

Familiesfirst

SPRING 2022

JACK'S COMEBACK





Jack and Jessica Vance, PT, WakeMed Children's Rehabilitation, share a high five to celebrate reaching a rehab milestone. Jack says, "Jessica has been my physical therapist for the longest part of all this. She's been phenomenal helping me each step of the way from September until walking with my custom braces."

Jack's Comeback



A healing journey at WakeMed Children's

Twice a week Jack Montgomery drives himself to WakeMed for outpatient therapy. He's pretty proud of that because not that long ago, there was a lot of uncertainty about his future mobility and independence after a frightening car accident in June 2021 left him with a spinal cord injury, concussion and broken clavicle.

It was graduation practice day at Garner Magnet High School, and Jack grabbed a ride with one of his track teammates. With excitement about the future, the countdown was on and everything seemed to be going their way. Then in a matter of seconds, a collision left them both injured inside a car that was engulfed in flames.

"Fortunately two school friends who had been trained in fire safety saw they needed help and jumped into action along with others to extinguish the flames and get them out of the car," said Jack's mother Sandy Montgomery. Jack and his friend were both rushed by ambulances to the WakeMed Trauma Center.

Right from the Start

Jack was initially met and cared for by WakeMed's Trauma team. "When we arrived at WakeMed, we really didn't know what to expect," said Sandy. "But we could see he was already getting very good care right from the start."

According to his mother, Jack was confused and talking about hip pain, and they could tell there were some real concerns. "We could see that they were checking to see if he had any feeling or movement in different areas of his body," said Sandy. "He had a CT and MRI, and his neurosurgeon Dr. [Brandon] Burnsed let us know Jack's L3 vertebrae was broken."

Jack couldn't move one of his feet, and he had no feeling below the knee on his left leg. "We were told they could not rule out paralysis," said Sandy. "Surgery was scheduled for the next day with the expectation that they would most likely need to put a cage in place of the vertebrae."

Graduation Celebration!

The morning after Jack's surgery, he awoke to graduation decorations thanks to the thoughtfulness of his nurse. "We knew then that we were in a special place," said Sandy. "It was the hardest time in our lives, but everyone was so good with him – they are the best!"

Long Hard Days

On surgery day, Jack's parents wondered about the days ahead. Would he walk again and what about his college plans? "That felt like the longest day of our lives," said his father Tim Montgomery.

"While there was no certainty, his surgeon told us he thought Jack would one day walk into his office, and the pediatric Rehab team prepared us for all the possibilities, but I don't think anyone thought he would walk like he is now," said Sandy. "We were also told not to rule out college so we kept a positive outlook and took things one day at a time."

Those first few weeks were really tough as Jack's parents saw him struggle with doing things independently while healing from surgical procedures on his spine and clavicle. "We were probably a little naïve about the hurdles to come after his surgeries," said Tim.

A Familiar Place; Friendly Faces

Following Jack's initial recovery from surgery, he was admitted to WakeMed Children's Rehabilitation Hospital. Coincidentally, Jack was placed in the same room he had been in a few years prior following a procedure. The difference this time? The room had been converted as pediatric rehab services were expanded into a dedicated children's rehabilitation hospital. Sandy chuckled, "What are the chances?" It was like another little reassurance – a sign that they were right where they were supposed to be.

Jack agrees. "Despite everything, it was a familiar and comfortable place for me to be because of how nice everyone is there." He tells



JOKING AROUND WITH JOE

Laughter and companionship play an important role in the healing process. So Jack's parents were extra grateful when Jack met Joe Jourdain, clinical aide at the Rehab gym, and a relationship rooted in lighthearted jokes started to form. At a time when Jack could've easily gotten frustrated or anxious about new challenges, he really started to look forward to the gym time – almost as much as he looked forward to having a few good laughs with Joe.

"The first time I used the Exoskeleton, which is a little like an Ironman outfit, I passed out at the end, and I was apparently much calmer than expected after that happened," said Jack. "Joe got a kick out of how chill I was, and we just started to have fun joking around every time we saw each other." That companionship made Jack's exercise time less daunting and more enjoyable. "It made me want to go to the gym and try new things."

For Jack, supportive relationships were the best kind of medicine. "The people at WakeMed made my situation the best it could be," he said. "No matter what my level of success was for the day, I knew my people were in my corner rooting for me and would help make me better – they were there to help me out!"

people he feels like he got the most out of his time at WakeMed because of the people he was surrounded by. "You can tell they actually care, and they become your friends," said Jack. "They will be there for you in every way you need, and it's not just because it's their job." The whole family has a strong appreciation for Jack's nurses and therapists. "From the beginning, they were so amazing to us," said Sandy.

Therapy Plus Positivity

A big part of Jack's success story is Jack himself and the trust he put in his care team at WakeMed Children's. His parents say they learned a lot about willpower and faith from Jack, and they are grateful to his school and church community for their kindness and support while he was working so hard at healing.



Top Technology

"The technology and equipment WakeMed has is so impressive," said Tim. "Jack couldn't use his right arm for a long time, but the team wanted to get him on his feet, and they were able to use the Vector to take the weight for Jack so he could focus on his legs." Knowing he would have ongoing access to the innovative equipment and expert team at WakeMed eased the family's mind when it was time for Jack to start thinking about going home.

"Jack is such a worker," said Sandy. When the therapists would come in, his family says he would just light up. Jack was committed to getting up and doing the work.

"As I learned more, I began to understand that I would benefit from doing the most I could, as soon as I could, because that's where you see most of the progress with nerves – early on," said Jack. "I had to fight for how I was going to live the rest of my life." He said he decided that if he could possibly do more – to walk, run or jump one day, then he was going to do what was needed and make sacrifices over those months in the hospital.

"Let's just do it," said Jack regularly! That was the positive mindset he adopted early on with the confidence that his physical and occupational therapists would not let him keep doing something that would hurt him. His father says it was so reassuring to see how committed his care team was to finding ways to make sure Jack could do the therapy he needed in safe, adaptive ways. "The therapists were all working just as hard as Jack was," said Tim.

The child life specialists also focused on keeping Jack in a positive mindset, and his parents say they got extra creative with therapeutic recreation – everything from ping-pong to Pokémon and Olympic-themed challenges. Real relationships were developed through fun and engaging activities that helped build morale and kept Jack moving forward both mentally and physically.

Bittersweet Transitions

When it was time for Jack to transition out of inpatient care, the whole family was a little hesitant about how that would all work out. Jack was going to be in a wheelchair, and he wasn't sure how well his progress would continue with so many changes all at once. "Going home was bittersweet because I was leaving my team, and I was going to miss them," said Jack. "It turns out I didn't need to worry at all because my therapists Mary (OT), Kelsey (PT) and Jessica (PT) are all so good at what they do, and one of them was always there for me through each new stage."

His therapists even came to their house prior to his discharge to help put together a plan to help Jack find independence back at home.

Once Jack was back at home, he continued to make great progress with access to all that WakeMed Rehabilitation has via outpatient therapy. Jack said his physical and occupational therapists helped him

keep thinking about the possibilities by asking about goals and helping him map out a plan that worked for him – a plan that they helped him through step by step.

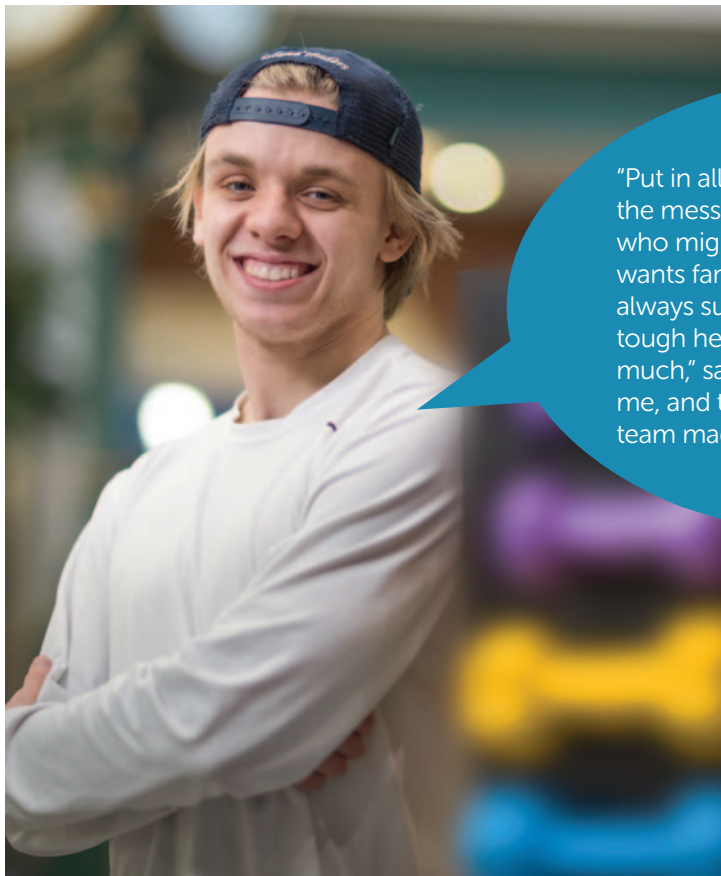
Game Changing Moments

Jack and his family liked to say, "Let's make today a good day." While they talked about the big picture at times, they really adopted that mantra and stuck to focusing on what was needed in the moment. And it really seemed to work! "As he got stronger, Jack progressed to using a walker and then a rollator at home," said Sandy. "We weren't sure of how much walking ability he would truly regain, but it wasn't long before he was ready to try walking with a cane!"

Jack and his parents both say that a real game changer for him was getting custom braces. He wore ankle foot orthotics that he also needed to sleep. Over time some repairs were needed, and the team decided Jack would really benefit from custom braces. "Jessica came with us to meet with an orthotics team and helped ask all the right questions," said Sandy. "Once he had those new braces, things seemed to change overnight!"

"On December 6, just three days after getting his braces, Jack stood up, balanced himself and walked between the parallel bars," said Sandy. "What a moment!"

Step by step he's making a comeback, and his path forward is promising. Today, Jack is walking with just one brace. His care team is thrilled and amazed at his outstanding pace of recovery. Looking back and thinking ahead, Jack gives credit to true teamwork and is grateful for all the people who did their part along the way to help him heal and get stronger each day. Jack's ready to do whatever comes next with his WakeMed friends by his side.



Words of Wisdom

"Put in all the effort you can!" says Jack. That's the message he wants to share with anyone who might face a similar journey. He also wants families to know how important it is to always support the person going through a tough healing process. "Real support means so much," said Jack. "My family was really there for me, and that combined with the WakeMed team made all the difference for me."

WakeMed Children's Rehabilitation

INPATIENT • OUTPATIENT • SPECIALTY PROGRAMS

WakeMed Children's Rehabilitation Hospital provides the kid-friendly comprehensive, family-centered care that children, teens and young adults need along with the physical, occupational and speech therapy they need to restore their health and return to life! Patients have access to the unique pediatric support and spaces at WakeMed Children's Hospital.

WakeMed Rehabilitation is nationally recognized for outstanding patient outcomes and expertise.



The Children We Serve

WakeMed Children's Rehab welcomes children as young as 4 (younger children considered on a case-by-case basis), adolescents and young adults with traumatic injuries and illnesses such as:

BRAIN INJURY • SPINAL CORD INJURY • STROKE • AMPUTATION • MULTI-FRACTURE

We serve children and adolescents with complex medical and rehabilitation needs. That's why our team of medical and rehab professionals specializes in caring for kids.

Our Team

- > Physiatrists (doctors who specialize in rehabilitation) and advanced practice providers from Carolina Rehabilitation & Surgical Associates
- > Pediatric hospitalists (doctors who care for the medical needs of children in the hospital)
- > Pediatric nurses
- > Pediatric physical, occupational, speech and recreational therapists
- > Case managers
- > Child life specialists
- > Pediatric neuropsychologists and psychologists
- > A furry, fun facility dog named Pistachio!

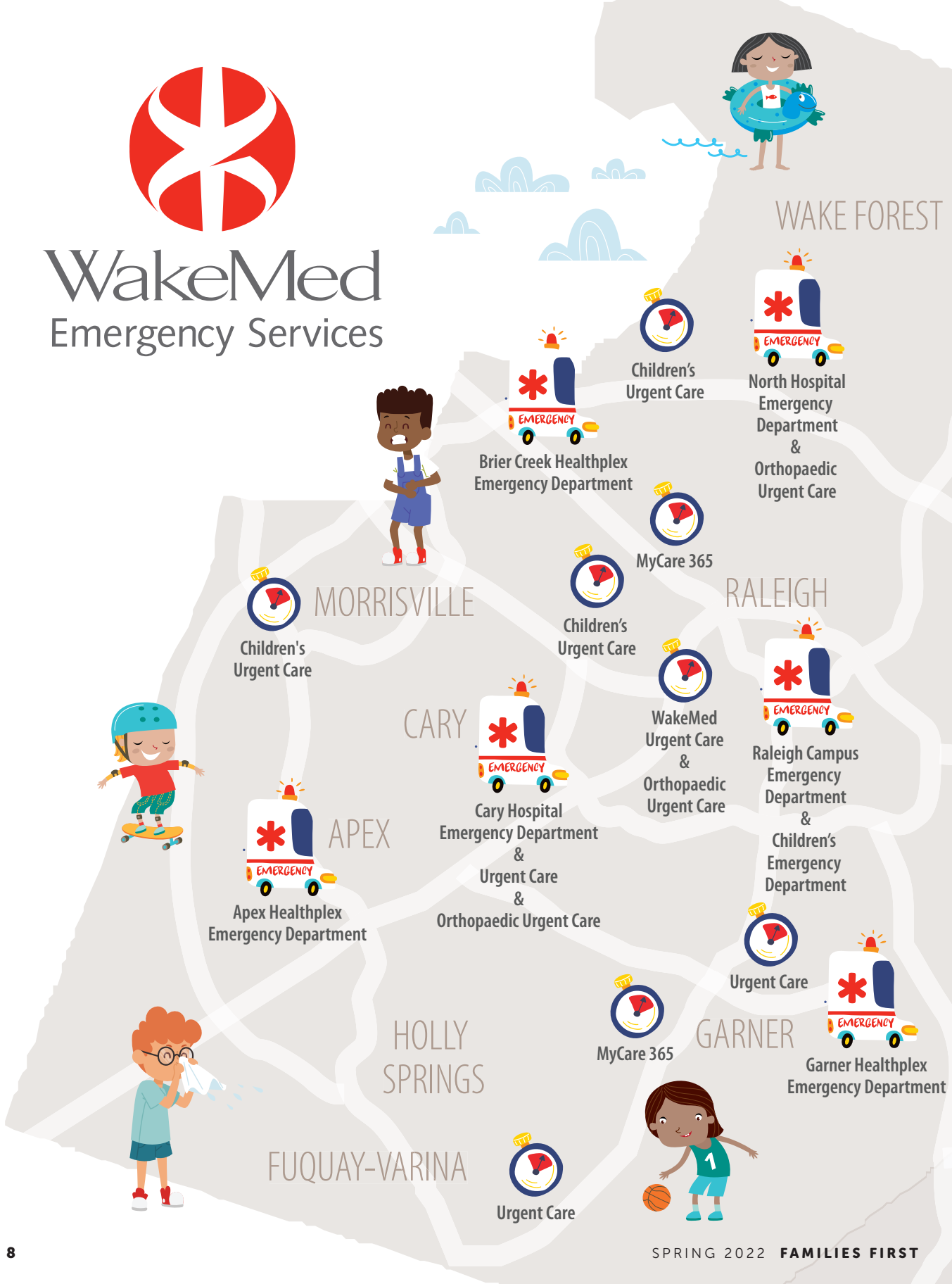
Learn More Today

WakeMed Rehabilitation Admissions professionals are ready to go to work for parents and providers looking for intensive inpatient pediatric rehab services. They will do the legwork and the paperwork to determine a child's eligibility.

Please contact WakeMed Rehabilitation Admissions at 919-350-7876. We welcome parents and providers for tours of WakeMed Children's Rehabilitation. Please call 919-350-5108.



WakeMed Emergency Services



WAKE FOREST

North Hospital
Emergency
Department
&
Orthopaedic
Urgent Care

Children's
Urgent Care

Brier Creek Healthplex
Emergency Department

RALEIGH

Raleigh Campus
Emergency
Department
&
Children's
Emergency
Department

MyCare 365
Children's
Urgent Care

MORRISVILLE
Children's
Urgent Care

CARY

Cary Hospital
Emergency Department
&
Urgent Care
&
Orthopaedic Urgent Care

WakeMed
Urgent Care
&
Orthopaedic
Urgent Care



APEX
Apex Healthplex
Emergency Department

HOLLY
SPRINGS

MyCare 365
Urgent Care

GARNER

Garner Healthplex
Emergency Department

FUQUAY-VARINA

Urgent Care



ALL THE CARE YOU NEED.

WHEN AND WHERE YOU NEED IT.

Don't wait until your family is in the middle of an emergency. Know where to seek care for your child and do a dry run with your whole family so it's automatic when the time comes.

"Emergencies aren't planned, but you can have a plan for an emergency to minimize panic, confusion and delay," said Andy Jakubowicz, MD, medical director of WakeMed Children's Emergency Department. "Sometimes every second counts so talk with your family and care providers about where to go, make sure you all know how to get there, and discuss when you should call 911."



MyCare 365



Urgent Care



MyCare 365

ZEBULON



KNIGHTDALE

URGENT CARE? EMERGENCY DEPARTMENT?

KNOW WHEN TO GO

Sometimes, it's obvious when you need to go to the emergency department, but other times, it can be more difficult to tell. Here are some options of where you can get care, based on your specific needs. Luckily, you have the whole WakeMed network for support.

Urgent Care Options

Conditions That Are Typically Treated in Urgent Care

- > Sinus infections
- > Cold, flu symptoms
- > Minor cuts, burns, rashes
- > Animal/insect bites
- > Sprains and minor bone fractures
- > Ear and eye infections
- > Sore throat
- > Minor injuries

WakeMed Emergency Departments

Conditions That Are Typically Treated in the Emergency Department

- > Chest pain
- > Stroke
- > Severe allergic reaction
- > Serious trauma or injury
- > Deep cuts or bleeding that won't stop
- > Large bone fractures
- > Problems related to pregnancy
- > Severe burns
- > Difficulty breathing
- > Loss of consciousness
- > Seizures
- > Abdominal pain



MyCare 365

CLAYTON



URGENT CARE? EMERGENCY DEPARTMENT?

KNOW WHERE TO GO

WakeMed Urgent Care Locations

CARY

110 Kildaire Park Drive
Suite 101
Cary, 27518

GARNER

811 U.S. Hwy 70 West
Garner, 27529

FUQUAY-VARINA

231 North Judd Parkway
Fuquay-Varina, 27526

RALEIGH

601 Oberlin Road
Raleigh, 27605

2930 Forestville Road
Raleigh, 27616

WakeMed MyCare 365 - Primary & Urgent Care

Combined primary and urgent care services offered 7 days a week, 365 days a year with same-day and walk-in appointments.

WAKE FOREST

2001 S. Main Street, Suite 200
Wake Forest, 27587

ZEBULON

1260 N. Arendell Avenue
Zebulon, 27610

CLAYTON

12701 US Highway 70W
Clayton, 27520

RALEIGH

4530 Fayetteville Road
Raleigh, 27603

6800 Glenwood Avenue
Raleigh, 27612

Wake Orthopaedics - Urgent Care

RALEIGH

WakeMed North -
Physicians Office Pavilion
10010 Falls of Neuse Road
Suite 010
Raleigh, 27614

505 Oberlin Road, Suite 120
Raleigh, 27605

CARY

110 Kildaire Park Drive
Suite 106
Cary, 27518

WakeMed Children's PM Pediatrics

Urgent Care just for kids, teens and young adults

CARY

2007 Walnut Street
Cary, 27518

MORRISVILLE

1125 Hatches Pond Lane
Suite 101
Morrisville, 27560

NORTH RALEIGH

8841 Six Forks Road
Suite 102
Raleigh, 27615

WakeMed Emergency Departments

Apex Healthplex

120 Healthplex Way
Apex, 27502

Brier Creek Healthplex

8001 TW Alexander Drive
Raleigh, 27617

Cary Hospital

1900 Kildaire Farm Road
Cary, 27518

Raleigh Campus

(Adult + Dedicated Children's
Emergency)

3000 New Bern Avenue
Raleigh, 27610

Garner Healthplex

400 U.S. Highway 70 East
Garner, 27529

North Hospital

10000 Falls of Neuse Road
Raleigh, 27614



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SCAN FOR
ANDROID



SCAN FOR
APPLE





PLAY IN THE DIRT

GET OUTSIDE & GARDEN!

Warmer days are here, and we just can't contain ourselves! It's time to get the whole family outside. Dig into a fun project like container gardening, which can lead to more family activities as your plants grow.

Kids can help with planting, watering, measuring, harvesting, and preparing meals with their fresh, homegrown veggies or herbs.

Shirley Huang, MD, WakeMed Children's – Pediatric Weight Management, encourages families to try container gardening as a good way to let kids explore their senses while having fun, which typically makes kids more apt to try new things.

"My boys love to get dirty, and they enjoy having their own pot of fun to grow," said Dr. Huang. "We have grown small flowers, basil, mint, parsley, cherry tomatoes, and green onions to name a few." Some seasons when she has more time, her family likes to grow from the seed. During busier times, she recommends the simplicity of starting with a plant from the market or a garden shop. "Either way, you get the same result," said Dr. Huang. "The kids learn how to care for a new plant, and they love to see which plant grows faster or larger."

Mint is an easy way to fancy up a fruit salad. One of Dr. Huang's favorite ways to use it is to cut up watermelon, toss in blueberries, and garnish with freshly minced mint. She says it's a summertime crowd pleaser with adults and children!



Mint or basil grown in a container can be easy to take care of. You can toss them both into salads, stir fry, eggs, fruit and even water to add a punch of flavor!



Role modeling is key when getting kids to try new activities or foods. Kids will often do what they see others doing around them. So, dig into the activity alongside them and try what you grow and harvest together! Not only are kids more likely to taste a food they've been part of growing, but gardening is a fun form of exercise! Every step, from digging in the dirt to carrying a water container, can be a muscle strengthening activity that also helps kids get outside a little more.

"Gardening and taking care of their own plant teaches children about responsibility in a fun way," said Dr. Huang. "Even children who are picky with foods enjoy touching tomatoes, picking basil leaves, and smelling mint, and these are all beneficial ways to be exposed to new things!"

Try a Themed Garden!

To help with meal planning, a themed container garden can come in handy. Meredith Ebersohl, WakeMed dietitian, suggests trying an Italian theme with basil and tomatoes to add more nutrients and flavor to your homemade meals. It's common to find Italian dishes that pair tomatoes and basil so why not grow them together!

Tomato & Basil Benefits

"The bright color of red tomatoes comes from a pigment called lycopene which may protect us from certain types of cancer and help our heart," said Ebersohl. "Kids enjoy eating them straight from the garden, and they're great additions to an Italian-themed dish like caprese salad or a veggie pizza."

Meredith's Tasty Tip: Olive oil and cheese in caprese or on a pizza contain fat that helps our bodies absorb the lycopene from tomatoes. Try roasting tomatoes too because heating them makes it easier for our bodies to absorb the beneficial nutrients.

"Basil has nutrients like vitamin A and vitamin K, but it's most powerful health benefits are the antioxidants and phytochemicals, which are like superheroes in our bodies that fight to defend our cells," said Ebersohl. "Use fresh basil to make a healthy pesto for pasta, salads, chicken and countless other meals."



GROW FOR IT



For helpful information about gardening with kids, visit growforit.ces.ncsu.edu.

Search for container gardening to find specific tips related to the right container type and size for various plants and step-by-step information for potting plants.

Pick a Plant – Talk to a garden shop or farmer’s market vendor to get advice on how much sun the plant you choose will need. Think about your environment and where you’ll place your container for the best growing conditions. If you don’t have a good spot outside, consider picking a plant that will thrive indoors with light from a window.

Choose a Container – The right size is key! Ask questions when you buy your plant so you know how much space it needs to grow and what type of soil and nutrients it will need to thrive. Make sure your pot has holes for drainage!



Dig in the Dirt – Once you have all your supplies, the fun really gets started! Let the kids fill the container with the soil (about an inch or two from the top) and then get dirty and enjoy the messy side of gardening. Gently remove the plant and be careful not to disturb the roots too much. Place it in the middle of the pot and fill in the dirt around it.



Water & Watch it Grow – Give your newly potted plant plenty of water. Then put your kids in charge of watering it each day and measuring it as it grows.



Harvest & Have a Taste – As your plant begins to thrive, let your kids taste what they’ve grown and help you decide how you’ll use your new herbs or veggies.



Take Me Out to the Ball Game!

Join the Carolina Mudcats and WakeMed for some summer fun at the ballpark. Special promotion and ticket offers are available all season long, including a chance to play catch on the field after every Sunday game. Family Sunday games and the post-game catch are presented by WakeMed Children's.

Scan this code to view Mudcats schedules, promotions and ticket information.



Movies by Moonlight Returns

Don't miss these family-friendly events this summer, from June through August, at Koka Booth Amphitheatre. For just \$5 (kids under 12 are free) patrons can bring a blanket or chair as the spacious lawn at Booth Amphitheatre is transformed into a giant outdoor movie theatre. A portion of the Movies by Moonlight proceeds will benefit WakeMed Children's.



Visit Koka Booth Amphitheatre at www.boothamphitheatre.com for ticket information.

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.



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Support for New & Expectant Parents

Even after your baby is born, we want to support you with those early days of parenting and childcare. Life as a first-time parent is not always easy, so let our expert team of parenting educators help you navigate the waters. We offer a variety of helpful classes meant to help boost your confidence and ease some of your fears and anxieties about bringing baby home. Classes include:

- Baby Basics Class: Bringing Home Baby
- Breastfeeding: Getting a Great Start
- Breastfeeding Support Groups
- Breastfeeding for Multiples
- Boot Camp for New Dads®
- Choosing & Using Quality Childcare
- Postpartum Support Group

For families, we offer classes designed to keep you and your loved ones safe and prepared at home.

Family classes

- Infant/CPR and Toddler Safety
- Fitness Classes for Mom
- Safe Sitter



Scan this code to view for a complete list of classes, program descriptions and registration details.

OH
Baby
THERE'S A LOT
TO LEARN

Advisory Panel for Families First

Jerry Bernstein, MD, Raleigh Pediatric Associates, PA
Karen Chilton, MD, Chief Medical Officer,
WakeMed Children's

Bridget Donell, MD, Medical Director, WakeMed Physician
Practices – Pediatric Critical Care and Hospital Medicine

Amy Griffin, MD, Wake Emergency Physicians, PA

Andy Jakubowicz, MD, Medical Director,
WakeMed Children's Emergency Department

Jeff Langdon, Executive Director, WakeMed Women's
& Children's

Bill Lagarde, MD, Executive Medical Director,
Subspecialty Medicine, WakeMed Children's

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WakeMed MyCare 365 offers a unique blend of primary and urgent care services, all in one location. Available 365 days a year, our physician-led team of clinicians offer convenient access for routine and non-life-threatening illness.

Offering modern and friendly, one stop medical care for all ages, from pediatrics through geriatrics. MyCare 365 delivers all you expect from primary care with the expanded capacity of urgent care on a walk-in basis.

For locations, hours and more information visit mycare365.org.

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