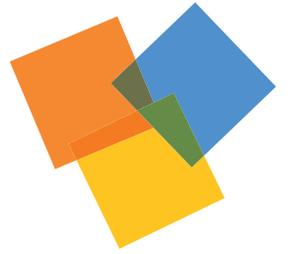


NEWS9

Department of Pediatrics, Memorial Sloan-Kettering Cancer Center



Welcome!

Welcome to the second edition of the pediatric newsletter, News9! This issue features the remarkable programs offered in the Claire Tow Pediatric Pavilion, which includes the Pediatric Day Hospital, the Inpatient Unit, and the Pediatric Observation Unit (POU). Thanks to the financial support of our donor community, and the special groups that bring continuing programming to us, Pediatrics presents opportunities for all of our patients to learn about and participate in numerous fun experiences. From museums to movies to musical madness, this newsletter features some of what makes MSKCC's Pediatrics so special.



Letter to Pediatrics: A personal reflection on the significance of our programming.

“Looking back at our time in New York gives me comfort. Though cancer is a very difficult illness, and the treatments are trying, my child made a life at Memorial, be it in the playroom, at school, with One More Story readers, the clowns, or whatever was happening during the day. I now realize how important that was, and how it helped both my child and me through the many days at Memorial. I wish to applaud the people, the facilities, and the activities that distracted my child from her illness and gave her a life that she and I enjoyed. While I long for a cure for cancer and wish all the patients we met at Memorial a speedy recovery, please keep up the good work entertaining the children in whatever way you decide. My younger child thinks the hospital playroom is ‘heaven’ where all the children continue to play.”

What is Pediatric Programming?

Pediatric programming helps patients learn, explore, and have fun. Different organizations and expert instructors conduct both group and individual bedside activities throughout the Pediatric Day Hospital and on the inpatient units. Our programs help kids develop new interests by focusing on the power of their bodies, the strength of their minds and imaginations, and the importance of laughter. Whether it's yoga positions, looking at live coral, or having a good old belly laugh with one of the clowns, the wide variety of programs ensure there is something for everyone.

Movin' and Groovin'...

Clown Rounds

Laughter is the best medicine and we have a troupe of highly skilled clown doctors to treat everyone's funny bone! Through the sustaining generosity of Evelyn A. J. Hall, The Big Apple Circus Clown CareSM program conducts "clown rounds" in Pediatrics each week. Combining circus artistry and the healing power of humor, patients roll with laughter, and families are not far behind. These Doctors of Humorology spin "platelets," give juggling lessons, and might even leave a dozen red noses by your bed! Additionally, kitty cat scans and chocolate milk transfusions are performed throughout our units. With practical jokes, kazooos, music, and magic, these clowns will lift your spirits and remind you of the true importance of laughter.



What's so funny?

"Humor is by far the most significant activity of the human brain."

Edward De Bono

Trivia Question #1

Which member of the Big Apple Circus Clown Care program is also a television star?



"I love listening to the musicians that come here – they make me want to move my feet!"

Bobby A. Patient

Tap your feet!

Musicians on Call

How would you like a private concert at the hospital? The Musicians on Call (MOC) program provides patients and families with live musical performances by both celebrated and up and coming musicians. In addition to therapeutic musical offerings, "musical rounds" are conducted throughout Pediatrics and utilize instruments such as acoustic guitars or mini-keyboards

to accompany some of your favorite songs. Jam sessions are also held with groups of patients where each can play the instrument of their choice along with MOC artists. Another component of MOC, "Project Playback," enables patients to write and record their own songs along with the MOC members. So take "note" of this wonderful program and listen for Musicians on Call every week.

Yoga

In addition to music therapy, MSKCC's Integrative Medicine Service offers yoga to pediatric patients. Instructors conduct sessions that emphasize basic yoga positions and stretching. Playing soothing music and encouraging creative expression, our yoga instructors use animals and nature to teach deep breathing and relaxation. Yoga is a great chance for even our youngest patients to make a connection between the body and mind and experience the benefits of meditation. With gentle yet challenging movements, kids can stretch and have some fun.



Cooling Down in Yoga Group



Karate

Have you ever wanted to be the Karate Kid? Kids Kicking Cancer (KCC) is your chance! KCC leads group karate sessions and individual lessons at the bedside. Focusing on the connection between mind and body, KCC uses relaxation techniques and mental imagery in conjunction with karate movements to develop strength and control. These techniques give patients ways to manage and control their pain. With loud *kias* (a verbal sound made at the point of impact), powerful karate moves, and inner reflection, these lessons do not go unnoticed or unheard.

Expressive Dance

Thanks to the Andrea Rizzo Memorial Foundation, the Dance Therapy program at MSKCC dances its way into Pediatrics every week. Bringing music and lots of energy, the dance therapists encourage patients to express thoughts and feelings through improvisational movement. Through the use of props like colorful scarves and long ribbons, patients can explore their emotions while becoming attuned to their bodies. Dance therapists work to increase mobility, flexibility, and range of motion, as they empower individuals to reflect upon the use of their personal space. Whether you enjoy dancing in a group or participating in individual creative movement sessions at the bedside, dance therapy is an opportunity to express your originality.



Kia!

Trivia Question #2
Approximately how many yards of yarn does it take to knit an adult-sized sweater?

Living and Learning...



Decorating
treasure boxes
with CMOM



Children's Museum

New York City is a cultural center with all its great museums. But nothing is as close to culture as Pediatrics, because we bring the museum right to you! Each week, representatives from the Children's Museum of Manhattan (CMOM) come to Pediatrics bringing a variety of craft projects and educational materials to entertain all age groups. From reprints of famous works of art to mask-making kits, CMOM teaches kids about art history and different artistic techniques. This is a wonderful opportunity to explore and create masterpieces along with our favorite CMOM experts.

*"Hitch your wagon
to a star."*

Ralph Waldo Emerson

Trivia Question #3
Who has a funnier
collection of hats than a
Dr. Seuss character?

New York Aquarium

The New York Aquarium makes a splash on the 9th floor by bringing in sea creatures, coral, and other surprises. From learning about the feel of a shark's skin to dressing up in silly octopus costumes, the New York Aquarium is the perfect combination of learning and fun. The Eugene Zitwer Foundation makes Aquarium Day your chance to dive deep into an amazing underwater world of excitement, so come swim with this knowledgeable school of fish and learn all there is to know about sea life.



NY Aquarium Shark Attack!

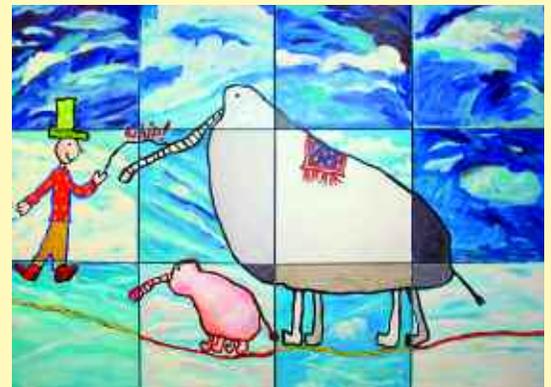


One More Story

Whether you are in the mood for Cinderella or Spiderman, a member of One More Story is here to tell the tale. The members of One More Story bring life to classic tales and new adventures. If you find a story you really like, keep it in your room to be read again and again. So look for the storytellers in blue smocks with lots of pockets filled with books. Maybe you'll even catch a glimpse of Bobby the Bookworm peeking out of one of the pockets!

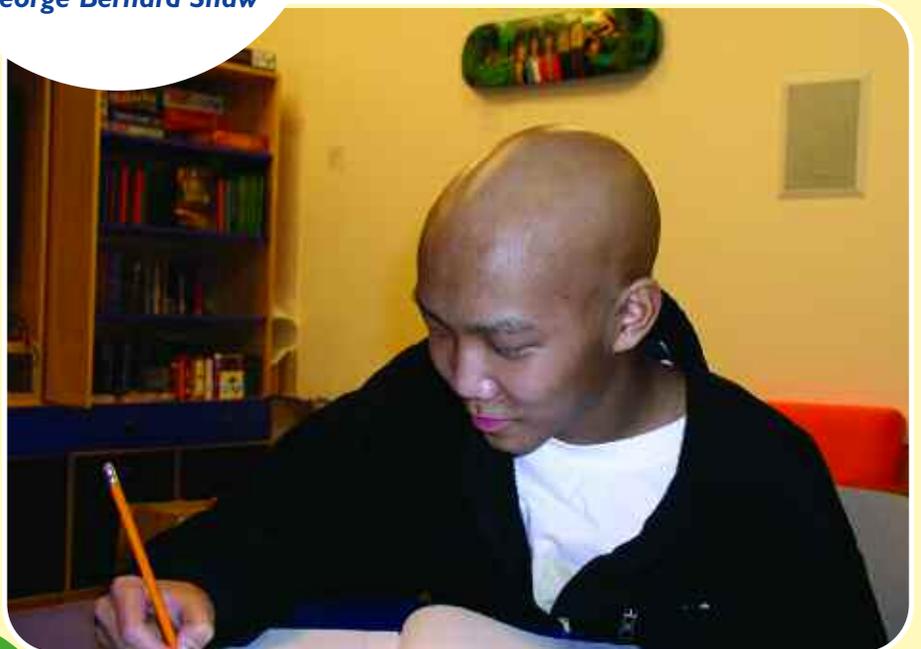
*“You see things;
and you say ‘Why?’
But I dream things
that never were;
and I say, ‘Why not?’ ”*

George Bernard Shaw



Writers Workshop

The Glenn D. Kesselhaut Children’s Joy Fund offers Writers Workshop. Whether it’s poetry, a novel, short stories, or drama, you can be paired with a writing mentor who will help you put your creative thoughts into writing. From brainstorming to final drafts, our mentors will walk you through the writing process, emphasizing technique, organization, and creativity. Patients can also read and study famous works, as well as learn about the writing process of well-known authors. With events such as “Poem in your Pocket Day” or ongoing projects like News9, there are always exciting opportunities to write. So sharpen those pencils and meet your mentor—the Writers Workshop is ready to brainstorm.



Trivia Question #4
Who from MOC can always be counted on to spontaneously make up a song?





Taking a bow in Drama Group

Drama Group

With Drama Group you could be the next movie star to walk the red carpet. Supported in part by the creative fundraising of Bridget Foley, her daughter, and friends, drama specialists come to Pediatrics to spread the joy of acting. Using improvisation and role playing, patients have the opportunity to explore ways of expressing emotions in different contexts. Learning how to communicate complex feelings through drama can help strengthen relationships and can also aid patients in emotional growth. But it's not all serious all the time—there's plenty of comedy and spoofs to keep even the silliest engaged.

Thanksgiving Day



“We do not stop playing because we grow old; we grow old because we stop playing.”

Anonymous

Lollipop Theater Network

The Lollipop Theater Network (LTN) is your opportunity to see Hollywood's latest movies right here in Pediatrics! LTN debuts new releases, festival films, and even brings in directors and cast members to discuss their work, adding another dimension to the film experience. Don't fret about getting a good seat or making it to the theater on time, because with our high definition large screen projector you can be as close to your favorite stars as you want. Additionally, screenings of these movies can be viewed on our special pediatric channel available on every television in every room. So sit back, relax, and enjoy the show.

Holidays and Special Events...

The Guy M. Stewart Cancer Fund turns Pediatrics into an entertaining and delicious dining experience on special holidays. Families who are in the hospital during a holiday are able to dine in style, surrounded by beautiful decorations and a variety of exquisitely prepared foods. Whether you desire golden stuffed turkey or a slice of apple pie a la mode, our chefs and staff spare no effort to make holidays at MSKCC both pleasant and memorable. To share holiday traditions, Chai Lifeline also provides delicious holiday foods, games, and stories. These fun and educational groups help everyone learn a little more about the traditions celebrated by the people around them. So pull up a chair, break off a piece of matzoh, and join in the celebration.



Passover comes to Pediatrics

Trivia Question #5
What is a
“downward dog?”

Thank You!



Through the ongoing generosity of the many friends of Pediatrics, there is always music, art, books, games, computers, crafts, electronics, toys, dolls, and donuts. Thank you to Lillian Tomek, The Children's Committee and Associates Committee of The Society of Memorial Sloan-Kettering Cancer Center, The Robert Steel Music Library, The Laura Rosenberg Foundation and George W. Hewlett High School, Futures and Options for Kids, Jenny DeMonte and Friends, Stella and Charles Guttman Foundation, Alicia Rose "Victorious" Foundation, Al Perkell, Frank Tucciarone, Friends 4 Michael, and countless others. Without their generosity, so much of what makes our programs unique and fun would not be possible.



Members and friends of the Children's Committee and the Associates Committee of The Society of Memorial Sloan-Kettering Cancer Center help make it possible to stay in touch with school and friends.

"Nothing great in this world has ever been accomplished without passion."

G. W. F. Hegel



We asked around... Why do you like pediatric programming?



Here are the
top 10 answers:

10

"I love to look through the glass wall and watch the kids involved in all sorts of activities — laughing, playing, and just being themselves." Schoolteacher

9

"My son actually tried something he would never have been interested in outside the hospital walls. The potential for expanding your horizons here is limitless. There is just so much going on." Father

8

"The programming is great because it offers choices in a medical environment that is usually very limiting." Intern

7

"You can tell the programming here is outstanding when your kids beg you to stay a little longer!" Mother

6

"Sometimes when I come here it feels like summer camp." Patient

5

"Our programming allows patients to explore new opportunities, learn new things, and reach goals they did not think possible." Child Life Specialist

4

"The fun stuff helps keep me busy when I can't eat because of anesthesia." Patient

3

"It's always great to hear a child come to us and share what he or she learned in the programming they were just enjoying." Nurse

2

"All of the events and opportunities here at Memorial are amazing. From teaching new things, to occupying my son's time, our day goes by so quickly." Parent

1

"I like that when I come to Memorial I can still participate in a lot of the activities that I would have been doing if I didn't have cancer." Teen



Fun Facts: Answers to Trivia

#1: Dr. Bedhead plays Harry on "Cyberchase." Tune in to channel 13 at 8:00 AM and 5:00 PM to watch.

#2: According to Martha, who runs our knitting program, it takes between 1500 and 2000 yards of yarn to make an adult-sized sweater. If you're interested in knitting, ask for her and she'll show you the stitches.

#3: Our volunteer, Lew, has the largest collection of fun hats in all of Pediatrics. Be sure to tell him which is your favorite!



#4: Kenli from Musicians on Call can always create a new song. Ask him to sing one just for you.

#5: A "downward dog" is a yoga position. How many can you name?



Memorial Sloan-Kettering
Cancer Center

The Best Cancer Care. Anywhere.



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