file with a main category.

• **Weed out what’s not needed.** Periodically go through your files and throw out papers you no longer need. When deciding which papers to toss, ask yourself if you’ll ever refer to them again or if you could get them from someone else, if necessary.

• **Keep your daily planner paper-free.** If it’s bulging with scraps of paper, notes and cards, record the information in the planner and file or toss the papers.

• **Use your computer to store information.** Doing so will keep you more organized than collecting stacks of paper. Save files on your hard drive or an external storage device.

Access other LifeMatters support services

8
From financial consultations to stress management resources, LifeMatters offers free, confidential assistance to all employees and their families. A full list of services can be found by searching “employee assistance program” on Children’s Connect. Find support by accessing our online resources at members.mylifematters.com (use the company password chw1) or by calling (800) 634-6433, where someone is available to listen 24/7. LifeMatters resources, tools and webinars are also available when you log in at members.mylifematters.com.

High school football players raise more than $450,000 for Children’s

The 2016 Wisconsin Football Coaches Association All-Star Charity Football Games took place July 16, raising approximately $455,000 this year for Children’s Hospital of Wisconsin. Football players from across the state were nominated by their high school coaches to play in the annual north vs. south games. In return for the honor of participating, each player was required to raise funds for Children’s.

One of this year’s all-stars was Keegan Downham, a recent graduate of Kimberly High School. When Keegan was four he was diagnosed with Reiter’s Syndrome and was treated by Children’s. After the game he and his family reflected on the care he received as a child, the encouragement the family got from doctors to get active and what it meant that the proceeds of the all-star game supports the hospital. Keegan and his family sent the letter to Peggy Troy and gave her permission to share the letter with hospital staff, hospital supporters and community leaders and can be read online.

Since 2006, the WFCA has raised more than $3 million. Children’s honored the Wisconsin Football Coaches Association with its 2015 Organization Award.

HAC Unit of the quarter

The Hospital Acquired Condition (HAC) Unit of the Quarter award recognizes an inpatient unit for their commitment to providing the best and safest care by ensuring that the HAC bundles are in place for all at risk patients. This quarter’s winner is West 12! West 12 has demonstrated reliability and excellence regarding their bundle documentation.

Nursing research: From bench to bedside

As a staff nurse on the Cardiac Intensive Care Unit, Nicole Gereau, RN, helps heal kids’ hearts every day. As a researcher, she’s also helping turn scientific discoveries into patient-care practices that make the future healthier for kids everywhere.

Across Children’s, nurses like Gereau are participating in translational research to pinpoint patient needs and create interventions, tools and techniques to meet them. They’re exploring a host of clinical issues – including skin integrity in critically ill children, pain relief and sedation, family coping skills and quality of life for children at the end of life – advancing the practice of nursing and helping build the best and safest care.
As researchers, nurses are uniquely qualified to bridge the gap from bench science to bedside care. “Nurses spend a great deal of one-on-one time with patients. We understand how they respond to illness or adapt to changes, and we see what they need,” says Gereau. “This unique perspective allows us to identify opportunities for better care.”

Gereau, Heather Sanders, BSN, RN, CPN, Nikki Stark, BSN, RN, Natalie Bettin, BSN, RN, Ann Miller, BSN, RN, CPN, and Tina Murry ADN, RN, are assisting with a study designed and led by Rosemary White-Traut, PhD, RN, to see if breast milk can help prevent infections when used in the oral care of intubated infants who had heart surgery. Commercial cleansing products are often used for oral care – which provides moisture to a patient’s mouth to prevent sores and other complications. Since breast milk contains immune properties, researchers want to know if its use could benefit the patient population being studied.

As part of her involvement, Gereau is helping collect data and created a systematic method to gather information from patient charts. She works closely with the Pediatric Translational Research Unit, which is also supporting the study.

The oral-care study, which is still in the data-collection phase, will examine infant outcomes based on two types of oral care: mother’s breast milk and a standard oral-care preparation. The medical records of 100 to 150 infants will be reviewed. Based on the findings, the researchers may conduct a clinical trial to further explore the topic.

Since infections are a serious threat to infants who need mechanical ventilation, new discoveries could have a big impact on their care – hopefully, leading to shorter hospital stays, fewer complications and better outcomes.

“Through research, nurses have the opportunity to help change more lives on a grander scale,” says Gereau. “It’s exciting to see what discoveries we can make to provide better care for our patients and families.”

Internet Explorer 11 Upgrade

Between July 26 and Aug. 5, internet browsers on all Children’s computers will be upgraded from Internet Explorer 9 (IE 9) to Internet Explorer 11 (IE 11). The upgrade will also install a security patch for IE 11.

Here’s what you need to know:

- Upgrade schedules will be defined by location. You will receive an email from IMSUpgrade with scheduling information for your area.
- The upgrades will generally occur between midnight and 5:00 a.m.
- You’ll need to leave your computer on and connected to Children’s network during the upgrade.
- Estimated installation time is between 5 and 15 minutes.
- Your computer will restart automatically during the upgrade.

Additional details:
• The Epic environment has already been upgraded and is functioning as expected.
• All IMS supported applications using internet browsers have been tested and are functional with IE 11.
• Your internet favorites and favorite bar settings will not change.

If you have software in your department that is not supported by an IMS application analyst, please send an email to IMSUpgrade@chw.org.

If you have any immediate questions, please email IMSUpgrade@chw.org.

We appreciate your patience as we continue efforts to provide a secure and functional working environment, and improve your working experience.

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**Pokemon GO phenomenon sweeps through Milwaukee hospital**

The mobile game app Pokemon GO is the latest craze for mobile technology users of all ages. As a place for children and families, Children’s has decided to embrace the fun and distraction the game provides while reinforcing our policies and procedures for visitors and access at our various locations.

Children’s social media team created the following video specific to visitors at the Milwaukee hospital, but the overall message and concept can help guide Children’s employees no matter where they work: [https://www.youtube.com/watch?v=RMKBRfG2pwU](https://www.youtube.com/watch?v=RMKBRfG2pwU).

Don’t worry if you know the difference between a Pikachu or Dragonite or where the nearest Pokémon gym is located. As always, allow kids to be kids, ensure they are respectful of the space they are in, and remind them to follow the rules in place to keep our patients, clients, visitors and employees safe.

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**Report compliance concerns anonymously**

Employees who are concerned about violations of the Children’s Hospital of Wisconsin Code of Business Conduct or related regulations and laws are encouraged to report these issues.

If you have concerns, contact your leader, the Human Resources Department or Tom Twinem, director of Corporate Compliance. Employees not satisfied with the results or who do not feel comfortable discussing the issue with management may access our anonymous reporting system.

Children’s has contracted with EthicsPoint, an organization that specializes in confidential reporting systems, to provide a Corporate Compliance Helpline. The phone and online intake system is available 24 hours a day, 7 days a week. It can be used by employees, physicians, volunteers, patient families, vendors and anyone else with compliance concerns. EthicsPoint ensures complete confidentiality and categorizes concerns so they can be addressed as quickly as possible.

To report a concern through the confidential helpline:

• Call (414) 266-1773 or (877) 659-5200.
・ Access the online system by going to: www.ethicspoint.com
・ Click on the "File a Report" tab
・ Enter "Children's Hospital & Health System"
・ Click on the option of "Children's Hospital & Health System"

Or go to:

・ www.chw.org
・ Select the "Patient/Family Experience" tab at the top of the home page
・ Click on "Compliments and Concerns," then click on "Report a compliance concern" and follow the directions above for http://www.ethicspoint.com.

For more information, the Children's Code of Business Conduct and a compliance helpline Q&A are located on the intranet in the Compliance/Audit Department section.

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**Save the date: United Way/UPAF – Party on the Patio**

Children’s is collaborating with the other entities of Milwaukee Regional Medical Center (MRMC), United Way of Greater Milwaukee and Waukesha County, and United Performing Arts Fund (UPAF) to bring you a campus-wide event. Enjoy your "jazz in the park" style lunch while learning more about our annual upcoming fall campaign.

Date: Thursday, Aug. 25
Time: 11a.m. – 1 p.m.
Location: Curative’s grassy area that faces the Children’s Clinic Building

More information coming soon!

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**Standing Ovation winner announced**

Congratulations to Gary McLaughlin, bio med equipment tech –specialist, winner of Children’s Hospital’s Standing Ovation award. Standing Ovation awards are given to employees whose actions exemplify the guiding behaviors of our five values – Purpose, Collaboration, Integrity, Health and Innovation. Peggy Troy, president and CEO, presents the awards at Bridge to Excellence, our system-wide leader meeting that occurs three times each year.

Gary was awarded the Standing Ovation for going above and beyond in his efforts to make an active 4-year old patient more comfortable during her hospital stay. Scott Zager, respiratory care practitioner, nominated Gary and presented his nomination at B2E. “Because of Gary’s efforts, this little girl is now able to get out of her room and go for walks in the hallway – something many of us might take for granted,” Scott explained.

Matt Mangan, pediatric nurse II, Recovery Room, and Michele Robinson, pediatric nurse weekend program, Patient Care West 11, were also nominated for Standing Ovation awards.
Blast from the past: Switching it up in the ‘70’s

This throwback photo shows Children’s switchboard operators taking calls for the hospital’s poison control center in 1971. While the communications systems have changed over the past four decades, Children’s continues to provide free poison information through the Wisconsin Poison Center.

The center helps make sure that people who have been poisoned get the best treatment — and spreads the word about poisoning risks. Children’s runs the center with the support of hospitals and health care facilities across the state.

Understanding your health plan

Whether or not you’re enrolled in one of Children’s health plans, educating yourself now about the benefits of choosing a high-deductible health plan (HDHP) with a health savings account (HSA) could save you time and stress come open enrollment this fall, when you’re faced with the decision of choosing your benefits for 2017.

Guided by our value of Health, Children’s is dedicated to providing health plan options that are comprehensive and competitive for you and your family. The HDHP with the HSA plans are designed to put you in control of your health care costs. The plans empower you to make decisions that affect how, when and where you spend your health care dollars. You decide which providers you see and how to align your budget and your health care needs.

To help you better understand what the HDHP plans offer, and why they might be a better fit for you and your family over our exclusive provider organization (EPO) plan option, read Children’s Understanding the HDHP + HSA brochure. Reference this brochure to quickly and easily learn about how the HDHP + HSA plan options work. “Understanding the HDHP + HSA” defines commonly used health plan terms and explains how the HDHP and HSA work together to help you save money. The document is available for you to reference at any time on Connect.CHW.org/HDHP.

NOTE: 2017 benefits information is not yet available. The open enrollment period for 2017 benefits will be Oct. 25 through Nov. 7. More information will be shared as the date approaches.

Thursday July 28 is Miracle Treat Day—treat yourself and support Children’s, too!

To help local kids receive the care and treatments they need, participating Dairy Queen® restaurants in Milwaukee, Madison, Appleton and Green Bay will celebrate Miracle Treat Day Thursday, July 28. Funds raised will benefit Children’s Hospital of Wisconsin, one of 170 hospitals supported by Children’s Miracle Network (CMN) Hospitals.

For every Blizzard® treat sold at participating locations on Miracle Treat Day, $1 or more will be donated to Children’s Hospital of Wisconsin. This year, more than 70 Dairy Queen restaurants around the state will participate. To view a complete list of participating locations, visit miracletreatday.com.
Celebrating its 11th year, Miracle Treat Day raises not just funds, but also awareness for CMN Hospitals. Last summer, participating Dairy Queen restaurants raised more than $109,000 for Children’s Hospital of Wisconsin. This year, Dairy Queen also selected Children’s Hospital of Wisconsin to receive an additional $170,000 in funds raised at the DQ expo.

Reflections from a fifty-year employee

Eileen Ahlswede didn’t intend to work in health care. Her childhood dream was to become a journalist. But, in an effort to pay her way through college, she took a job as a Radiologic Technologist at Children’s Hospital of Wisconsin. The year was 1965, and pediatric radiology was a relatively new field in health care and at Children’s.

As it turned out, that somewhat-arbitrary job choice was the kickoff to a fifty-year career in Children’s Imaging department. Eileen’s plans to become a journalist quickly faded as she became absorbed in learning about pediatric radiology and working with children.

“Imitage children is extremely challenging," she says. "You only have a few moments to connect with the child and family to establish trust, while quickly assessing any special needs or limitations and the mechanics of any injuries – all while ensuring you get an optimal image to support the treatment needs of the child."

The rewards that arose from those challenges were enough for Eileen to dedicate more than fifty years of her life to the important work of caring for kids and keeping them safe. Despite advancement opportunities, Eileen has stayed put in her patient-facing role – simply because she loves having a direct impact on kids and families. “It has been rewarding to meet the challenges and changes in pediatric imaging and in our patients and their families – while knowing I am contributing to the best and safest care for our kids," she says.

Eileen currently works part-time on third shift in the Imaging department and has no plans to retire. “I love working with my team of younger radiographers who help me embrace change," she says. “I’m staying until my coworkers tell me it’s time to go."

When asked what has kept her motivated to continue in the same field over the years, she answered. “We’re constantly changing, learning and evolving. I want to see what comes next!"

We asked Eileen some additional questions about her experience at Children’s over the years. Here’s what she had to say.

Tell us how Imaging has changed since you started in 1965.
The technology is the biggest change. In 1965, it took 20 minutes to hand process, dry and deliver an x-ray. Today, the entire imaging process can be completed and digitally delivered in seconds. I have such appreciation for how far we’ve come.

What else about Children’s has changed over the years?
Many things. First, the advances we have made in medical treatment are astounding. When I started in imaging in the ‘60s, there was no advanced life support, no paramedics, no 9-1-1, no MRI or CT. Children’s was not equipped to handle traumas. We couldn’t do then what we do now, but still, we saved lives and advanced the delivery of health care to all the children of our community. It has
been such a privilege to be a part of Children’s growth from that time to today – we’ve become an authority on health care for kids, and a place parents from all over the world bring their children for our specialized treatment.

Our location is another big change that comes to mind. I started at the 17th Street and Wisconsin Avenue location; everyone was boxed in there and parking was a challenge. It was a really big deal for us to make the move to Wauwatosa. I remember that of all the concerns that come along with a move of that magnitude, the only thing people were really worried about was our continuing ability to serve our patients and families. After the move, I think we all saw we now had an opportunity to serve more children and meet even more needs.

One of the saddest changes I’ve seen is the types of injuries we see now, even in very young children. Gunshot wounds. Suicide attempts. It makes me wonder, where did childhood go? But it also reminds me how important Children’s is as a place that serves these children and nurtures their health and well-being. What we do may be more important now than ever.

What hasn’t changed?
The children. Today they have the same fears, the same laughter as kids did fifty years ago. They never seem to ask, “why me?” Children have an incredible focus on getting better and going home. They also still have the need for specialized care – back then we couldn’t treat them like little adults, and it’s the same today.

The focus of Children’s and its employees also hasn’t changed. Over the years, I’ve had the privilege to work with many people who were devoted to continuous learning, sharing knowledge, embracing change, improving what we do and keeping our children safe and healthy. This system is filled with people who are here for the kids, and that has been another constant over the years.

Looking back on your career, what are you proudest of?
I’ve been involved in many efforts over the years to educate the health care community about best practices for safe imaging of children – creating awareness about the importance of lowest-possible radiation exposure and how that can be accomplished. I have shared the knowledge I’ve gained at Children’s in hopes that it benefits children around the world. It is wonderful to have had the opportunity to impact the lives of kids at Children’s as well as those outside our walls.

What’s your best memory?
There are so many great memories to consider – but one stands out. A few years ago, I was walking in to start third shift with a coworker. We ran into a family who was on their way out, and they looked very worried and distressed. We greeted them, and the father stopped to ask, “Are you coming in to work?” We told him that we were. “How long will you stay?” he asked. My coworker and I looked at each other and told him, “All night.”

The father’s face showed such relief as he leaned in to hug us. “Thank you for staying with him all night,” he said. “Thank God for you.”

That family didn’t know who we were or what department we worked in – they just knew that their son wasn’t going to be alone in the night, and that was enough to get them through. It was so touching to hear the relief in their voices and see it on their faces. This place is full of moments like that. It truly shows that no matter what job any of us do here, it is meaningful to our kids and their families.
Join us at Briggs & Al’s Run & Walk Saturday, Sept. 17!

You give your best for kids every day. Briggs & Al's Run & Walk is a tremendous celebration of the kids we serve and the amazing work we do at Children's Hospital of Wisconsin. Please join us Sept. 17 to run and walk with coworkers, kids, families, friends and other supporters.

As staff and providers for Children’s Hospital, you’re able to join the excitement with your FREE event registration and 2016 run & walk t-shirt with discount code CARE. And, now through Aug. 1, your friends and family can save $5 off each registration with discount code SUPPORT.

This video is a great representation of the energy that surrounds this event. Encourage your friends and family to register now!

Register today:

1. Go to alsrun.com and click register

2. Choose Join A Team and search for Children’s Hospital of Wisconsin (OR form your own team - just be sure to choose Children's under Team Company)

3. Your employee discount code is CARE

4. Friends and family can use discount code SUPPORT for $5 off through Aug. 1

If you can't be at the event...

We know it’s not possible for all of our staff and providers to make it to the event, so we are again offering a FREE virtual registration with discount code CARE. When you sign up, you'll receive your free run & walk t-shirt so you can show your pride and your dedication to the kids we serve.

Questions? Call the run hotline at (414) 266-1520 or email alsrun@chw.org.

Share your stories

We want to hear from you. Send us your stories.

Email us at newsbreak@chw.org.

Newsbreak is published Thursdays of pay week. Article submissions are due noon Monday the week of publication. Email newsbreak@chw.org.

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