

Le Children Newsletter

December 2022

“We wanted to fight with everything that we had in us to make sure our little girl would be okay. Thankfully, you were there. We drew strength from your support.”

la fondation
de l'hôpital
de montréal
pour enfants
the montreal
children's
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No parent can ever be prepared for their child to get sick.

Lena hadn't been her usual self. She wasn't sleeping, was barely eating and had little energy. She always wanted to be in my arms. Then we noticed bruising all over her body and head. That's when we rushed our 21-month-old-girl to The Children's.

Within just 2 hours, we got the most devastating news of our life: our little girl had high-risk acute lymphoblastic leukemia. She was immediately admitted to the oncology unit, where she started intense chemotherapy barely three days later, and would continue for three years.

With heavy hearts, the doctors told us to forget our life as we knew it. Let me tell you, all your dreams, your plans, your business projects... everything comes to an abrupt halt.

We couldn't change the diagnosis, but we could change our mindset.

Your generosity allowed for Lena and for us to celebrate life instead of dwelling in fear and anxiety.

Every time you see the doctors and nurses enter the room covered from head to toe, surrounded by sophisticated medical equipment, you are reminded of just how sick your child is. At The Children's, they understand that. And thanks to your support, the Hospital puts programs in place to accompany both the child and the family through these difficult hardships.

Thanks to you, I saw my daughter dance, sing and play with the amazing Child Life team.

Since Lena had to be kept in isolation, the whole team went above and beyond for her, even setting up a playroom right in her hospital room.

As of January 7th, of this year, Lena is officially in remission. After 854 days of treatment, “Supergirl” as everyone likes to call her, has blossomed into this fun-loving and dynamic kid, all thanks to the remarkable care and support we received from the Hospital and from generous donors like you.

My heart goes out to the sick children and their family who will have to spend the Holidays at the hospital. I truly hope that they can count on you to be there for them, as you were for us. Your generosity provides families just like mine the comfort they need to weather the storm and stay strong for their child.

Christina

Christina, mom of “Supergirl” Lena



Neriah, 3

Neriah was born as a very premature baby with undeveloped lungs. Because she had to be on oxygen all the time, she was only able to leave the neonatal intensive care unit after 4 months. Despite this, she remained sensitive to anything that would worsen her respiratory condition. Cold after cold, Neriah lost a lot of her strength. After a bout of pneumonia that turned into severe bronchiolitis, she had to be hooked up to a membrane oxygenator with heavy sedation for 7 days. Her parents thought they would lose her. Thanks to generous donors and cutting-edge care, Neriah is now dancing and singing at the top of her lungs.

Meet three kids you have helped this year



Kristof, 14

At age 12, Kristof's headaches were so intense that he thought his head would explode. When he was diagnosed with Marfan syndrome, the medical team realized that fluid was leaking from his spinal cord through 15 cracks. It was a rare case that required quick action and innovation. Thanks to the experts at The Children's, Kristof was treated with a new surgical procedure that had never been performed on a child in the world. Thanks to you, Kristof could resume all his activities, including his passion for hockey.



Madeleine, 3

Diagnosed with Dravet Syndrome, a rare form of incurable epilepsy, Madeleine is paraplegic. Eleven doctors and health care professionals treat and follow her at the Complex Care Services. Fortunately, the Service's multidisciplinary team provides much of the medical care needed by children like Madeleine who live with chronic illnesses. A relief for Marion, Madeleine's mother, who can focus on the progress of her daughter, who is a jovial and playful child. It is thanks to you that this service can effectively coordinate the needs of the child and the family.

Bratty kids are taking all screens by storm...

...and will also capture your heart!

Have you seen the latest TV ad or the heart-warming video online?

This time, the *Long live little brats* advertising campaign turns the spotlight on the adventures of Max and Lou, two friends who will take you through an entire range of emotions.

A mischievous and hard-hitting poster campaign

The Children's Foundation wants to shine as bright a light as possible on the cause of sick children. Therefore, the campaign is also being deployed on bus shelters and on billboards along major highways, with a juxtaposition between the mischief of healthy children and the reality of sick children.

Helping sick children in Quebec to get back on their feet and become a little bratty again is at the heart of The Children's mission.

Thanks to generous donors like you, the Hospital can continue to provide world-class care, so its young patients return to their energetic selves.

[Watch the video →](#)



Puppy Love

Something magical happens when a sick child meets a dog. Thanks to generous donors, this magic has been happening at The Children's since 2005 when the Hospital introduced its pet therapy program. Outside of a break imposed by Covid, our specially trained pet therapy dog has been lighting up children's faces ever since!

Being hospitalized can be a very stressful experience for a child. Many undergo painful tests and therapies, and all are separated from their families and the comforts of home. But nothing reduces anxiety as quickly as interacting with a four-legged furry friend.

Pet therapy is about more than just giving a child a chance to interact with an animal.

Time spent with our pet therapy dog Maya allows our young patients to feel more normal, particularly if they are missing their own beloved pet at home.

But spending time with Maya also gives our young patients an opportunity to express their emotions and feel less isolated. It's also a chance for them to practise their socialization skills.

And it works!

The child-animal bond helps our young patients forget they are in a hospital setting for a short time and allows the Hospital to treat the whole child, not just the physical aspect of their illness.

Dogs are the masters of making people feel better! And so are generous people like you.



Thanks to you and to Maya, our young patients can feel a little closer to home, something that is even more important during the Holiday season.

The Holidays at the Children

Did you know?

One of the biggest fears of a child in hospital during the Holiday season is that Santa might forget about them.

Thanks to your support, the Hospital makes sure that Santa drops by to deliver gifts and helps make the Holidays as pleasant as possible for sick children and their families.

Thank you for brightening their Holiday season!



117 nurses working on Xmas day



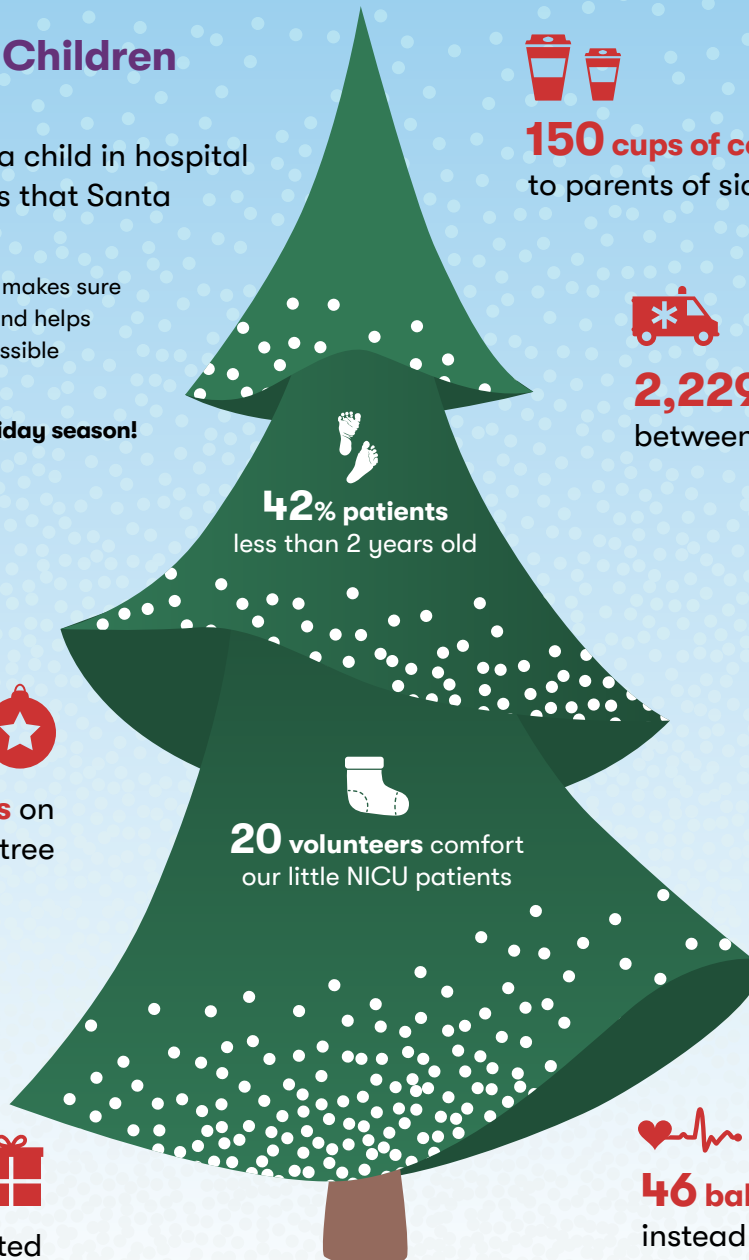
512 Christmas balls on the Children's Xmas tree



106 patients won't be home for the Holidays



1,000 presents distributed



42% patients less than 2 years old

20 volunteers comfort our little NICU patients



150 cups of coffee served to parents of sick children



2,229 emergency room visits between Dec. 24 and Jan. 2



1 visit from the man in the big red suit



25 gingerbread houses built



46 babies in the NICU instead of at home



Cranberry White Chocolate Orange Holiday Cookies

During the holidays, our young patients love to prepare festive desserts to feast on. Try this cookie recipe, a joyful tradition from our cooking workshop at The Children's!

Ingredients

1¾ cups flour	½ cup brown sugar
1 tsp. baking soda	Zest of one orange
1 tsp. baking powder	2 eggs
¼ tsp. salt	1 tsp. vanilla
½ cup melted butter	½ cup dried cranberries
¼ cup sugar	½ cup white chocolate chips

Preparation steps

1. Preheat oven to 180°C (350°F) and line a baking sheet with parchment paper.
2. In a bowl, mix flour, baking soda, baking powder and salt. Set aside.
3. In another bowl, beat the butter together with the sugar, brown sugar and orange zest for 1 minute. Add the eggs and vanilla, and whip for another minute.
4. Add the flour mixture and fold together. Add the dried cranberries and white chocolate chips.
5. With the help of a spoon, shape the dough into 18 cookies and place them on the baking sheet. Bake for about 13 minutes, until the outline of the cookies is lightly browned.

Enjoy these cookies with a hot chocolate!

A perfect match!

I am so proud to have teamed up with The Children's Foundation. Since 2015, we have helped nearly 30,000 patients and families during some of the most difficult times of their lives. To all the donors who have joined me on this journey, thank you from the bottom of my heart.

Together we are making a real difference in the lives of sick children every single day.

But the job is not done! The needs continue to grow, and the Hospital is counting on us.

Sick children are counting on us

Even though I've decided to hang up my skates, the game plan remains the same: I'm committed to fulfilling my \$10 million pledge to the Montreal Children's Hospital.

Let's continue what we started with the P.K. Match, which will double your gift – if you make it by December 31st.*

Don't miss this chance to show The Children's that now, more than ever, we are there to help them find unexpected ways to heal.

Wishing you happy and healthy holidays!

*Make an online donation at childrenfoundation.com/pkdouble today or use the reply coupon.

