

RITE UP

Giving It All
Pushing Through
Arthritis One Finish
Line at a Time

SCOTTISH RITE



SCOTTISH RITE

FOR CHILDREN

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On the cover: Kelaiah, of Balch Springs
Above: top left, Zariyah, of Dallas, and Emery, of Plano;
bottom, Kelaiah; and right, Michael, of Redmond, Washington

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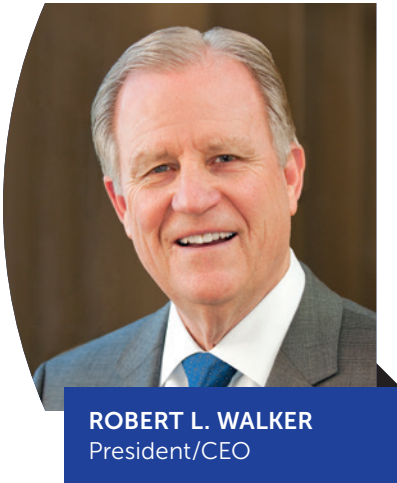
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LETTER FROM THE PRESIDENT



Recently, I had the privilege of meeting Robbie, a patient from Roanoke, and his mother, Shilo. Robbie was born with arthrogryposis, a condition that affects the movement of his joints. Doctors told Shilo that Robbie may never be able to walk. However, because of his hard work, determination and the care he receives at Scottish Rite for Children, Robbie can walk. He can jump, play and even dance.

Robbie's mom told me that receiving care from so many different areas of Scottish Rite made them feel like they were part of the family. We often hear our patients and their families call Scottish Rite a second home.

Family is precious. We do everything possible to protect our families and keep them safe and healthy in body, mind and spirit. This ideal extends to the Scottish Rite for Children staff, volunteers and supporters.

While health and safety have always been our top priorities, the pandemic has highlighted the need to reevaluate our safety protocols and procedures. The staff have, as a team, developed guidelines to ensure a safe medical and work environment. Even as conditions improve, we have seen that the repercussions of COVID-19 go far beyond physical health. We must consider the need to care for the

whole person. We now have a better understanding of the importance of addressing behavioral and mental health issues as well as workforce challenges.

We are aware of the stress, worry and fear caused by the pandemic and world events that seem to be spiraling out of control. We must remain sensitive and focused as we respond with wisdom and vision to the challenges and opportunities ahead. Our mission remains the same — we will continue to provide exceptional care for our patients and their families and an outstanding workplace for our staff and volunteers.

As we look to the future, we can appreciate how fortunate we are to have had a century of tremendous outcomes for our patients. From the polio years to the pandemic years, Scottish Rite for Children was, is and will continue to be extraordinary.

Thank you for making Scottish Rite for Children a beacon of hope and healing — an extended family, where everyone can feel protected, safe and loved.



CONNECTED TO THE CARE



Carol Wise, Ph.D., and her team have been awarded a renewal of their National Institutes of Health (NIH) Program Project grant to research adolescent idiopathic scoliosis (AIS). The grant, which will provide more than \$6.6 million for five years to UT Southwestern Medical Center and Scottish Rite, in collaboration with Washington University School of Medicine in St. Louis and University of California, San Francisco, will continue to build upon their prior discoveries and uncover the mechanisms that cause and exacerbate AIS.

Director of Molecular Genetics and Basic Research Carol Wise, Ph.D., and Assistant Director of Molecular Genetics Jonathan J. Rios, Ph.D.

Crayon Club committee members and friends connect at the Crawfish Boil.



Scottish Rite's young professionals group **Crayon Club** recently held the annual **Crawfish Boil at Texas Ale Project**. Crayon Club makes an enduring difference for our patients by raising funds to support our mission, and the members host mixers, meet-and-greets, and advocacy and education events. Learn more about Crayon Club's upcoming events by emailing CrayonClub@tsrh.org.





The Warstic Woodmen, led by **Ben Jenkins, Ian Kinsler and Jack White**, recently went head to head with the Timbers, featuring hosts from **The Ticket Sportsradio**, in another Sandlot Showdown at historic Reverchon Park. Thank you to everyone who came out for this fun afternoon of baseball. Scottish Rite is grateful for your continued support!



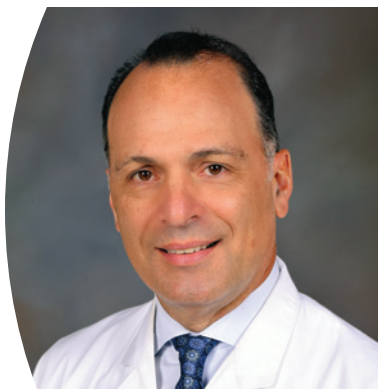
Antoria, of Rockwall

U.S. News & World Report ranked Scottish Rite for Children, in collaboration with Children's Medical Center Dallas and UT Southwestern Medical Center, **as the No. 3 pediatric orthopedic program in the country in 2022.** In 2013 – 2014, this same group was ranked No. 1 and has continued to place in the top five each year.



Welcome our newest medical staff member – **John E. Arvesen, M.D.**, sports medicine orthopedic surgeon.

Scan the QR code to watch his introduction video.



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

In Pursuit of Childhood

Our experts translate innovative research into advanced treatment protocols to ensure that every child receives leading-edge clinical care. But, what if we could turn our mission on its head? What if we could ensure that no part of childhood is lost, that a kid could simply be a kid?

A bold ambition requires pursuit from many angles. As our researchers uncover the underlying causes of pediatric orthopedic disorders to one day eliminate them, our multidisciplinary clinical team not only treats children but also focuses on early identification and prevention. As children go back to school, we offer guidance regarding the early detection of scoliosis, prevention of pain due to improper backpack wear and prevention of overuse injuries.

Early detection of scoliosis is key to controlling spinal deformities. Pediatricians should check for early signs in well-child visits. Texas school nurses conduct spinal screens for girls in 5th and 7th grades and boys in 8th grade. A caregiver may detect symptoms at home by using the Adam's Forward Bend Test. A child bends at the waist as though trying to touch his or her toes. If the caregiver notices unevenness or asymmetry of the back when

comparing the right and left sides, the child should visit a pediatrician for an exam.

Wearing a backpack can cause shoulder, neck and back pain if it is too heavy or used improperly. The American Academy of Pediatrics recommends that children do not carry more than 10% to 20% of their body weight in their backpacks. We advise choosing a lightweight backpack that has wide, padded shoulder straps. A child should use both straps, pack light and lift the pack by bending at the knees and using both hands.

An overuse injury is a muscle or joint injury that is caused by

repetitive stress on one part of the body from activities like running, jumping and throwing. Young athletes may prevent overuse injuries by focusing on proper form, balancing their training by alternating intensity levels and emphasizing different body parts, participating in various sports to change movements and training patterns as well as getting plenty of rest.

As we further advance pediatric orthopedics by dissecting a problem at its root, we can also progress through early identification and prevention. By tackling conditions from all sides, we give kids more time to be kids. ◀



Delaney, of Lewisville, works with Scottish Rite's Occupational Therapy team to stay strong and recover from an overuse injury from her sport.

FRONT AND CENTER

The Ties That Bind

Zariyah, of Dallas, and Emery, of Plano, have a lot in common. They are the same age, in the same grade and their birthdays are just one week apart. They connect online to play their favorite game — Roblox™! But the bond they share runs deep. It is rooted at Scottish Rite for Children, where they met and discovered that they have overcome the same challenges, are stronger for them and, most of all, are not alone.

Emery and Zariyah were born with proximal femoral focal deficiency, which causes one leg to be shorter than the other. Pediatric orthopedic surgeon Lane Wimberly, M.D., surgically inserted an intramedullary device into the girls' femurs, or thighbones. The device is a magnetic-driven rod that is used with an external receiver to lengthen the leg. After Emery's surgery, Wimberly asked Emery's mother, Valerie, if he could introduce them to Zariyah, who had undergone the same surgery the week before. "It's the first time I've had two people going through this exact process at the exact same time and at the same age, so it's really lovely," Wimberly says.

"When he asked, I said, 'What a blessing!' like three times in a row," Valerie says. "It was so cool because, a lot of the time, Emery feels alone, different or ostracized."

Valerie and Emery met with Zariyah and Erica, Zariyah's mother, to ask questions and share their experiences. The girls also scheduled physical therapy appointments at the same time, so they could do their exercises next to each other. "It made Zariyah feel better to find someone who understands what she's going through," Erica says, "that she's not the only one."

After three months of limb lengthening and physical therapy, Zariyah and Emery have gained multiple inches in their shorter legs, successfully meeting their goals in their respective treatment plans.

"Dr. Wimberly and the whole team have been amazing!" Valerie says. "A lot of people are involved in Emery's care, and every time we're at Scottish Rite, every single one of them comes to see her. Emery has had less fear because she's had such great care."



Scan the QR code to watch Zariyah and Emery's story.

Zariyah and Emery benefit from Scottish Rite's multidisciplinary medical team that includes surgeons, nurses, psychologists, physical therapists and many other specialists who collaborate with each other to offer a customized continuum of care for each patient. "Scottish Rite has provided Zariyah with everything she needs," Erica says. "I don't know how we would be able to afford it otherwise. We are very blessed!"

The last time Emery and Zariyah saw each other, they talked about going swimming. "It's wonderful that Scottish Rite connected the girls," Valerie says. "When people do things for others, and they're life-changing, thank you is not enough. There are never enough thank yous." «



Physical therapist Megan Trevino works with Zariyah.

GIVING IT ALL

Pushing Through Arthritis
One Finish Line at a Time

by Hayley Hair



Preparing to qualify for the Amateur Athletic Union Junior Olympic Games, the largest national multisport event for youth in the United States, is no small feat. Contenders need intense training and ironclad dedication to be considered among the strongest, fastest, most skilled student athletes competing from around the country.

Seventeen-year-old Kelaiah, of Balch Springs, has definitely put in the work. She trains twice a day nearly every day for the 200-meter, the 400-meter and 4 x 100-meter relay races. "I'm training hard every day and giving it my all every time I go out there," Kelaiah says. "What I have for that day is what I give, and I try to push more if I know I'm not feeling 100%."

Unlike the runners she's competing against, Kelaiah has been mentally and physically working through a delicate balancing act of becoming one of the best while managing juvenile idiopathic arthritis (JIA).

FINDING OUT ALL ABOUT ARTHRITIS

At 15, Kelaiah was playing basketball, volleyball and running, and when she started having swelling, pain and inflammation around her knee, her pediatrician referred her and her mother, Tanisha, to Scottish Rite's Rheumatology team.

"She had a significantly swollen knee but remained very active," says Kelaiah's rheumatologist Katie Stewart, M.D. "Because she's an athlete, we needed to think about other causes of swelling, more mechanical or injury-related issues."

Arthritis is an autoimmune condition that causes swelling in one or more joints, and after six weeks of persistent joint swelling, it is classified as one of the chronic types of arthritis, including JIA for those 16 and younger. Arthritis can look like other common pediatric problems, so determining the diagnosis is crucial in taming the inflammation and potential damage caused by the condition.

"She was one that we were not quite sure of the diagnosis at first, and we were grateful to have great radiology input from our team," Stewart says. "We work with Orthopedics and Sports Medicine, and in Kelaiah's case, Radiology really helped us confirm the diagnosis."

Scottish Rite treats patients from Texas and beyond with JIA and other rheumatic conditions, such as scleroderma, systemic lupus erythematosus, vasculitis and dermatomyositis. "I think people are usually surprised to know that arthritis is about as common as juvenile diabetes," Stewart says.

Working with other physicians, advanced practice providers, physical and occupational therapists, psychologists, radiologists and many others, Scottish Rite's Rheumatology team helps treat the whole child while supporting one's hopes and dreams for an active, healthy life. Services provided include infusion therapy, digital X-ray and advanced imaging, orthoses or braces and lab services.

Many parents ask how did this happen. "I try to make it clear that there is nothing that someone did to cause this," Stewart says. "The short story is that we don't know how these conditions occur, and hopefully that's something that science is going to lead us to discover at some point in the future."

Continued on next page



Rheumatology team nurse Michelle Loyd answers Kelaiah's questions during a recent clinic visit.

Her mother says she went through a lot of emotions learning about Kelaiah's condition. "I was really taken aback because I thought, 'oh, it's arthritis?' I thought that was something that you got when you were older," she says. "As a mom, it was painful to hear because I know how much Kelaiah loves sports and how active she is, and all of her siblings are active in sports. That's basically our life."

For Kelaiah, telling her coaches and teammates led to more questions. "They didn't know that it is for young people, and they didn't get that it was my immune system attacking my body," Kelaiah says. "It has nothing to do with my age."

Kelaiah performs at a high level both athletically and academically, and her natural athletic talent and strong work ethic are driving her to pursue her dream of running NCAA Division I college track. "There's a lot of competition and skill out there," Kelaiah says. "People always say running is easy, that you are just running in an oval, but there's a lot of technique and a lot of skills you need in order

to be successful. It takes a lot of mental toughness."

LIVING WITH JIA

Early intervention for JIA is crucial to avoid lasting effects of the condition. Once there's a diagnosis, rheumatologists, patients and their families work together to control inflammation and keep flare-ups managed. "Initially it was really bad, and she was in a brace," Tanisha says. "I was wondering, 'would she ever be able to run again?'"

Some symptoms of JIA are fatigue, swollen and tender joints, pain and stiffness as well as fever and rashes. "I probably cry more than she knows I do because I wish I could take it away and help her, but I can't," Tanisha says. "I always tell her, 'you've had more good days than bad days, and that's life in general.' What an opportunity to learn early on about the ups and downs in life, and that it's all in how you deal with it."

Stewart has prescribed various medications and injections, also called biologics, along the way to find the best treatment to extinguish the fires in Kelaiah's body. "I feel very fortunate to live in an age when there are effective treatments for our patients and even more options coming down the pike," Stewart says.

Getting the appropriate type and dosage of biologics has been working for Kelaiah, and with proper rest, good nutrition and hydration, she's been able to keep training and advocate for herself out on the track.

"Because track is a demanding sport, a lot of runners come up with excuses trying not to run,"

Kelaiah says. "I honestly try not to use my knee as an excuse. But when it hurts, I'm like, 'okay Kelaiah, you don't want to make it worse,' so I have to step up and tell my coach my knee is hurting," she says. "That's hard for me because I don't like feeling that something is stopping me from being what I want to be."

Overexertion or overtraining can exacerbate the condition. "A major issue that we see with our younger patients is that they push themselves past the point of comfort, not wanting to disappoint a coach or trainer and not knowing what their limits are," Stewart says. "Finding your limits is going to help someone with arthritis gain more independence and to really listen to their body."

SPRINTING INTO A BRIGHT FUTURE

Looking forward to upcoming events, Kelaiah continues to work hard each day to move toward her goals. "She's had a really good year," Tanisha says. "It's just trial and error for us now."

Stewart and the team at Scottish Rite continue monitoring her condition and providing support. "When we got to Scottish Rite, we really felt like they cared about us," Tanisha says. "The care that you get there is just so wonderful. They let us talk about her accomplishments, and they want to know how she is doing."

Those accomplishments are pretty impressive. She was selected by the Texas Girls Coaches Association to represent class 5A-6A schools as a member of the Texas All-Star Team. Her high school track team won district, area, regionals and state in the women's 4 x 200 and the 4 x 400 relays and placed third in the 4 x 100 relay. Kelaiah competed at the Junior Olympics in 2021 in the 4 x 400 relay, with her team placing fourth.

Kelaiah had a strong showing at the most recent regional meet, a qualifier for the 2022 Junior Olympics in North Carolina in August. Her performances have successfully qualified her for the 4 x 100 and the 4 x 400 relays, as well as the 200- and 400-meter individual races, where she also set personal bests.

Stewart continues to be a big fan of Kelaiah's. "She is a resilient young lady," Stewart says. "She does not let anything stop her. I think just the fact that she's pushed through all of her obstacles says so much about her."

Kelaiah's future is bright, and she feels like she's getting the care she needs at Scottish Rite. "They're going to get you right," Kelaiah says. "They're going to help you, and they're going to do their best to help you with whatever you are going through," she says. "It's a very good support team. You are going to be okay." «



TRUSTEE PROFILE

“SCOTTISH
RITE FOR
CHILDREN —
THIS IS A
FAMILY.”

KIM J. ASKEW
Trustee Since 2021



Top, best, most influential, greatest, lifetime achiever — a few descriptors used in the long list of accolades for super lawyer **Kim J. Askew**. “I’ve never been unrealistic about what it takes to be a great lawyer,” says Askew, who believes that practicing law is a calling. “You have to work hard.”

And that’s exactly what she has done. As a partner at DLA Piper LLP, Askew specializes in employment litigation cases dealing with race discrimination, sexual harassment and disability, as well as in litigation involving business torts, trade secrets and employment agreements. “I’m a problem solver,” Askew says. “People bring me tough problems because they need my help, and I can make workplaces better because I help my clients solve these issues.”

Growing up in Georgia during the civil rights movement, her passion to help sprouted from great examples watching her parents and others in the community. “So much took place in the churches, and often the people who came in to explain what was going on were lawyers,” Askew says. “I thought, ‘they are doing something,’ Those lawyers were helping people.”

That’s where she found her calling. Askew received her bachelor’s from Knoxville College in Tennessee and then went on to graduate law school at Georgetown University Law Center in Washington, D.C. “I grew up kind of being a fighter, but a fighter for good, knowing that the world had to improve and that you had to be a part of the world improving,” Askew says.

Although she only recently joined Scottish Rite’s board, her history with the organization began years ago. Through community groups like the Junior League of Dallas, Askew stayed connected, but her strongest tie came from her law partner, mentor and close friend for more than 35 years — the late Vester T. Hughes Jr., Scottish Rite’s longest-serving trustee. “I realize that law is very much a part of my family,” Askew says. “Vester Hughes was a part of my family, and Scottish Rite for Children — this is a family, too.”

Another well-deserved descriptor — trailblazer. She was the first Black woman hired by a major Dallas law firm and the first to become Chair of the Board of the State Bar of Texas. In 1992, Askew led the legal team for Ross Perot’s presidential bid. “I learned to take on tough cases because they can open the next level for you,” she says. “I’m not afraid of that now because I’ve done this for almost 40 years. They’re much more afraid of me than I am of them now.”

In the late 2000s, Askew led the American Bar Association’s Federal Judiciary Committee and testified before the U.S. Senate Judiciary Committee, not once but twice, during the confirmations of U.S. Supreme Court Justices Sonia Sotomayor and Elena Kagan. In 2018, Askew received the inaugural Dallas Bar Association’s Distinguished Service Award, an award now named after her. We are grateful for the contributions of our steadfast trustees, and it is clear that the organization is in great hands leading into the next 100 years. ◀◀



Unstoppable

It is not uncommon to see Michael, of Redmond, Washington, posing like his favorite superheroes. He loves playing Minecraft™, riding his bike, swimming, wearing costumes, acting, dancing and singing. In January 2021, this highly active and vivacious young man had a life-changing surgery performed on his left forearm by pediatric orthopedic experts from our hand and limb lengthening and reconstruction teams at Scottish Rite for Children.

"I have no words to describe the blessing it has been for Michael and myself," Berenice, Michael's mother, says. "Scottish Rite is simply amazing."

Michael was born premature at 23 weeks and stayed in the NICU for four months. At 3-months-old, the family realized he had a bump on his left arm and worked with Michael's doctors to investigate the issue. Following a biopsy, it was determined that Michael had congenital pseudoarthrosis, which caused a deformity in the bones in his left forearm.

There are very few teams that could successfully manage the complexities and intricacies of Michael's treatment, but Scottish Rite for Children could. "To me Scottish Rite is a place where miracles happen, where the prayers of many parents come true," Berenice says. "The doctors really care, and all the staff understand you and want to help in any way they can. Somehow you know your child is in the best hands, and you trust they are going to be okay." «

Watch
"Michael's Story"
and learn
more about
Scottish Rite's
extraordinary
care.





Healing Bones with Heart

No parent wants their child to experience a traumatic injury — but it happens. Following a trauma, the experts at Scottish Rite for Children can step in and facilitate successful recoveries using a multidisciplinary team approach. One common source of injury in children is the trampoline. Although trampolines are used in sports like gymnastics and are a favorite activity of many children, accidents can occur and may cause traumatic injuries.

During a family cookout, 3-year-old Edward, of Longview, was playing on a trampoline with his brother. When Edward fell off the trampoline, his family immediately knew that he was seriously injured and needed to see a doctor. His parents rushed him to the nearest hospital, where it was confirmed that Edward had severely fractured his elbow. Edward’s family was given two options — travel to Shreveport, Louisiana, which was closer, or drive several hours to Scottish Rite for Children for further care. The family chose to make the trek to Scottish Rite, and they were glad they did. “Everything was different here,” Edward’s father, Eduardo, says. “From the colorful rooms in the clinics to the kind people who greeted us, we immediately knew that we were in the right place.”

Edward’s family speaks Spanish, so they were relieved to work with a language interpreter. “She stayed with us the whole time and made sure that we were able to communicate with the doctors,” Eduardo says. Edward was examined by Chris M. Stutz, M.D., an expert in treating conditions and traumatic injuries to the hands and upper extremities. During Edward’s examination, he was found to have a large displaced fracture of the left humerus, or the bone connecting the arm to the elbow. Stutz informed Edward’s family that he would require surgery to close the fracture, but he assured his worried parents that everything would be okay.

Edward’s surgery was a success, and he was able to choose his own cast color, which was blue. “Everyone paid a lot of attention to my son,” Eduardo says. “They gave him stickers, kept him entertained with a tablet and treated him with so much kindness. He was so happy with everyone who cared for him.”

Edward only had to wear his cast for about a month, and his elbow healed without any issues. “We are really happy with the care we received at Scottish Rite,” Eduardo says. “It was all worth it.” ◀

Tips for Safer Trampoline Use

- » Check for wear and tear and ensure that the trampoline’s supporting bars, springs and surrounding landing surfaces are covered in protective padding.
- » Always have adult supervision and allow only one child, who is at least 6 years old, to jump at a time.
- » Do not depend on a safety net enclosure alone to prevent injuries. The majority of injuries actually occur on the mat of the trampoline.
- » Always place trampolines at ground level. A fall from a higher surface increases the risk of injury.

Source: American Academy of Orthopaedic Surgeons, <https://orthoinfo.aaos.org/en/staying-healthy/trampoline-injury-prevention/>

DONOR SPOTLIGHT



A True Friend

Virgie Childs may be small in stature, but for those who know her, she carries a large presence. She has become a fixture at Scottish Rite for Children and has dedicated a great deal of her life to the organization. Childs first connected with Scottish Rite in 2005, starting as a volunteer. For nearly 17 years, she continued giving her time to Scottish Rite, cheerfully greeting patients at the front desk or whipping up a fresh batch of popcorn at the popcorn stand. There are few areas where Childs has not volunteered, and she's made quite an impression on our staff, and most importantly, our patients. "I've had the opportunity to help others and work with children," Childs says. "I loved meeting the patients and their families."

Through her volunteer work, Childs made friends wherever she went and left a lasting impression on others along the way. She is a social butterfly and even stays in touch with other volunteers she met at Scottish Rite. "I made true friends, not acquaintances," Childs says. "I see and am with these friends all the time, even now."

Not only did she spend countless hours making patients and families feel welcome, but she also supported Scottish Rite through generous donations. She is a part of the recurring gift program Champions for Children and also a member of the W. B. & Brandon Carrell Society, as she plans to leave a portion of her estate to the organization in her will. "You leave things for your family in your will, and that's what she is planning. Scottish Rite is her family," Development officer Mike Stimpson says.

Her sons know the special place Scottish Rite holds in her heart, so in celebration of her 95th birthday, they purchased a custom bronze statue in her honor. "Freewheelin'" by Gary Price perfectly embodies Childs' zest for life. A young girl's outstretched arms and windblown hair evoke the pure joy that she is known for, and the little dog by her side represents her beloved four-legged friend, Portia. The statue was installed and dedicated in May 2022, and it now greets visitors as they drive onto the Dallas campus.

"Virgie's dedication to Scottish Rite for Children has been unwavering throughout the years," says Vice President of Development Stephanie Brigger. "We are grateful for her service, her gifts and, most of all, the profound impact she has had on our patients, volunteers and staff members."

Childs has retired from volunteering at Scottish Rite, but her love for the organization is shown through her continued support. "Scottish Rite will always be in my heart," she says. "I'll always cherish the special place that is Scottish Rite." «



"Freewheelin'" by Gary Price

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At Scottish Rite for Children, **the Bridge Program** offers specially designed training to help young athletes build strength, conditioning and confidence. Openings are available to patients looking to get back in the game following an injury as well as participants interested in overall athletic development and injury prevention.

For a monthly subscription, young athletes can participate in up to three classes a week, receiving direct training and guidance from our certified strength and conditioning coaches. The groups train indoors and outdoors at our state-of-the-art Frisco facility, equipped for a variety of training methods. To learn more about the Bridge Program and to sign up, please email BridgeProgram@tsrh.org.



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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