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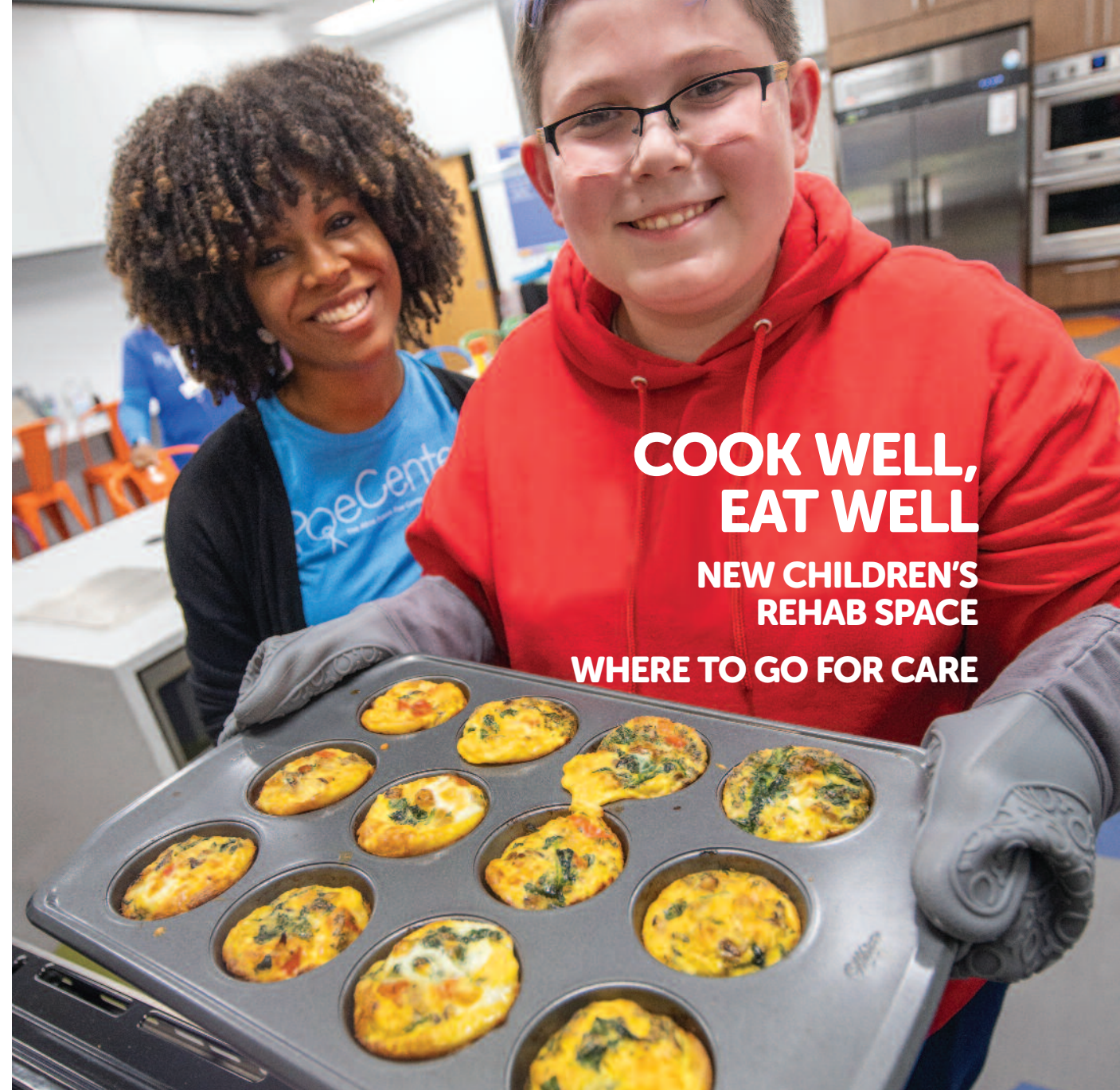
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WINTER 2020



COOK WELL,
EAT WELL

NEW CHILDREN'S
REHAB SPACE

WHERE TO GO FOR CARE

LET'S TALK! WAKEMED VOICES PODCAST



Join us anytime for WakeMed Voices — health and wellness-focused podcasts from WakeMed experts. Tune in and tune up your health with topics ranging from children's health to chronic conditions, caring for an aging parent and everything in between.

Subscribe and listen on podcast platforms including Apple Podcasts, Google Play, Spotify and more. If you like our podcast and think this information is interesting, please share it!

Popular topics for parents include:

- Injury Prevention for Youth Athletes
- Vaping and eCigarettes
- ADHD
- Kids and Ear Tubes
- Preparing for a Healthy Pregnancy



COOKING UP

SOME FUN

When families spend time together in the kitchen, it's usually a recipe for success to get kids to try new, healthy food options. That's why WakeMed partnered with the Poe Center for Health Education to offer a cooking class for patients in the WakeMed Pediatric Weight Management program. The class is aimed at giving families the basic tools they need to start preparing healthy and simple meals.

Families take the class together and prepare healthy recipes in a real kitchen. They learn about safe and healthy food preparation – washing, prepping, cutting and cooking. And then they get to enjoy the tasty results of their fun experience!

The program gets two thumbs up from Eli Jones, age 12, and his parents. Our creative team joined Eli in the kitchen to learn a little more about his experience with the class, and they cooked up a lot of fun along with a tasty batch of veggie frittatas (visit www.poehealth.org for frittata recipe and more cooking resources). Eli shared that they have been inspired to cook together more at home since taking the class. "It really opened my mind," said Eli. "I am much more open to eating different things than I was before the class."



Eli says he feels accomplished when he eats something he has made, and he has a lot more fun in the kitchen now while enjoying cooking time with his parents. "My dad and I cook together, and we like to get a little creative," said Eli. "When we have a really busy day and are committed to not picking up fast food, my quick and easy, go-to dinner is an egg burrito with different toppings. It's fun to just look and see what food we already have at home and then see how it works when I add something I've never thought of before."

He encourages others to realize you don't have to stick exactly to a recipe – try adding something new! Eli says stir fry is one of the things he learned about in the cooking class, and he shared his personal favorite way to make it with us (see Eli's Stir Fry next page). He's quick to add that he doesn't make it with the same ingredients every time. He says, "You can make stir fry almost any way you want, and it'll taste good!"

Eli has also been trying new activities outside of the kitchen. After the class, he has a more adventurous approach to life and says he's worked hard to leave behind an "I don't want to ... " mindset. From basketball training to pursuing a black belt, Eli is making changes, thinking differently and feeling better.

Eli's Stir Fry

You will need:

Rice cooker
Brown rice
Mushrooms
Onions
Red peppers
Chicken breast
Olive oil
Teriyaki sauce (low sodium)
Soy sauce (low sodium, optional)

Ten easy steps:

1. Get rice and follow instructions for rice cooker (if you have one), or follow regular instructions on the container of rice.
2. Cut the onions, peppers and mushrooms (as much or as little as you want), and pour them into a container.
3. Pour about 1 tablespoon of olive oil into a pan and pour veggies into it.
4. Cook until the onions are transparent.
5. Add teriyaki sauce (optional) and then cook for 2 more minutes.
6. Pour cooked vegetables into container.
7. Cut chicken; remove gristle.
8. Cook chicken until it looks white and you no longer see pink on the outside or inside.
9. Pour veggies back in and add teriyaki or soy sauce to taste.
10. Plate over rice and enjoy!

The cooking class is part of a bigger plan for families who are striving to reach some healthier goals. "Healthy meal preparation is just one thing among many that families can work on to reach healthy goals," said Julie Paul, WakeMed dietitian. "WakeMed also provides an ENERGIZE fitness program, nutrition education and counseling to help families identify obstacles and strategies to make changes."

"When we pair the cooking class at the Poe Center with all the other services our team offers, families are even more equipped to set and reach their goals while mixing in a good dose of fun," said Paul. "Parents and children are empowered to take life-changing steps and make good decisions for a healthier future, together."

The Poe Center for Health Education also offers two different hands-on parent/child cooking experiences for groups who want to schedule a class. To learn more about the Snack Smart and My Plate Challenge cooking classes, visit www.poehealth.org. Customized classes are also available. To schedule an experience or ask questions about planning a special class in the Poe Center CookWELL Kitchen, contact Lauren McCallum at 919-231-4006 or l.mccallum@poehealth.org

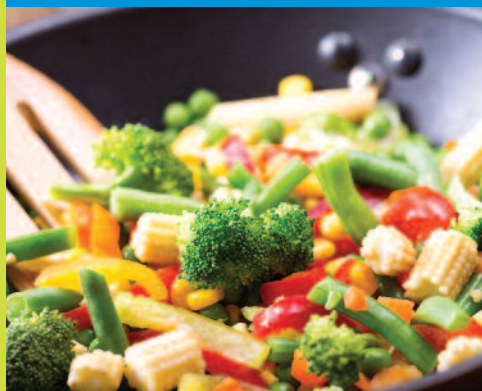
A Little Taste Goes a Long Way

Remember that kids need to try many foods several times (and sometimes prepared different ways) before they acquire a taste for it. So don't eliminate a food just because they didn't like it on the first, second or third try. Just keep revisiting it as an option.

Most families know that they should be eating a variety of foods and plenty of vegetables and fruits, but many parents are quick to admit that their own experiences in the kitchen are limited. For many, home-cooked meals go on the back burner to keep up with a busy pace of life.

If it seems overwhelming to dive into new recipes, keep things simple and start with a few of the tips below:

- Pick up one new veggie and fruit each week to try as a family.
- Shop together and let the kids help pick things out.
- Make a list and mark off new things as you try them.
- Experiment with herbs and spices.
- Offer a little dressing, yogurt, hummus or other condiment with veggies.



Make your stir fry colorful and extra healthy with a variety of vegetables!



Experiences Matter

Parents can help children build an understanding of where food comes from by engaging them in food related experiences that are likely to increase their curiosity and interest in trying new things. By mixing a healthy dose of food education into your family outings or activities, you will all have a chance to learn and think about foods to add into your meals. Below are five fun ideas for food-related outings to open young minds to a whole new world of food choices:

- Visit a Farm
- Shop at a Farmers Market
- Explore a Community Garden
- Plant a Pot of Herbs
- Play at Marbles Kids Museum (check out the garden, market, farm and kitchens).

Partnering for a healthier community

WakeMed is proud to partner with the Poe Center and Marbles Kids Museum to create fun and healthy learning experiences for children and families.

Poe Center for Health Education



The Poe Center's expert health educators strive to partner with schools and organizations across the state to provide health education programs to children and adults. Programs focus on six primary health topics, including nutrition & physical activity, adolescent development, general health, substance use prevention, dental health, and bullying prevention. Over 87 percent of program participants report making positive behavior changes after a program with the Poe Center.

Based on research, programs align with the NC Department of Instruction's healthful living and science essential standards. Engaging and interactive activities make learning fun and can be adapted to a group's particular needs. Poe's field trip destination in Raleigh is a one-of-a-kind immersive experience featuring unique teaching spaces, such as Poe's CookWELL Kitchen and PlayWELL Park. Health educators can also bring programs directly to a school or organization and many supplemental resources are available online.

Marbles Kids Museum



Marbles Kids Museum is an award-winning children's museum in the heart of downtown Raleigh with a mission to spark imagination, discovery and learning through play. Marbles serves children, families, community organizations and school groups through themed programs and exhibits, immersive films, parenting resources, community outreach and special events. Informal learning, imaginative play and new discoveries take place every day at Marbles through five Core Initiatives, including Be Healthy Be Active. A high-energy, inclusive learning destination, Marbles is uniquely positioned to expose a wide range of children and families to the importance of caring for your health from an early age.



Food, Fun & Marbles Kids Museum

A conversation with Shirley Huang, MD
WakeMed Children's – Pediatric Weight Management.

Why does WakeMed offer a cooking class for families? What are the goals?

We are thrilled to be able to offer cooking classes for families to develop hands-on skills that help them lead healthier lifestyles. The cooking classes are designed for kids ages 10 and up to participate along with a parent. Our focus has always been on supporting families together, as it's not just about the child nor is it just about the parent. Cooking is a skill that sometimes is not taught well to families, or perhaps they have only learned a certain way to cook that may not necessarily be the healthiest.

Our class gives families a chance to learn something new, have fun, and eat something delicious as well! As they learn how to navigate around the kitchen, they also are taught how to be safe while preparing and cooking foods.

You recently joined the Marbles Kids Museum Board of Directors. Do you have a favorite exhibit or activity at Marbles?

My two boys are huge fans of Marbles, and I feel incredibly honored to serve on the Marbles board on behalf of WakeMed! My favorite exhibit is the Power2Play area where kids are just moving all over the place! They have a really cool basketball court with basketball hoops of different heights, and I love seeing toddlers making baskets alongside the older kids at the same time. Their workout gym is perfect for kids as they can show off their muscles by pulling themselves up with a rope

while sitting on a pulley system seat, or practice their moves on the glider machine. I wish more "real" gyms had kid-friendly exercise equipment – kids are just drawn to these fun and playful areas, and they will exercise without you asking!

Marbles has a garden, and play areas that include a market, farm, shopping, a kitchen and "play" foods. Is it important for children to learn about food through play at a young age? What are the benefits of imaginary and real food growing, buying and prepping?

I absolutely believe that if we can make something fun through play for kids, then they are more apt to try it! Kids learn through formal instruction at school, but when they also get to learn through play and experience, it makes it more fun for them. And when kids have fun, they are learning without even realizing it, and they can be more open to doing something more frequently and willingly! They often get plenty of exposure to pizza and chicken nuggets out in the real world. But some kids just don't even know what a vegetable is, or what the difference is between a fruit or vegetable. The more we can expose them to fruits and vegetables in an imaginary or real garden, market or kitchen, the higher the chance that they will grow up knowing that fruits and vegetables are an every day part of their lives that can be healthy and fun at the same time!



“The more we can expose children to fruits and vegetables in a fun way in an imaginary or real garden, market or kitchen, the higher the chance that they will grow up knowing that fruits and vegetables are an every day part of their lives that can be healthy and fun at the same time!” Dr. Shirley Huang



Is the farm-to-table connection important for children?

I love how kids can have imaginary play on even this concept of farm-to-table, without even realizing the value of it. Some kids have no idea where a carrot or cauliflower comes from, or what it looks like when it is in a garden. I believe that when kids understand where things come from, they will have more appreciation for not only the food itself, but an appreciation for the process and all the work that it takes to get the food from the garden to the store to the kitchen. And when we teach health concepts in a fun and hands-on way, we also help them understand that how we feed or take care of ourselves is incredibly important to how strong and healthy they can grow up to be.

Is there anything you want to share with parents as it relates to exploring and eating food at any specific age or stage for children?

I would encourage families to start young and for parents to start with themselves. First, try to expose babies and toddlers to different foods, and don't make a big deal or make a face yourself if they don't accept it. Just encourage them to try, applaud them when they do, and then try again the next day maybe in a different way. My boys will love mushrooms one day, and then would prefer something else the next day. This is normal, but the key is to continue exposing them early to a variety of foods in a positive way.

Second, you are your children's most looked up to role models! Whatever you do, they will pick up on it. If they know that dad will not eat broccoli or that mom has her soda in her

special cabinet, most likely your kids will want the same things. Try not to make it a 'this is for me' and 'this is for you' conversation. Instead, try to make it a 'let's try this for all of us' conversation. This will teach the kids that they have the full family support, and even though it may be hard to try something new, everyone will be on board to do it alongside each other.

DR. HUANG'S PICK

Quick & Easy Chicken Noodle Soup

Approximately four servings

- 16 oz of your favorite pasta noodle
- 2 containers of 32 oz chicken broth
- Half of prepared roasted chicken, cut into 1 inch pieces
- 1 cup of baby carrots, cut into 1/2 inch pieces
- 1 cup of celery, cut into 1/4 inch pieces
- 1 cup of onion, cut into 1/2 inch pieces
- Salt and pepper to taste

Cook the pasta according to directions, drain and set aside.

In a large pot, add the chicken broth, chicken, carrots, celery, and onion. Bring to a boil and then reduce heat to medium. Cook for 10-15 minutes until the vegetables are soft but firm. Add the pasta to the soup mixture. Add salt and pepper to taste. Serve and enjoy!

Dr. Huang serves as the associate medical director and the Lipid Program physician for WakeMed Children's – Pediatric Weight Management. She is a board-certified pediatrician with expertise in pediatric weight management and lipid management. She also has extensive training and experience in program development and nutrition leadership. She has shared her knowledge and expertise with the medical community at numerous conferences across the country, by teaching and mentoring students and trainees, and through research publications.

Apex

- **24/7 Emergency** (treating children & adults)
- **Pediatric Specialties** – Cardiology, Endocrinology, ENT, Gastroenterology, Pulmonology, Surgery, Weight Management, Orthopaedics

Brier Creek

- **24/7 Emergency** (treating children & adults)
- **Orthopaedics**

Cary

- **24/7 Emergency** (treating children & adults)
- **WakeMed Urgent Care** (treating children & adults)
- Dedicated **Children's Urgent Care**
- **Orthopaedics**

Clayton

- **Pediatric Specialties** – Cardiology, Endocrinology, Gastroenterology, Physical Therapy, Surgery, Weight Management
- **Pediatric Primary Care**

Fuquay-Varina

- **Urgent Care** (treating children & adults)

Garner

- **24/7 Emergency** (treating children & adults)
- **Urgent Care** (treating children & adults)
- **ENT**
- **Orthopaedics**

Morrisville

- Dedicated **Children's Urgent Care**

North Raleigh

- **24/7 Emergency** (treating children & adults)
- Dedicated **Orthopaedic Urgent Care**
- **Pediatric Specialties** – Cardiology, Endocrinology, ENT, Gastroenterology, Surgery, Weight Management, Orthopaedics

Raleigh

- Dedicated Children's **Emergency Department**
- **Children's Hospital**
- **Pediatric Specialties** – Cardiology, Endocrinology, ENT, Gastroenterology, Pulmonology, Surgery, Weight Management, Orthopaedics
- **Urgent Care** (two locations treating children & adults)



WakeMed Children's

HERE. THERE. EVERYWHERE.

WakeMed Children's is here for you and your family with the care you need, where you need it. Throughout the area we offer everything from primary and specialty care to urgent and emergency care so you can access the area's leading pediatric providers in a location close to you. **For location information, hours, online scheduling and to meet our providers, visit wakemed.org or download the WakeMed App today.**



WakeMed Children's Pediatric Weight Management

Many complex factors such as genetics and biology, the environment, and individual behaviors can contribute to unhealthy weight and related concerns. WakeMed Children's – Pediatric Weight Management team helps families understand the unique components for an individual child by performing a comprehensive assessment and developing a personalized, family-based treatment plan.

Our services include:

Nutrition Services

Our dietitian will examine lifestyle, eating habits, and medical issues to help children and adolescents make a healthy change for life. We help families with realistic meal planning and can also offer a meal replacement program for older teenagers. Free cooking classes are also offered at various times throughout the year.

Physical Activity

We will help develop an activity or exercise plan that is tailored to the child and family. It may include consultation with our exercise specialist for individual and group fitness sessions, personal training in a gym setting, or our award-winning ENERGIZE! program. Look for our exercise specialist out in the community as she leads free "Fit Families" exercise sessions for interested families.

Behavior Management

Discover obstacles that may be leading to bad habits and learn strategies for managing and maintaining a healthy lifestyle.

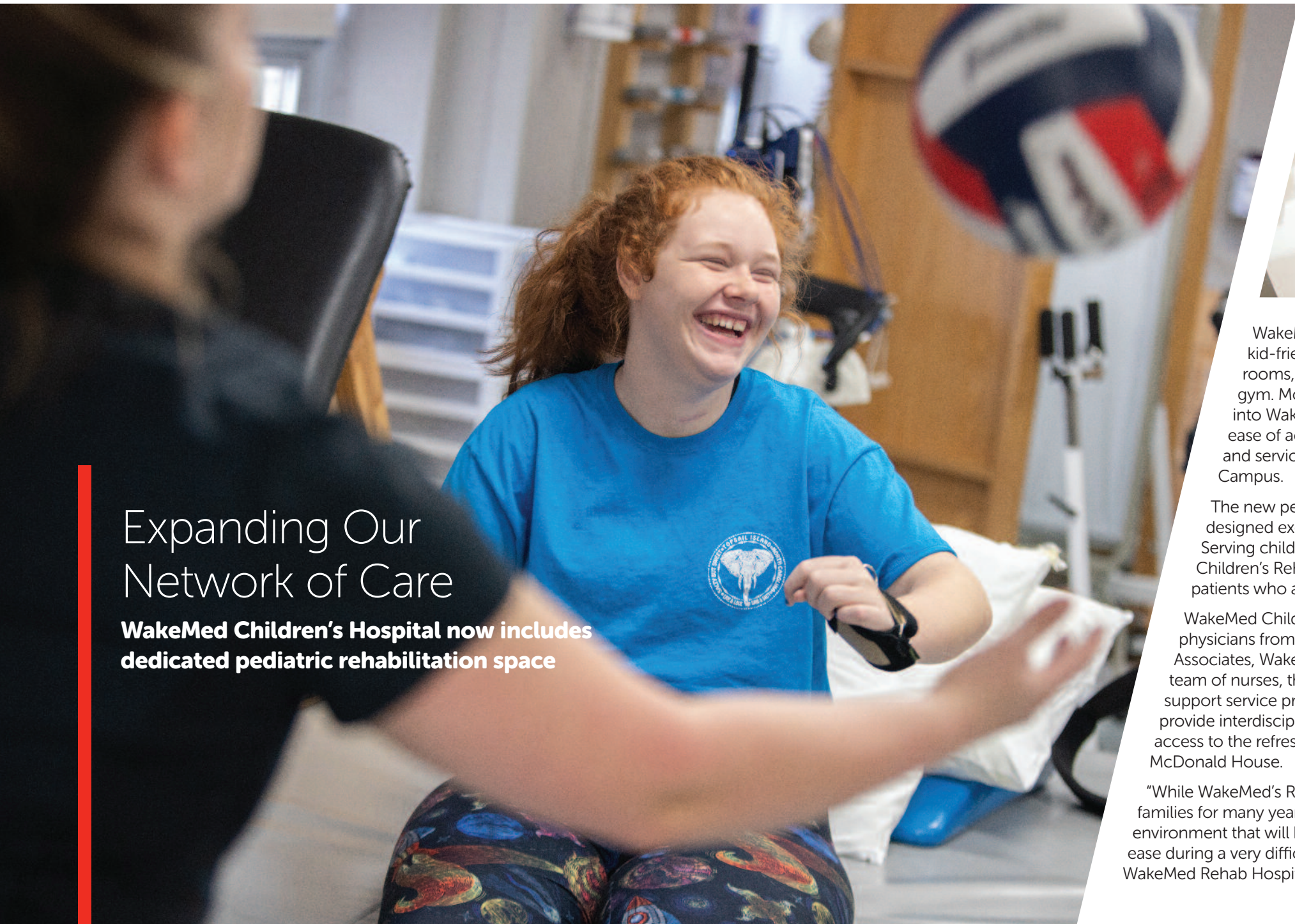
Adolescent Bariatric Surgery

Our surgical weight loss program is for physically mature adolescents with a BMI of 40 kg/m² or above who have failed medical weight management. Patients may enter this program at age 17 with surgical interventions taking place at age 18 and beyond.

Lipid Management

- Our lipid disorder specialty physician and dietitian work together to create a personalized treatment plan for children and adolescents who have high levels of lipids (cholesterol, fat) in their blood.
- If your child is participating in the Pediatric Weight Management Program, the physicians will manage the cholesterol within the program.
- If your child is NOT participating in the Pediatric Weight Management Program, then the Pediatric Lipid Program can manage your child's cholesterol.

To schedule an appointment or learn more about specific services and what to expect for your child's care plan, call 919-235-6439. Your pediatrician may also refer your child for the program or specific services.



Expanding Our Network of Care

WakeMed Children's Hospital now includes dedicated pediatric rehabilitation space



WakeMed Children's Hospital has added five, kid-friendly, inpatient physical rehabilitation rooms, along with a dining area and rehab therapy gym. Moving the pediatric rehabilitation program into WakeMed Children's Hospital increases the ease of access to all of the family-friendly spaces and services that are available at WakeMed's Raleigh Campus.

The new pediatric inpatient rehabilitation unit is designed exclusively for children and adolescents. Serving children and adolescents up to age 21, the new Children's Rehab space offers specialized care for young patients who are recovering from traumatic injuries.

WakeMed Children's Hospital care team includes physicians from Carolina Rehabilitation & Surgical Associates, WakeMed's pediatric hospitalist group, and a full team of nurses, therapists, child life specialists and other support service professionals – all with the expertise to provide interdisciplinary care for children. Families also have access to the refreshments and rooms available via the Ronald McDonald House.

"While WakeMed's Rehab Hospital has served children and their families for many years, this new, dedicated space provides an environment that will help further put kids and their families at ease during a very difficult time," explains Beth Villena, director, WakeMed Rehab Hospital.



"From the colors on the wall to the size of the equipment – nearly every item in this space was made exclusively to meet the needs of our pediatric patients and their families. This, combined with the specialized support services and family-friendly resources available in our Children's Hospital, will allow us to provide the highest level of care to our younger patients."

Beth Villena, director, WakeMed Rehab Hospital





Car Seat Safety Check it out & often.

Regular inspection of car seat installation is critical. Be sure to read your manual before and during installation and follow all recommendations and safety precautions. If you would like help installing your car seat or would like a technician to inspect your car seat, visit one of the following permanent checking stations located throughout Wake County.

Permanent Checking Stations

Apex

Town of Apex Fire Department
736 Hunter Street
919-362-4001

Saturday: 9 am to Noon; 2 to 7 pm
Appointments recommended;
call to schedule

Fuquay-Varina

Fuquay-Varina Fire Department,
Station 1
301 S. Fuquay Avenue
919-552-0422

Saturday & Sunday: 8 am to Noon;
2 to 8 pm

Fuquay-Varina Fire Department,
Station 2
5617 Hilltop Road
919-552-4949

Saturday & Sunday: 8 am to Noon;
2 to 8 pm

Holly Springs

Holly Springs Law Enforcement
Center
750 Holly Springs Road
919-557-9111

Thursday: 1 to 4 pm; all other times
by appointment only

Knightdale

Knightdale Fire Department
967 Steeple Square Court
919-217-2271

Tuesday: 4 to 6 pm
Thursday: 9 am to Noon
Saturday: 9 am to Noon

Morrisville

Morrisville Fire-Rescue Station 1
200 Town Hall Drive
919-463-6123

Daily: 8 am to 7 pm
Morrisville Fire-Rescue Station 2
10632 Chapel Hill Road
919-463-6140
Daily: 8 am to 7 pm

Raleigh

Wake County Human Services,
Public Health Center
10 Sunnybrook Road
919-250-3989

Monday – Friday: 8 am to 5 pm
by appointment only

Wake Forest

Wake Forest Police Department
225 S. Taylor Street
919-761-3160

Monday – Friday: 9 am to 4 pm
by appointment only

Willow Springs

Fuquay-Varina Fire
Department, Station 3
2474 Bud Lipscomb Road
919-557-2787

Saturday & Sunday: 8 am to Noon;
2 to 8 pm

Zebulon

Zebulon Fire Department
113 E. Vance Street
919-269-6487

Daily: 8 am to Noon; 2 to 8 pm

For questions or additional assistance, contact the WakeMed Trauma Services Injury Prevention representative at 919-350-8364.



A Huge Thanks from WakeMed Children's

A special thank you to all the families and community members who rallied behind WakeMed Children's this past holiday season.

We are grateful to each of you who participated in our annual Love Light & Trim the Tree program, as well as the many individuals and groups who generously donated toys in support of the WakeMed Children's Toy Drives in December.

We welcome all families to join us annually for the Love Light Tree Ceremony, a special candlelight ceremony with a tree lit by the family of one of our former pediatric patients. This event is held every year in early December. Look for details as we approach the next holiday season and mark your calendars for a special evening for families and children of all ages.

How You Can Help

Ongoing support for the growing health care needs of the patients at WakeMed Children's is made possible through the generous donations of readers like you to the WakeMed Foundation.

To learn how you can support the expansion of WakeMed Children's services, please visit the WakeMed Foundation at www.wakemedfoundation.org or call 919-350-7656.



Published by the WakeMed Marketing & Communications Department. Call 919-350-8120 with comments or suggestions.

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