

RITE UP



Luke's Journey Not Missing a Beat Through Scoliosis Treatment



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On cover, Scottish Rite for Children patient Luke and his marching bass drum. *Above*, McKinney North High School drumline strike their group pose during practice.

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LETTER FROM THE PRESIDENT



ROBERT L. WALKER
President/CEO

We all know the expression that actions speak louder than words, and at Scottish Rite for Children, we believe and practice that adage daily. In October we will celebrate our centennial, and that means for 100 years, our clinicians, staff and volunteers have continued to demonstrate the institution's incredible mission of providing exceptional pediatric orthopedic care that ultimately helps give children back their childhood.

We are so fortunate — first, to serve our patients and their families, focusing on their care and well-being — and second, to proudly work with an outstanding group of people that make up an extraordinary place like Scottish Rite for Children. In 2020, Scottish Rite for Children was named a "Top 100 Workplace" by the *Dallas Morning News* for the third year in a row! We were ranked 11th in large companies and first in the health care company category. Every staff member at the Dallas and Frisco locations is committed to making each visit by a patient or visitor an exceptional experience. Last year there were significant challenges within the organization and in our communities brought on by the COVID-19 pandemic. But as always, working as a team, we found ways to innovate, extend our expertise and effectively keep the staff and patients safe and healthy while continuing our top-notch care and one-of-a-kind culture.



Getting a follow-up hip exam is no big deal for Bennett, of Wichita Falls, when he sees his friend pediatric orthopedic surgeon William Z. Morris, M.D.

Speaking of actions, we would love for you to visit the new Centennial website. You can view the timeline of our 100-year history and find out more about the *Boundless Centennial Campaign*. There you can also see our remarkable patients showing what amazing things they can do! These kids, and all of the patients at Scottish Rite for Children, inspire us to keep up the good work each and every day.



Champions for Children Through and Through

In 2020, Scottish Rite for Children felt the love and support from donors in the recurring gift program, Champions for Children. “Our friends who supported our mission with their consistent giving made a big impact for us in 2020, and we are grateful,” Vice President of Development Stephanie Brigger says.

These recurring gifts of any amount build up to big results for Scottish Rite and the individualized care we provide to thousands of patients each year. Marie, a former patient parent, set up her monthly gift more than a decade ago and says she wants to give back to show appreciation for the care her daughter, Eva-Marie, received for cerebral palsy. Now living in Montana, she and her daughter have fond memories of their time at Scottish Rite and are especially appreciative to Eva-Marie’s doctor Chief of Staff Emeritus Tony Herring, M.D. “When we really needed someone to step up and take care of Eva-Marie, Scottish Rite was there,” Marie says.

Being a part of Champions for Children works well for Marie, she says, because her monthly gift is manageable within her budget, and she still feels like a part of the Scottish Rite family. We are so thankful for friends, like Marie, who value our commitment to providing our patients the best pediatric orthopedic care. «

Marie, Champions for Children member, with her daughter Eva-Marie, a former patient of Scottish Rite for Children.

* **Want to be a Champion for Children?**
Please call the Development department at 214-559-7684 or visit scottishriteforchildren.org/champions.

Your Friends Will Be There For You

Reframing the 25th annual Treasure Street into a virtual celebration was a challenge, but thanks to our dedicated friends, our signature event was a triumph! Event chairs Kathy and Todd Whitthorne worked tirelessly to convert the grand gala into a distinctive virtual experience.

“Once we decided to proceed virtually, we knew Kathy and Todd were perfect chairs,” Special Events Project Manager Courtney Kraft says. “With Todd’s background in broadcasting and his connections in the industry, Scottish Rite was able to produce an incredibly successful event!”

Featuring a *Friends* television show theme, Treasure Street coordinators provided party perk gift boxes filled with goodies to help virtual party-goers remotely kick up their heels from the comfort of their living rooms. The *Friends* theme would not be complete without



President/CEO Robert L. Walker with event chairs Kathy and Todd Whitthorne enjoying the *Friends*-themed Central Perk set during the 25th annual Treasure Street virtual event broadcast.

our own Central Perk-like set, where the hosts visited with physicians, staff and patients between electrifying sessions from the Emerald City Band. “Friends and family stick together during good times and bad, and that is exactly what we saw,” Vice President of Development Stephanie Brigger says. “Our friends stuck with us, and many of them were more generous than they have been in the past. The *Friends* theme was a perfect fit because we were celebrating our friends’ support of the patients that we serve!” «

CAMPUS CONNECTION

Goodyear Cotton Bowl Classic

Although players and coaches couldn't visit patients and their families in person this year, Goodyear kept the tradition alive by honoring Scottish Rite for Children at this year's 85th Goodyear Cotton Bowl Classic Game at AT&T Stadium in Arlington. There was a virtual in-game tribute, and a custom helmet was signed by the University of Florida and University of Oklahoma's head coaches. Congratulations to the University of Oklahoma for winning the game 55-20! Boomer Sooner! «

Scottish Rite patient Natalie, of Amarillo, poses with the custom Cotton Bowl helmet honoring Scottish Rite.



Dallas Cowboys Visit

In December, the Dallas Cowboys virtually visited Scottish Rite for Children patients and helped spread holiday cheer. Go Cowboys!

Cowboys players Greg Zuerlein, Aldon Smith, Leighton Vander Esch and many others reached out to help put some smiles on our patients' faces. Filled with plenty of laughter and fun, the event offered a chance for the children to ask the Cowboys players questions like:

What would your superpower be?

"Being able to fly" — *Leighton Vander Esch*

What was your favorite Christmas gift as a kid?

"Hot wheels" — *Cedrick Wilson, Jr.*

"A pair of skates because I like to roller stake. But then my feet got too big, so I had to buy a custom pair!" — *Tyron Smith*

What is your favorite moment as a Dallas Cowboy?

"Last week when I got a fumble recovery and ran it back for a touchdown!" — *Aldon Smith*

Top, patients during the virtual call; Bottom, Scottish Rite patient Haylie, of Lubbock, with her Cowboys gift.

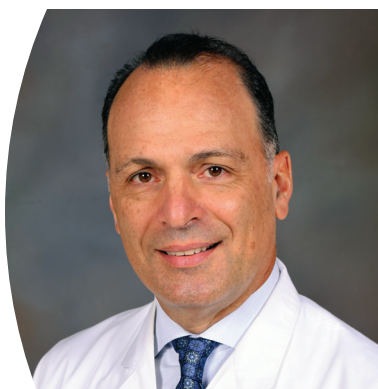


Dallas Mavericks Visit

Dallas Mavericks players Maxi Kleber and Jalen Brunson spent a fun-filled afternoon creating holiday memories with our patients. The Mavericks' own television announcer, Mark Followill, moderated the chat, and patients had Q&A time with Maxi and Jalen before enjoying some Mavs goodies and toys, generously donated by the team. The visit left a positive, meaningful impact on both the patients and the players. «

Left, Champ, a Dallas Mavericks mascot, delivering holiday cheer. Right, Mavericks player Maxi Kleber virtually visiting with Scottish Rite patients.





DANIEL J. SUCATO, M.D., M.S.
Chief of Staff

Collaboration Makes a Difference

At Scottish Rite for Children, collaboration is at the heart of what we do. We partner together – internally across departments and externally with colleagues from other institutions – to provide the best care to our patients.

Through Scottish Rite’s six centers for excellence, groundbreaking research takes place consistently within each center and across the others. Each area of specialty is focused on one goal – finding the best, most innovative treatment options. This type of teamwork welcomes new and fresh ideas within our walls and extends outward to other hospitals across the country.

Recently, an international team of researchers led by Scottish Rite for Children scientist Jonathan Rios, Ph.D., discovered a gene (FSTL5) contributing to clubfoot. Published in the journal *Human Molecular Genetics*, the study is the largest of its kind conducted for clubfoot – testing more than 7,000,000 genetic markers in around 8,000 individuals. Because of this project, the team shared that FSTL5 plays an essential role in bone and, potentially, nerve development – contributing to clubfoot development.

Our Rheumatology team joined forces with scientists at Weill Cornell Medicine and The Jackson Laboratory for Genomic

Medicine to conduct a study about abnormal immune

activity in lupus. As lupus is a chronic and complex disease, lupus research is crucial in making sure patients with this condition are offered the best and most effective treatment options. Known as the most extensive lupus study of its kind to date, the project collected gene activity in more than 360,000 individual white blood cells sampled from children and adults with lupus. Researchers found that groups of gene activity associated with the disease occurred mostly in small subsets of immune cells in patients. Those who have more cells like this were found to have worse cases of the disease. This discovery has given the team hope in taking a new approach to caring for patients diagnosed with lupus.

As leaders in pediatric orthopedics, we remain steadfast in putting our patients first. Through collaboration and partnership, our teams work with each other and with colleagues from across the country to research discoveries and treatment techniques to provide the best care. ◀◀



Our recent clubfoot gene discovery will impact future treatment for our youngest patients, like Morgan, of Mesquite (shown here with her father).



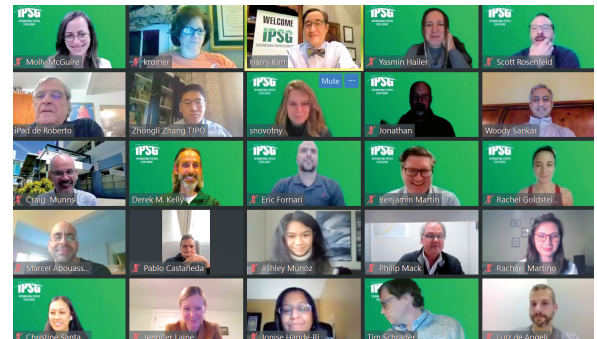
Patients, like Jaxson, of Mabank, receive expert care from the Rheumatology team at Scottish Rite.

MEDICAL UPDATES

Scottish Rite Hosts Virtual International Perthes Conference

Hosted virtually by Scottish Rite for Children, the 9th annual International Perthes Study Group (IPSG) meeting took on a new look as members gathered to discuss the progress of the group's Perthes research. Presentations were made by different doctors and researchers, including our own Harry Kim, M.D., M.S., director of the Center for Excellence in Hip. IPSG allows members to collaborate and evaluate children diagnosed with this rare disease from various institutions.

Established in 2012, IPSG includes more than 50 pediatric orthopedic surgeons and researchers from 10 different countries who are dedicated to improving the care of patients with Perthes disease — a childhood hip disorder that affects the ball portion of the hip joint. As a multicenter research collaboration, Scottish Rite is proud to serve as the lead center for IPSG since its inception. ◀◀



International Perthes Study Group virtually collaborating to advance Perthes research and patient care.



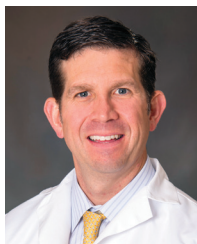
Studies like the SAFE program, shown above with students Samantha and Kennedy, help the Sports Medicine team learn more about injury prevention and recovery.

Sports Medicine Team Makes Strong Impact at National Meeting

Dedicated to caring for young athletes, the Sports Medicine team continues to share their expertise at medical conferences throughout the year. In January, experts from this group made a strong impact at the virtual Pediatric Research in Sports Medicine Society (PRISM) annual meeting. PRISM includes members from across the country who are committed to advancing the care and treatment of young athletes through ongoing multidisciplinary research and education.

Staff from the Center for Excellence in Sports Medicine had the opportunity to share the institution's latest research through virtual and on-demand lectures, as well as e-posters. Throughout the three-day meeting, staff presented research projects on topics regarding injury prevention, screening and evaluation of sports injuries, surgery, return-to-sport decision-making and postoperative outcomes. ◀◀

Scottish Rite Staffing Announcements



Henry B. Ellis, M.D.

Associate Medical Director of Clinical Research – Frisco

Pediatric orthopedic surgeon Henry B. Ellis, M.D., has been named the associate medical director of clinical research at the Frisco campus. In his new role, he provides leadership and guidance for all research activities at the Orthopedic and Sports Medicine Center.



Carole Deally, M.D.

Hospitalist

Carole Deally, M.D., recently joined Scottish Rite for Children as a hospitalist with extensive experience as a pediatric intensivist. Her primary responsibilities include providing exceptional care of postoperative orthopedic surgery inpatients who have complex medical conditions, such as cerebral palsy, electrolyte imbalance, and heart and lung conditions.



by Hayley Hair

LUKE'S JOURNEY | Not Missing A Beat Through Scoliosis Treatment

The rhythm, the tempo, the heartbeat — all fitting descriptors for the function of a band's percussion section, but using an even more compelling name like the backbone depicts their role more succinctly. Just like a spine, all those sharp pops of the quad drums, the satisfying crashes of the cymbals and the low, palpable rumbles of the bass drums provide stability, support, flexibility and movement to the ensemble. No one knows this juxtaposition more personally than Luke, the McKinney North High School bass drum percussionist and Scottish Rite for Children patient cared for by our scoliosis experts.

Plenty can be learned about adolescent idiopathic scoliosis (AIS) by following Luke's journey. AIS, or scoliosis with an unknown cause starting after age 10, makes the spine curve or twist into a "C" or "S" shape. Luke's personal experience covers the broad spectrum of how the progressive condition is diagnosed, observed and expertly managed with an individualized treatment plan.

"Luke's pediatrician identified the minor curvature of his spine and uneven shoulders at his 9-year-old well visit," Luke's mom, Christy, says about the outset. "The pediatrician immediately referred us to Scottish

Rite, and the initial plan was to monitor Luke every six months to identify any changes that may occur.”

SCOLIOSIS OBSERVATION AND EXPERTISE

Luke and Christy’s first visit at Scottish Rite for Children was with Amy L. McIntosh, M.D., medical director of clinical safety and a pediatric orthopedic surgeon. “I think that’s one of the greatest things about Scottish Rite – we have so many treatment options for scoliosis,” McIntosh says about the expertise and exceptional care the institution offers.

Clinical observation might not seem like much of an active plan at first, but consistent monitoring of the child’s growth is key. Catching any progression in spine curvature is crucial for effectively managing scoliosis. Christy, a registered nurse, is the coordinator of health services for McKinney Independent School District, which serves more than 23,000 students in North Texas. She has experience with AIS through her work with state-mandated scoliosis screenings in school as well as training other health professionals about the condition, so McIntosh and Christy are on the same page about early detection. “Scoliosis screening is very important.” McIntosh says. “Catching a curve early, when it is small, is the most important factor when it relates to brace treatment success.”

would just go away like a sickness, like braces for your teeth,” Luke says.

His new brace, along with all of Scottish Rite patients’ braces, is custom-made for his curve. “The coolest thing about our bracing program is that the orthotists work at Scottish Rite, and they make all the braces in-house,” McIntosh says. “If you are going to wear a brace, it might as well work really well for you.”

And during each patient’s clinic visit, the multidisciplinary care team specific to the child’s condition is nearby. “We have the orthotists with us, the nursing team, physicians, the physical and occupational therapists – everybody’s ready on hand in the clinic to provide the best comprehensive care for each patient,” Chief of Staff Daniel J. Sucato, M.D., M.S., says. As director of the Sarah M. and Charles E. Seay/Martha and Pat Beard Center for Excellence in Spine Research, Sucato leads an institution-wide team that focuses on researching the cause and behavior of scoliosis in children and adolescents and controlling and correcting curve progression with innovative treatments. *(Read more on page 11 – Innovations in Scoliosis.)*

MORE HOURS IN THE BRACE

As Luke kept growing, again, so did his curve. McIntosh had more in her arsenal and upped his support to a custom thoracolumbosacral orthosis (TLSO) brace. Made for wear under clothing day and night, the TLSO brace wraps around the upper body from under the arms to the pelvic bone. Luke’s curve affected both the upper, or thoracic, and the lower, or lumbar, regions creating a twisted “S” shape.

A BRACE JUST FOR LUKE

As Luke continued to grow, unfortunately, so did his curve. McIntosh first prescribed a Providence brace, or a nighttime brace made for smaller curves, for Luke to wear while he slept that would help to slow his curve progression. “I thought it



Sample Providence brace



Sample TLSO brace

Continued on next page

Pediatric psychologist Arturo Corrales, resident Matthew Igbinigie, Amy L. McIntosh, M.D., and researcher David Thornberg discuss a scoliosis case during clinic.





Christy and Luke showing school spirit in the band hall following Luke's scoliosis correction surgery.

Patients, like Luke, wear their braces for 18 to 24 months for many hours a day. That timing is determined by the age at presentation, the curve magnitude and how much growth remains. "Currently the brace is the only treatment that has been scientifically proven to prevent the progression of scoliosis to a surgical magnitude," McIntosh says.

CORRECTING SCOLIOSIS WITH SURGERY

"He wore his brace until the ninth grade, and he was so compliant," Christy says. "He even tried to wear the brace while he was in marching band while carrying the bass drum, but he couldn't. It was too much, so he started taking it off for band."

Luke literally and metaphorically carries the beat on his back while he zigs and zags across the football field holding his enormous bass drum. Fastened to a frame that hooks over both shoulders, the drum weighs more than 20 pounds and juts out far enough to move when the wind blows. Luke loves to be a part of the drumline, and when asked if he plans to continue studying music in college, he replies, "100 percent." Some of his best friends are in the band. "It's a great way to meet people, and I've made close friends that will probably last quite a while," Luke says.

Luke wore his brace up to 22 hours a day, but his curve kept progressing. When his

curve grew to larger than 50 degrees, surgical correction was recommended. Luke experienced some discomfort and breathing difficulty as well. "When it was really bad, like after band practice, after marching out there with my drum for a while, it just hurt," Luke says. "I tried to get through it as best as I could, but sometimes I'd have to sit

out and do stretches. It wasn't bad to the point where I couldn't do anything, but it was just constant."

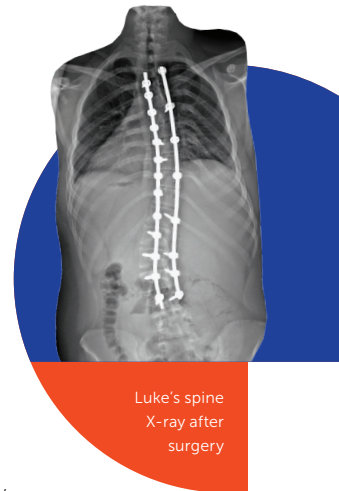
Getting ready for surgery, Luke looked to McIntosh to explain the next steps. "She gave me a 3-D model of what the surgery would look like on my back," Luke says. "I got to play with it and bend it to see the difference between a normal back and a back with spinal fusion. It made me feel better."

Luke had a posterior spinal fusion with instrumentation and bone grafting, the most common scoliosis surgical procedure. By attaching rods to the spinal column and then grafting bone to the affected area, the spinal curve is corrected and encouraged to fuse to prevent further curve progression. Following surgery, the fused section is no longer flexible.

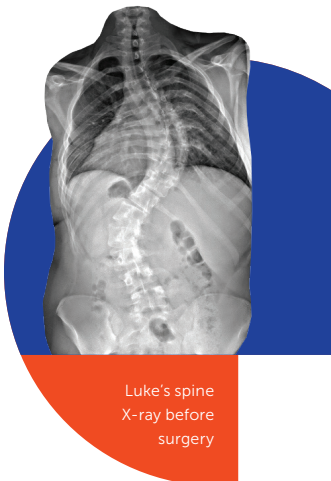
Recovery takes several months for patients to get back to their desired activities, and it takes up to a year for the spinal fusion to fully heal. During Luke's recovery, the drumline and their teacher Michael Reed brought a huge card signed by everyone with well wishes during a visit to his house.

After years of wearing a brace and surgery, Luke has advice for others going through bracing and surgery for scoliosis. "If they are going through bracing, I'd tell them to wear their brace as much as possible to try to avoid the surgery," Luke says. "If they are about to get into the surgery, don't worry about it too much. They are professionals, and they know what they are doing."

Luke gained a few inches in height and has no more pain following surgical correction. "It is a lot easier to do stuff with my back like this," Luke says. Even though there are reminders each day about his spinal fusion, he says he wouldn't change a thing about his treatment at Scottish Rite for Children. "You are in the best hands," he says. "They know exactly what to do." <<



Luke's spine X-ray after surgery



Luke's spine X-ray before surgery

INNOVATIONS IN SCOLIOSIS

The experts at Scottish Rite for Children are world-renowned for pediatric orthopedic treatment, research and education for many conditions, including scoliosis. The Sarah M. and Charles E. Seay/Martha and Pat Beard Center for Excellence in Spine Research provides the framework to analyze current treatment methods and protocols for scoliosis while leading the way for future innovative solutions.

GENETICS ARE THE KEY

Director of Basic Research and Molecular Genetics Carol Wise, Ph.D., and her team continue decades of innovative research to find genetic risk factors that contribute to the complex disorder of scoliosis. "What's exciting is that some of the

pieces of the puzzle are starting to match together," Wise says. "Now, it's taking all of those pieces back into the laboratory and understanding idiopathic scoliosis at a molecular level."

Wise and Assistant Director of Molecular Genetics Jonathan Rios, Ph.D., have received several separate

awards from the National Institutes of Health to fund idiopathic scoliosis research. Wise and Rios recently collaborated with the NIH Gabriella Miller Kids First Pediatric Research Program to generate and analyze 124 million megabytes of invaluable genomic data. With this information, the team moves closer each day to identifying the underlying causes of scoliosis leading to a future where scoliosis treatment for growing patients will look very different. "Our genetics research is getting to the fundamental causes of this condition that will inform less invasive therapies and prevention," Wise says. "We are indebted to the thousands of patients and families who have partnered with us in working toward these goals."

WHAT'S OLD IS NEW

Based on a physical therapy called the Schroth Method created in Germany in the early 1900s, an updated protocol, known as the Barcelona Scoliosis Physical Therapy School (BSPTS) method, is offered to Scottish Rite patients undergoing observation and treatment for the condition. "As a postural-based exercise program, the Schroth-based method trains children around 10 to 14 years old to learn to correct the posture deviations that their scoliosis causes," physical therapist

Courtney Warren says. "By retraining their posture, the kiddos learn to stay in a corrected posture and not lean into their curve."

Warren is one of six therapists at Scottish Rite extensively trained in the method that helps to lengthen muscles and ligaments and increase mobility for patients with scoliosis. Scottish Rite is currently investigating the use of Schroth-based physical therapy alone and combined with brace treatment for patients with mild scoliotic curves. "Having scoliosis is a marathon, not a sprint," Warren says. "It's a slow, learned technique that they have to digest as they go along, but hopefully, when the hard work is through, we'll see a lot of really good outcomes."

TRACKING BRACE WEAR WITH THE BRACE RITE™ APP

Thanks to a quarter-sized Bluetooth temperature sensor placed in each custom-made scoliosis brace, Scottish Rite for Children patients, along with their parents, can effectively monitor their brace wear. A study published in *The Journal of Bone and Joint Surgery* by Scottish Rite researchers found that patients who had brace compliance monitoring increased their daily time in the brace and also showed less scoliosis curve progression following bracing treatment.

"We want to get kids to wear their brace more," Director of Orthotics Don Virostek, C.P.O., L.P.O., says. "If we can get them to wear their brace, we can hopefully keep more of those kids from having surgery for their scoliosis." The specialized sensor tracks wear data and syncs up with Scottish Rite's own Brace Rite™ app, which provides an accessible, immediate way for the patient to view their wear time stats and self-correct to meet their brace-wear targets. "The goal is to have them buy into the bracing program," Virostek says. "By giving patients and their family the ability to see their wear in real-time, they can be an active participant in their own treatment." <<



Patient Makenna, of Frisco, learning the Schroth-based physical therapy method with Courtney Warren, P.T., D.P.T.



Molecular Genetics researcher Ila Oxendine working with DNA samples in the lab.



Neema, of Sachse, feeling #strongerthanscoli after more than 3,500 hours in her custom scoliosis brace.



BOUNDLESS AND BEYOND



THE BOUNDLESS CENTENNIAL CAMPAIGN IS OFF TO A GREAT START!

The inaugural capital campaign celebrates 100 remarkable years of giving children back their childhood, and there are so many ways to connect with Scottish Rite for Children. Visit the *Boundless* website to learn how you can share in the fun leading up to our 100th birthday in October!

Birthday Boys Giving Back in a Big Way

Patient Miles and his little brother, Ryder, are bringing awareness and hosting an online fundraiser on behalf of Scottish Rite for Children for their birthdays! "Scottish Rite is not just a hospital. It is a community," the boys' mother, Angela, writes on their fundraising website.

Miles was born missing his left hand. After their first visit to Scottish Rite when Miles was 3 months old, they learned Miles condition was called symbrachydactyly. "From day one, Scottish Rite welcomed us into their family," Angela writes.

Turning 8 this year, Miles has raised funds for organizations he cares about for half of his life. This year, Angela, Miles and Ryder came up with ideas and created items they would like to sell that encourage others to celebrate each other's differences and spread kindness along the way. Books about differences and inclusion are featured on their site, as well as beautiful tie-dye T-shirts because their family says, "Much like people, no two shirts will be alike!" Check out Miles on the Centennial website, introduced on the back cover, and learn more about what makes Scottish Rite an amazing place!



Big brother Miles with little brother Ryder modeling their Kindness Matters tie-dye T-shirts for sale to benefit Scottish Rite for Children.



Former polio patient Janet Kay Hart Mott, Ph.D., in 1950.

A Beautiful Gift — Your Story

This holiday season, Scottish Rite for Children received a lovely gift when former polio patient Janet Kay Hart Mott, Ph.D., visited the Dallas campus for the first time since her discharge. Coming all the way from Mount Vernon, Washington, Mott marveled at the campus built more than 20 years after she left. Admitted for polio rehabilitation in August 1950, Mott would continue visiting for outpatient therapy and subsequent surgical correction on her right leg until 1955.

She shared recollections about the physicians, nurses and staff who cared for her, including Mr. German, the brace maker, who helped her regain the ability to walk more independently. Another impact of her care at Scottish Rite, Mott was inspired in her career as a rehabilitation counselor, which let her help others who have experienced various disabilities.

We are honored to hear stories like Janet's that show the life-changing care provided to our patients throughout our 100-year legacy. Tell us your Scottish Rite story by visiting scottishriteforchildren.org/shareyourstory. «

HEALING THROUGH HELPING



Physically and Mentally Better

Unintentional injuries with children occur every day — from playtime to the typical school day to family vacation. Kinzie, of Amarillo, and her family’s lives were drastically changed while they were visiting their lake cabin in the Texas panhandle. That vacation would end abruptly as Kinzie was airlifted to a trauma center in Lubbock, Texas, after an off-road vehicle she was riding in flipped over and slid 40 feet with her pinned underneath. Her left arm and right knee were severely injured, and Kinzie’s mom, Michelle, says she feared the outcome of her daughter losing her arm or if her walking would be permanently affected.

Two weeks before the emergency, Kinzie’s surgeon in Lubbock visited a medical conference where he met Scott Oishi, M.D., FACS, staff hand surgeon and director of the Charles E. Seay, Jr., Center for Excellence in Hand. He referred Kinzie’s family into Oishi’s expert care, and Kinzie was admitted to Scottish Rite for Children where her multidisciplinary team of physicians, surgeons, nurses, psychologists and therapy specialists got to work on her traumatic, complex injuries.

“When we got here, immediately, it was hands-on,” Michelle says. “They wanted to know what they could do for her.” That expertise and certainty made the entire family take their first sigh of relief since the wreck. “To walk in and to feel like people really cared, really wanted to help, and they wanted to make sure she was as comfortable as she could get,” Michelle says. “You could just tell it was different. It felt like a warm place to be.”

Today, thanks to her Scottish Rite team’s determination and Kinzie’s hard work in physical and occupational therapy, Kinzie is back to doing activities she loves like riding her bike, playing softball and taking photos. Kinzie’s providers kept her active and engaged in her treatment while ensuring she and her family were cared for and comfortable. “Scottish Rite didn’t just make me physically better but also mentally better,” Kinzie says. “It’s helpful knowing that so many people care for you here. That’s really what patients need, and that’s what they give you.” «

Watch Kinzie’s story and learn more about her journey with Scottish Rite for Children.



WHAT TO KNOW BEFORE YOU GO

Off-road vehicles like ATVs, golf carts, UTVs and motorcycles are fun, but they can be dangerous if used incorrectly. Check out these tips to help riders stay safe while using them:

- » Drivers should be trained to operate the vehicle safely.
- » Follow the speed limit.
- » Know your surroundings and the road conditions, and drive accordingly.
- » Take turns cautiously, especially on hills or slopes.
- » Do not try to show off by attempting stunts or high-risk maneuvers.
- » Keep arms and legs inside the vehicle at all times.
- » Wear a helmet and seat belt.

Credits: kidshealth.org; aapplications.org

TRUSTEE PROFILE

“YOU JUST NEVER KNOW THE IMPACT YOU’RE GOING TO HAVE.”

ROBERT “BOB” AYERS
Advisory Trustee Since 2014

Very few people love Scottish Rite for Children as much as Robert “Bob” Ayers. Introduced in 1981, Ayers’ first encounter as an evening inpatient volunteer left him changed. He read some books and talked with a young patient until the boy fell asleep. “I drove home that first night feeling better than I ever had, thinking, ‘I’ve done a little bit of good,’” Ayers says. “I was hooked.”

Ayers, an oil and gas engineer and aviation enthusiast, would only visit the child a few times during his stay, but Ayers’ kindness and easygoing nature put the patient at ease. Having never seen him again, eight years later, Ayers would receive a high school graduation announcement from the patient. “You just never know the impact that you’re going to have,” Ayers says. In his 40 years of volunteering, hundreds more patients have experienced his compassion, generosity and friendliness.

Always promoting his alma mater Texas A&M University, Ayers would pass out Aggie T-shirts by the boxful with the inpatients, handing them out until maroon and white shirts were everywhere. Hundreds of T-shirt giveaways later, Ayers earned the nickname “Aggie Bob.”

“There are things that you get from being around here and seeing it,” Ayers says. “It’s hard to explain that kind of feeling, but to an engineer, it’s miracles, and I know these doctors think the same way.”

Ayers has been a mainstay on the Amputee Ski Trip, attending for nearly 30 years. Drawn to help encourage

patients in new ways out in the world, Ayers found his place. “They’re not at the hospital, which is their safe space,” Ayers says. “They’re out there where they have all the challenges that society, unfortunately, puts upon them.” After chaperoning a few years, Ayers realized that many of the teenagers expressed concerns about their future — saving money for and attending college.

Hearing these patients’ concerns moved Ayers to act on their behalf. He advocated with Scottish Rite leadership for an opportunity to help the patients he had grown to admire reach their educational goals. His idea would become the Legacy Scholarship Program, where former Scottish Rite for Children patients can apply to the program for scholarships that can be used toward tuition, books, and room and board. Since 1986, the Legacy Scholarship Program has awarded more than 1,700 scholarships with a 96 percent graduation rate for participants. As Ayers says, you do not always know the impact that you are going to have.

Ayers joined the board of trustees in 2014, and he uses his vast experience to help other board members understand what Scottish Rite means to our patients. “In board meetings, we often get to see videos of patients telling their stories,” Ayers says. “But until you really get to know these kids through volunteering with the patients, you can’t truly understand or appreciate the impact that Scottish Rite has.” ◀

PATIENT SPOTLIGHT

Not the Only One

"I like being at Scottish Rite because when I'm there, I'm with other people who are like me — people who have a prosthetic arm or leg or people who wear braces," Scottish Rite for Children patient Elena says. "I'm not the only one when I am at Scottish Rite."

Her mom, Brittany, describes Elena as full of life, enthusiastic and resilient. She says Elena radiates joy from within. Determined and super smart, Elena loves snow skiing, swimming and spending time with her four siblings. Reading, gymnastics and piano fill up her free time, and her tenacity and big heart shine in everything that she does.

Born with scoliosis and a condition that caused her leg to be locked in a permanent 90-degree angle, Elena's family sought consult with Assistant Chief of Staff Emeritus and pediatric orthopedic surgeon Charles E. Johnston, M.D., when she was just 3 years old. Brittany remembers numerous discussions with Johnston trying to find the best treatment plan for Elena. "It was clear that we had a choice — a lifetime of surgeries with questionable success, or amputate, and within a few months, give her the opportunity to stand, walk and run and just to be a kid," Brittany says.

Johnston's medical wisdom and experience provided a level of comfort for their entire family. "His team was helpful, encouraging, and most of all, they were sensitive to Elena's tender heart," Brittany says.

Elena's amputation and scoliosis treatment require a multidisciplinary effort, but that is where the world-renowned care of Scottish Rite for Children truly shines. Because both her scoliosis brace and prosthetic leg interact with her body, Johnston and Dwight Putnam, Elena's prosthetist, coordinate efforts to accomplish a delicate balancing act — the best way to treat her scoliosis while considering her mobility with a prosthesis.

"Dwight is her knight in shining armor," Brittany says. The Orthotics and Prosthetics departments at Scottish Rite for Children provide custom-made orthoses and prostheses for patients with special orthopedic needs, just like Elena. Through the years, Putnam and Elena



have developed a sweet connection. Not only does he make her super cool legs, but he also supports, educates and encourages her. "Elena knows Dwight will work to find solutions to her challenges and always figures out how to help her do what she wants to do," Brittany says.



Charles E. Johnston, M.D., and Dwight Putnam, C.P., L.P., with Elena in clinic.

"There is something special about the Scottish Rite doctors and staff," Brittany says. "They are experts in their fields, are sensitive to children and parents who are navigating hard and painful decisions, and most importantly, they help you feel like you are not alone." <<



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ABOUT SCOTTISH RITE FOR CHILDREN

Scottish Rite for Children is a world-renowned leader in the treatment of orthopedic conditions such as scoliosis, clubfoot, hand differences, hip disorders, sports injuries and fractures, as well as certain related arthritic and neurological disorders and learning disorders, such as dyslexia. Patients receive treatment regardless of the family's ability to pay.

For more information about services available at the Dallas or Frisco campuses, visit scottishriteforchildren.org.

Are you receiving duplicate mailings or need to correct your name, title or address? Please send corrections to P.O. Box 199300, Dallas, Texas 75219-9842 or call 214-559-7650.

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