# RITE UP





# SCOTTISH RITE

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#### **PUBLICATION CREDITS**

Senior Editor: Hayley Hair

Editor: Kristi Shewmaker

Designer: Peter Henry

Features Coordinator: Brittany Musacchio

Photographer: John Dosser

Contributors: Stephanie Brigger, Lexie Feikema, Ashley Givens, McKay Hendershot, Amy Krajewski, Roy Ortiz, Celene Stanley and Development and Communications staff Send editorial comments to: RiteUp@tsrh.org

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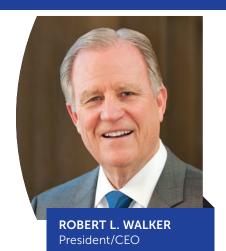
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# LETTER FROM THE PRESIDENT





For more than a century, Scottish Rite for Children has stood as a beacon of hope, dedicated to providing exceptional medical care to patients and families. During this time, Scottish Rite has gained national and international prominence for its unwavering commitment to pediatric orthopedics. With more than 360,000 children receiving life-changing treatment, Scottish Rite has had a profound impact on children worldwide.

It seems that wherever we go, someone is sharing a testimonial about Scottish Rite for Children. At a recent meeting, a staff member told of being approached by a very grateful patient in the airport while wearing a Scottish Rite T-shirt. Within minutes, six other staff members shared similar stories. The common themes were a sense of compassion, excellence of care, the smell of popcorn and exceptional staff interaction. Once a family steps through our doors, they are enveloped by our culture of care. The staff and volunteers go above and beyond to ensure all patients

receive the individualized care they need and deserve. This dedication has earned Scottish Rite its reputation for excellence around the world.

In August, Scottish Rite for Children received the NRC Health® 2023
Excellence in Patient Experience Award for the seventh time. The recipient of this award is determined by the results of a survey completed by thousands of patient families. In the survey, our patient families indicated they would highly and enthusiastically recommend Scottish Rite to those they love and protect most —

their family members and friends. We appreciate the tremendous vote of confidence and focus on maintaining this trust in all that we do. Additionally,

in collaboration with Children's Medical Center Dallas and UT Southwestern Medical Center, Scottish Rite for Children was ranked No. 4 in the nation by *U.S. News & World Report* for pediatric orthopedic care. That places us at No. 1 in Texas and the entire Southwest region once again for the past 15 years.

Scottish Rite for Children is able to provide high quality care because of the support of our friends and donors. Your time and gifts not only provide critical resources but are also a testament to your desire to serve others. With the commitment of our staff, volunteers and with your steady support, we will continue our mission of giving children back their childhood for many years to come.



listens to her heartbeat during her appointment.

Boh

### CONNECTED TO THE CARE



Character Breakfast proved to be a magical time for children to meet and collect the autographs of their favorite superheroes, princesses and cartoon characters. Hosted by Crayon Club, Character Breakfast is a family-friendly event that includes breakfast, face-painting and a silent auction to raise funds for patient care at Scottish Rite for Children. Crayon Club is a group of young professionals who support the mission of Scottish Rite through volunteerism, education and philanthropy.



For the seventh time, **NRC Health®** recognized Scottish Rite for Children with the **Excellence in Patient Experience Award** in the nationwide pediatric category. **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. 4 pediatric orthopedic program in the country, placing our organization at No. 1 in Texas and the Southwest for 15 years.





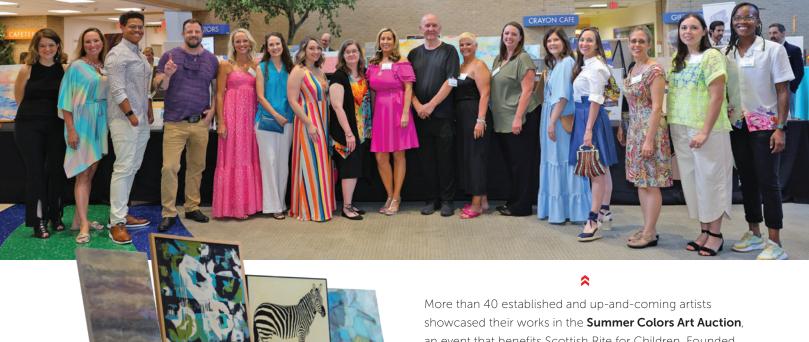


Scottish Rite for Children
Orthopedic and Sports Medicine
Center welcomed **Falco**, a black
retriever and our new Frisco facility
dog. Falco met Margo, a golden

doodle mix and the Dallas facility dog since 2021. Margo and Falco work alongside child life specialists to promote positive coping for patients. We are grateful for Cookies  $\vartheta$  Castles Frisco, who generously raised funds to bring Falco to Scottish Rite.

Back L to R: Child life specialists Mariah Butterbrodt and Morgan Brinson, Margo's handlers; and child life specialists Marissa Willis and Katie Hayward, Falco's handlers. Front L to R: Margo and Falco.



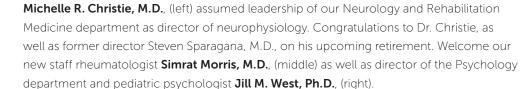


showcased their works in the **Summer Colors Art Auction**, an event that benefits Scottish Rite for Children. Founded in 2009 by Jenny Grumbles, Jill Scovell and Loren Koziol, Summer Colors provides exposure for local artists who generously donate their artwork to support transformative patient care at Scottish Rite.









Welcome our new Senior Vice President of Public Relations **Mark A. Riordan.** Riordan joins Scottish Rite from Summit Strategy Group where he served as Managing Director, Healthcare Practice Lead.





# DR. SUCATO REPORTS





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

# Education Advances Patient Care at Scottish Rite and Beyond

When a child seeks treatment at Scottish Rite for Children, a journey of excellence in pediatric orthopedic care begins. It starts at our Dallas or Frisco campus, but it does not end there. The patients we serve help children around the world receive outstanding care as well.

With each patient visit, our multidisciplinary team of surgeons, therapists and researchers collaborate to solve a variety of problems, from the simple to the complex. The answers emerge through our research discoveries, newly invented implants, customized devices or procedures that we tailor to address each patient's specific needs. Concurrently, young physicians in our fellowship programs learn the "Scottish Rite way" from experts in their field. When they graduate, they go on to begin their own practices or join other highly respected institutions, applying the knowledge and experience that they received at Scottish Rite to help children everywhere. And, the journey of care continues.

On August 1, five exceptional surgeons from around the country joined Scottish Rite for Children as the 2023 - 2024 class of Dorothy & Bryant Edwards Fellows in Orthopedics, one of the oldest and most highly sought after programs in the nation. Since 1978, nearly 200 fellows have been trained in this program, the largest in the



Kacy Richburg, M.D.; and William Hadden, M.D.

United States. Fellows undergo a rigorous, in-depth training curriculum, learning from the masters of the discipline who wrote the textbook about pediatric orthopedics. The fellows work side by side with world-class orthopedic surgeons in the clinics, operating rooms and the "classroom." They also perform an independent clinical research project answering an important question that is presented at scientific conferences and subsequently submitted for publication.

Fellows graduate from the program prepared for day one of their professional practice and join the "family of Scottish Rite" as well as the elite group of talented alumni who are connected for life. This global network of specialists continues

to collaborate and lead pediatric orthopedic institutions, furthering the field.

For 45 years, we have had the privilege of providing extraordinary education for our fellows. Through education, Scottish Rite for Children has expanded our impact exponentially by providing exemplary service to children in our own backyard as well as to children wherever they may live and grow. **«** 

### FRONT AND CENTER

#### A Shared Passion to Protect and Serve

Last summer, the Inpatient Unit at Scottish Rite for Children had extra security and cuteness overload in the form of a 4-year-old patient lovingly referred to as Policeman Joseph. Donning a police vest, badge, walkie-talkie and binoculars, Joseph, of Gonzales, Louisiana, made daily rounds to keep his fellow patients safe. "He's got a huge personality stuffed inside a little body," says Randi, his mother.

Joseph has congenital kyphoscoliosis. In utero, his vertebrae formed differently, which caused both kyphosis, or an outward spinal curve, and scoliosis, a sideways curve. At age 2, Joseph was referred to Scottish Rite for Children where he received expert care from pediatric orthopedic surgeon Amy L. McIntosh, M.D.

When Dr. McIntosh evaluated Joseph, his curve measured more than 80°, which was beyond the point when surgery is recommended. "For young children who have severe congenital curves, bracing or casting doesn't help because of the abnormal vertebrae," Dr. McIntosh says. "You have to wait until they're big enough to surgically fit an implant in them." Dr. McIntosh monitored Joseph until he was 4. When his curve reached 100°,

she recommended six weeks of halo-gravity traction followed by surgery.

Halo-gravity traction gently stretches and straightens a significantly curved spine in a slow, safe manner. "It's like taking a spring that's coiled up and slowly uncoiling it over time," Dr. McIntosh says. While Joseph was under anesthesia, Dr. McIntosh applied the halo by attaching it to his skull. "I didn't even feel it," Joseph says. "It was super magic!" With the help of his care team, Joseph could fasten his halo to a traction device on a pulley system that connected to his walker, wheelchair or bed.

While in traction, Joseph participated in therapeutic recreation, physical therapy (PT) and fun activities in Child Life. "He made friends with everyone, especially the security officers," Randi says, "and he loved growing his muscles in PT, so he could keep his new friends safe. Scottish Rite became our second family, a home away from home."

When traction was complete, Joseph underwent surgery. Dr. McIntosh inserted a magnetic growing rod, also known as the MAGEC® System, on one side of his spine and a sliding traditional growing rod on the other side. After a successful procedure, his curve measured 42° — a correction of almost 60%. "He got almost two inches taller," Dr. McIntosh says.

Going forward, the rods in Joseph's back will be lengthened as he grows. Rather than undergoing multiple surgeries, an external magnetic device will be used to locate the magnet inside the rod to lengthen it. "The magnetic rod acts as a motor to drive the traditional rod that will slide," Dr. McIntosh says. This hybrid construct will control the correction of Joseph's spine until he stops growing and ultimately receives a definitive spinal surgery. "Joseph's care has been top-notch," Randi says. "Dr. McIntosh is absolutely the best, a true godsend."

On his last day at Scottish Rite, Policeman Joseph made his final rounds, protecting the kids and doing a celebratory safety dance on his way out. «





Joseph's reel on Instagram.



# Bouncing Back From UCL Injury Scarlette Soars Higher Than Ever

by Kristi Shewmaker

**IT WAS A NAIL-BITING WEEK** for Scarlette, of Coppell, during the fall semester of her high school senior year. She was waiting for a phone call from the head coach of the gymnastics team at Rutgers®. She hoped the coach would invite her to join the team. Years before, she had set her sights on going to Rutgers and competing there as a gymnast.

In competitive gymnastics, recruitment for joining a college team begins around an athlete's sophomore year of high school. During that time, Scarlette visited the campus, attended gymnastics camps and participated in an official visit to get to know the coaches and student gymnasts. All that was left for her to do was wait for "the call" to let her know if her college dreams were coming true.

Born and raised in Oahu, Hawaii, Scarlette started gymnastics when she was 4. "She had tons of energy in preschool," says Bryan, her father. "She was always hanging from the monkey bars and bouncing around." Her parents enrolled her in a recreational gymnastics class to burn off energy. "We knew nothing about the sport, apart from what we saw in the Olympics," Bryan says. But, the coaches picked up on Scarlette's innate ability, and she excelled quickly. At her first gym, they suggested that she try out for a team. "That was the start of my gymnastics career," Scarlette says. "I was 6 or 7 years old in my first competition." And in that early competition, she won. Throughout the years, Scarlette kept winning.

By the age of 14, she rapidly advanced to level 10, the highest level in the USA Gymnastics Development Program. During her first year as a level 10, she made it to the national competition in Indiana, an incredible feat for her age. To ensure that Scarlette and her younger sister, who is also a gymnast, could get exposure and compete in bigger, more prestigious tournaments on the mainland, the family packed up and moved to Texas, specifically for the program at Texas Dreams Gymnastics in Coppell.

During her sophomore year,
Scarlette tripped as she was running
into a tumbling pass and rolled her
ankle, landing on her arm. "In Hawaii,
we have several hospitals but only one
main hospital for children," Bryan says.
"In Texas, we didn't know where to go,
but her coaches and other gymnasts'
parents said, 'You have to go to
Scottish Rite for Children.'"

At Scottish Rite for Children
Orthopedic and Sports Medicine
Center in Frisco, Scarlette learned that
she had not only sprained her ankle
but also would need care for a more
complex injury to her ulnar collateral
ligament (UCL) in her left elbow.
Assistant Chief of Staff and Director

of the Center for Excellence in Sports Medicine Philip L. Wilson, M.D., evaluated Scarlette and consulted with her and her family regarding her individualized treatment options.

The UCL is a band of tissue that runs along the inside of the elbow and works to stabilize the elbow joint during overhead movements. Baseball players, gymnasts and, occasionally, quarterbacks sustain this injury. "It has to do with the way you use your elbow, either for weightbearing or throwing," Dr. Wilson says. Baseball players sustain the injury from repetitive throwing, bringing the elbow back at a certain angle repeatedly, causing stress on the ligament. "For gymnasts, it's a weightbearing issue," Dr. Wilson says. "We all have a little bit of an angle in our elbow called valgus. Gymnasts develop more of that angle as they grow due to repetitive weightbearing from a young age." The force of a gymnast landing on her hands over and over causes repetitive stress on the ligament.

For most people, the treatment plan for a UCL injury is nonoperative with a recommendation of rest and physical therapy (PT). For athletes like baseball players or gymnasts, the plan could include surgery, depending on

their injuries and their goals. "When we consulted with Dr. Wilson, part of Scarlette's treatment plan depended on whether she wanted to stay at the competitive level or just do gymnastics for fun," Bryan says. The direction she chose would determine the aggressiveness of the treatment.

Continued on the next page



Assistant Chief of Staff and Director of the Center for Excellence in Sports Medicine Philip L. Wilson, M.D., examines Scarlette's elbow.





"It is always challenging for the family to make a decision about what to do," Dr. Wilson says. Ligament reconstruction surgery requires a long commitment to rehabilitation, and often takes a year for the athlete to get back to the competitive level. "An important part of our job is to partner with the family, provide quality counseling time and ensure that they have all of the information they need to make the best decision," he says.

In their initial consultation, Bryan said that it was the first time he heard Scarlette say that she wanted to do gymnastics just to enjoy it. "A few months before my UCL injury, I had been struggling a lot in the gym," Scarlette says, "and when I got hurt, I was like, 'Is this a sign? Is this telling me to just be done?'" Bryan explained that Scarlette had hit a plateau in her skillset, which is common for competitive gymnasts, and in her mind, the injury was a setback.

Scarlette decided to take the nonoperative route, and Dr. Wilson recommended PT twice a week at Scottish Rite. After seven months, Scarlette was back in the gym when she injured her elbow again. "I was doing a release on the uneven bars, but I missed the bar and landed on my hands and knees," she says. "The pain shot up my whole arm."

After the reinjury, Scarlette decided to pursue surgery. "I was getting my skills back, and I think I just needed to take a step back and rest my body," she says. "I was able to think." The light at the end of the tunnel, Bryan said, was that she would get a new ligament in her elbow, and she would be much stronger.

Scarlette underwent surgery the summer before her junior year. Wearing a brace, she started range of motion exercises and began PT within the first week. Over many

months, her therapy goals included regaining mobility of her joint and then progressing toward strengthening, endurance and power production. At six months, she went back to the gym while continuing PT, and at eight months, she resumed training but not at full skill level. Finally, the summer before her senior year, she was given the all clear to train without restriction and to fully return to gymnastics that fall.

"I learned a lot about myself during my recovery," Scarlette says. "I had to build my way back up. The basics I received to get my skills back really helped my confidence and my performance. I trusted my care team, their process and everything they did."

"I have massive respect for the program at Scottish Rite," Bryan says. "Dr. Wilson gave Scarlette the option to do what she wanted to do. He didn't go right to surgery. The professionalism of him to offer PT first, that he even took that into consideration, is a big deal. For any parent considering a facility for their child's orthopedic needs, it's a no-brainer. There's no reason to go anywhere else."

In the 2023 gymnastics season, Scarlette finally got to compete in all four events — vault, uneven bars, balance beam and floor exercise. "After all that she had been through, it was enlightening to see her compete," Bryan says. "Her demeanor changed. She was driven and confident, not too deep in thought. She just went out there and did her thing, and let it be in the judges' hands."

After more than a year and a half of injuries, surgery and recovery, Scarlette said that waiting to hear from Rutgers felt like forever. But, the phone finally rang. She was officially offered a position on the team. And, her

answer was, of course, yes!

"I'm excited for a whole new chapter," Scarlette says. "I get to experience college life as a student athlete and compete on a much bigger stage. I can't wait to experience that whole new world!" «



# ON THE MOVE

#### A Newfound Freedom to Walk

KaDeyja, of San Antonio, enjoys watching Cocomelon® and listening to her favorite song, "The Wheels on the Bus." During her physical therapy session at Scottish Rite for Children, this animated music video set the tone, creating a playful atmosphere and soundtrack to a pivota day in her life. At 16 months old, KaDeyja achieved a milestone that any doting parent would record in a baby book — taking her first step. But for KaDeyja and her parents, this accomplishment was extraordinary.





KaDeyja was born with limb differences affecting her right arm, left hand and both legs. Hand surgeon and Director of the Center for Excellence in Hand, Scott Oishi, M.D., FACS, manages the treatment plan for her hand. Chief of Staff Emeritus J. A. "Tony" Herring, M.D., manages the treatment plan for her legs.

"In the beginning, she couldn't roll over," Stephanie, her mother, says. Later, she had difficulty sitting up and keeping her balance. "We would prop her up with a Boppy® pillow," she says. For many months, Stephanie carried her everywhere. Eventually, KaDeyja figured out how to sit up and maneuver on her own by scooting on her bottom.

When KaDeyja was developmentally ready to begin walking, Director of Prosthetics Don Cummings, C.P., L.P., fitted her for two prosthetic legs. And then, the big day arrived. KaDeyja tried out her new legs with assistance from physical therapist Megan Mendoza. Pushing a baby doll in a shopping cart, KaDeyja took one step and then another.

"When she took her first step, I was like, 'Oh my gosh, she's doing it!'" Stephanie says. "It was very emotional." With focus and determination, KaDeyja was walking. Every step was a triumph. As the medical team cheered her on, she walked over to each person in the room and gave them a high five.

"Scottish Rite for Children has given us hope," Stephanie says. "It's a forever kind of journey at Scottish Rite. They are a piece of our family." «







# BEHIND THE SCENES

A New Space for Child Life At the Scottish Rite for Children Dallas campus, Child Life Services have moved to a beautifully renovated space on the fourth floor. The area showcases a new Child Life Playroom that is equipped with fun activities for patients of all ages, including a play kitchen, doll house, toys, basketball hoops, arts and crafts center, ice hockey table and a teen room that is stocked with movies and video games.

Child life specialists focus on the social, emotional, developmental and educational needs of patients at Scottish Rite. During a child's visit in clinic or the Inpatient Unit, child life specialists help to reduce fear and promote coping by providing preparation and support for medical procedures, education regarding a diagnosis, engagement in medical play and much more. «





"Love" is the word that **Larry Winkle** uses to describe Scottish Rite for Children. "Every time I come to Scottish Rite, I'm met with a smile, I feel good, and I know that this place is run efficiently with love," Winkle says. "Serving on the board at Scottish Rite for Children is the greatest honor I've ever had." And, Winkle has held many honorable positions throughout his life of distinguished service.

Born in Alba and raised in Pittsburg, Texas, Winkle attended Texas A&M University where he joined the Corps of Cadets. After graduation, he was commissioned by the U.S. Army but received a deferment to attend Baylor University School of Law, which prepared him for a lifelong career as a lawyer.

Before practicing law, Winkle served as an Adjutant General Officer in the U.S. Army Adjutant General Corps, the Army's personnel and administrative support unit. Specifically, he worked with the Armed Forces Courier Service, which ensures the secure transmission of classified documents around the world. Because Winkle had learned French at Texas A&M, the Army sent him to Paris. There, he held three top secret clearances to distribute classified documents to and from embassies. "We'd fly out of Paris to Athens, Rome, Frankfurt, London, maybe carrying just one envelope," Winkle says. After Paris, he served in Washington, D.C., as the executive officer of the largest courier station in the world and finally, as the commanding officer of the Presidio courier station in San Francisco before retiring from the Army in 1968.

Winkle's legal career began in Waco working for the district attorney. He joined Freemasonry during law school and became active in its Scottish Rite and Shriners organizations. Through his Masonic connections, he interviewed with Braswell Motor Freight Lines, a trucking company in Dallas, and was hired as its general counsel. The move launched a decades-long career representing motor carriers that sought authorization from the Interstate Commerce Commission and the Railroad Commission of Texas to haul freight from one location to another. "The industry was highly regulated," Winkle says. "The contracts were worth millions, so they held long hearings, calling hundreds of public witnesses. We tried a lot of cases."

Throughout the years, Winkle owned his own law practice with various partners. When the transportation industry deregulated in the 80s, his practice evolved into estate planning. Later, he returned to transportation, serving as general counsel for Bright Truck Leasing Corporation.

Today, Winkle maintains his law practice and has served in Masonry for more than 60 years. He is one of a select few Masons in Texas to receive the highest award bestowed by the Shriners and the Grand Lodge of Texas—the Imperial Potentate's Award of Merit and the Sam Houston Medal, respectively. His devotion to the law and service led to his appointment at Scottish Rite for Children, where, in the words of Winkle, it's all about love. **«** 



#### We Are More: Empowering Patients Through Their Talents

On the stage shining bright with lights, Divya, of Frisco, bent over into a backbend. Viewing the world from upside down and backward, she reached over to her vintage Little Tikes xylophone piano and plinked "Twinkle, Twinkle, Little Star." The crowd went wild!

A recent graduate of The University of Texas at Austin and former Scottish Rite for Children patient, Divya shared her talent in the We Are More Talent Show, a fundraiser that she created seven years ago to support patient care at Scottish Rite. "I wanted to give back," she says, "and I realized there were probably a lot of other kids who wanted to give back but didn't know how." From rock bands, dancers and acrobatic yogis to an amputee playing the ukulele, an artist without hands painting and a child quickly solving a Rubik's® Cube — a wide variety of talents have been showcased.

"When I started the show, my motivation was to raise money, but I realized it was more than just a fundraiser," Divya says. "It had an impact on the patients." The one-of-a-kind show encourages patients and families

# **DONOR SPOTLIGHT**

to bond and build community. There is no competition and no expectations. "You do whatever you want, have fun doing it, and everyone claps for you," Divya says. "It creates a space for kids to be themselves, to feel included and supported."

When Divya was 7, she was referred to Scottish Rite for joint hypermobility. "My ligaments were like rubber bands," Divya says. "Instead of stretching and then recoiling back, they just kept stretching and stretching, so my kneecaps started dislocating." Growing up, Divya had to sit out at recess and skip playing sports. She had multiple surgeries, but in high school, her family connected with pediatric orthopedic surgeon and medical director of clinical research Henry B. Ellis, M.D. He performed reconstruction surgeries on her knees that she says changed her life. "I never thought that I could do the things that I can do now, but after my last surgeries, I was miraculously fine," she says.

Divya's journey inspired We Are More. "I wanted to show that kids who go to Scottish Rite can still do cool things, that we are more than our disabilities." The Association of Fundraising Professionals of Greater Dallas has recognized Divya with the 2023 Outstanding Youth in Philanthropy award. "We are so extremely proud of Divya," says Stephanie Brigger, vice president of Development. "She has touched the hearts of so many people and contributed so much to Scottish Rite."

Now, Divya is applying to medical school to become a doctor. She feels that her experience at Scottish Rite will position her to do more advocacy in the field. "Scottish Rite gives families hope," Divya says, "not only because their kids receive the utmost care, but also because they don't have to worry about whether they can afford it. There's no other place like it!" «





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#### ABOUT SCOTTISH RITE FOR CHILDREN

To celebrate the holiday season,

Scottish Rite for Children is a world-renowned leader in the treatment of orthopedic conditions, such as scoliosis, clubfoot, hand differences, hip disorders, limb lengthening, 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.

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