

Where big hearts help little patients

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**"At St. Mary's, we aim to give
our kids and their families
more than they
had dreamed possible."**

- Dr. Eddie Simper
President, CEO

St. Mary's by the Numbers

In 2018

St. Mary's Healthcare System for Children cared for 3,744 children and their families in the New York metro area.



227

kids received intensive rehabilitation and medical care at **St. Mary's Hospital for Children**.



321

children underwent evaluations and treatments at the **Cindy and Tod Center for Pediatric Feeding Disorders**.



138

children and young adults enjoyed recreation activities alongside therapies in the **Medical Day Healthcare Program**.



144

special needs children learned in the classroom or received special education and rehabilitation services through our **Early Education and Preschool Program**.



2,914

children and young adults were cared for at home and in the community across NYC and Long Island.

Letter from Dr. Simpser

Dear Friends,

New Years is always a contemplative time for me, mainly because it marks the day that I began my best career move: joining **St. Mary's Healthcare System for Children** on January 1, 1999 as Chief Medical Officer. Now, 20 years later, I am quite reflective about St. Mary's past and its future.

In 2018, St. Mary's served more children and families than ever before. We are poised for even further growth in 2019 and beyond. Our **Special Needs Preschool** and **Medical Day Healthcare Program** have both expanded to accommodate more children and young adults from the community. Our **Home Care** services and **Care Coordination** services continue to reach greater numbers of children and families in their homes through in-person and innovative remote monitoring visits.

We launched a specialized rehabilitation program called **Locomotor Training** for children with spinal cord injuries – the only organization in the Northeast to offer this. And in early 2019, our **Center for Pediatric Respiratory Care** will be opening a new unit containing 21 additional inpatient beds, which will allow St. Mary's to provide even more sick children with a total healing environment and extraordinary care.

This exceptional growth is a reflection of the commitment that we receive from our donors. Your support enables us to not only meet the growing needs of our service population, but to develop exciting new and innovative treatment approaches that are giving children hope for a future that once would have seemed impossible to achieve (see the story of our patient Denis).

Thank you for all you do to make St. Mary's so wonderful. Our special kids and their families deserve the best and you certainly deliver.

Sincerely,



Edwin F. Simpser, MD
President and CEO



Dr. Edwin Simpser, MD
President & CEO



Locomotor Training

At St. Mary's, our service population includes many children with spinal cord injuries (SCI), traumatic brain injuries (TBI), cerebral palsy and other neurological conditions that affect mobility. To help better meet the needs of these kids, St. Mary's has begun piloting a new **Locomotor Training Program** at **St. Mary's Hospital for Children**. The program will be fully rolled out in 2019 and will have a tremendous impact on the lives of numerous children for years to come.

Locomotor Training is an activity-based rehabilitation technique that is based on the principle of plasticity and the ability of the neural circuits to relearn following an injury. The interventions in this program focus on sending appropriate input to the nervous system in a systematic way so that it can learn tasks such as walking.

The training re-teaches walking by using body weight support on a treadmill in combination with manual assistance by a team of specially-trained therapists and technicians. Our **Locomotor Training Program** also incorporates overground training and community ambulation to promote safe and effective walking both in and out of the home.

St. Mary's Pediatric Locomotor Training Program is the first of its kind in the entire Northeast region. This is especially important for kids like Luke (pictured above), a New York child who previously had to go all the way to Kentucky to receive this much-needed service. As the program is not fully covered by insurance providers, charitable support is having a tremendous role in helping to ensure that Luke and many other St. Mary's Kids can receive Locomotor Training services in a setting close to their homes and families.



“
Luke does little things every day that he did not do the day before. We're happy and hopeful.
- Luke's Mom
”



2018 Recreational Therapy

On a daily basis at **St. Mary's for Children**, charitable support helps provide our patients with all kinds of recreational activities to help keep them happy, healthy and engaged. Our specially trained therapeutic recreation specialists organize medically approved recreation programs the kids at our facility, including sports, dramatics, games, sensory stimulation, and arts and crafts—all sdeigned to help **St. Mary's Kids** develop interpersonal relationships, socialize effectively and gain the confidence to participate in group activities. Program content is tailored to meet each child's capabilities, needs and interests.



2018 was a year full of fun and diverse recreational activities for **St. Mary's Kids**. Just a few of the many notable highlights from this past year were:

- St. Mary's celebrated Creative Arts Therapy Week in March with a wide array of interactive art and music activities throughout the week.
- In July, **St. Mary's Hospital for Children** received a visit from the **Lakeview Baptist Church's Celebration Choir**. More than 70 young singers all the way from Alabama to do a 30-minute performance of choral music for **St. Mary's Kids**.
- In September, 21 of our patients were taken on a field trip to Manhattan to enjoy a private performance of the Metropolitan Opera's production of **La Boheme**.



Recreational Therapy

- Throughout the year, the teenage patients of St. Mary's engaged in numerous fun artistic activities with the help of Alicia's Art Cart, a specialized art cart donated by the **Alicia Rose Victorious Foundation** and A.C. Moore that is stocked with arts & crafts material ideal for critically ill teenagers in a hospital setting.
- Throughout the year, many of **St. Mary's Kids** got to interact with many friendly animals. They went on trips to the Bronx Zoo and the Alley Pond Conservation Center, received regular visits from therapy dogs, and even got to play with mini-horses!



All of these fun and fulfilling activities would not be possible without our charitable supporters. As many of **St. Mary's Kids** are at our facility for months and years, the collective support of foundations and others is ensuring that these children have something enjoyable to look forward to every day as they work on their treatment goals.

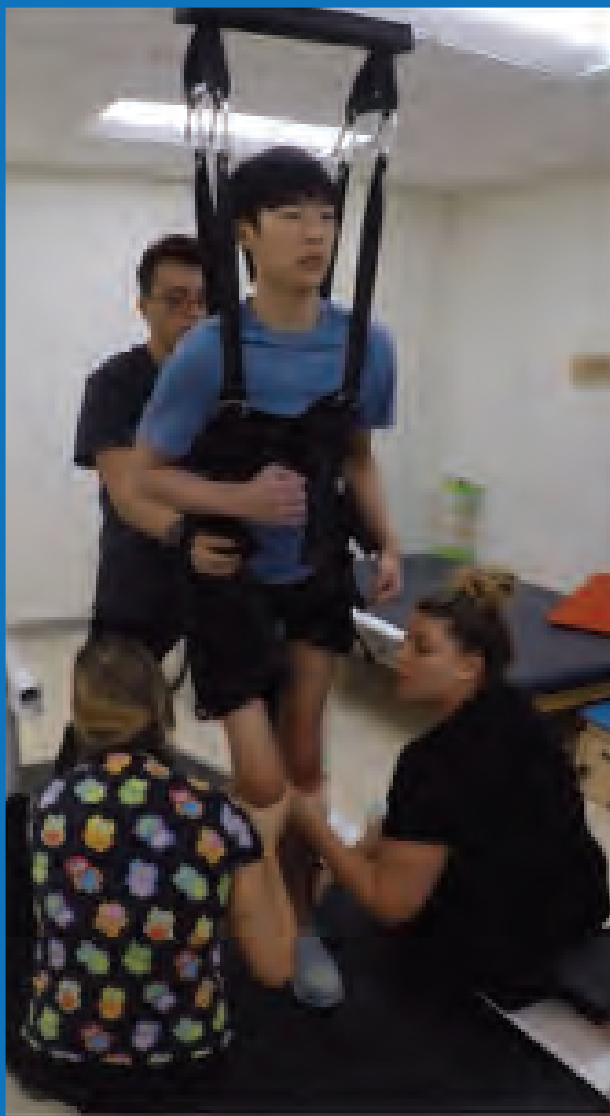


Alicia's Art Cart, a specialized art cart donated by the Alicia Rose Victorious Foundation

Thank you for making all this possible!



Patient Spotlight



“

When I see progress, it really motivates me and gives me optimism for my future.

- Denis, St. Mary's LT Patient

”

At 18 years old, the life of Denis changed forever when a horrific car accident severed his spinal cord. Denis had become paralyzed from the waist down. It was a time in his life when he should have been celebrating his high school graduation with family and friends. Instead, Denis found himself confined to a bed, unable to walk, and overwhelmed with feelings of hopelessness about his future and the possibility of recovery. It was in this time of despair that Denis came to **St. Mary's Hospital for Children** for intensive spinal cord injury rehabilitation in our new **Locomotor Training (LT) Program**.

Denis enrolled in the **Locomotor Training Program** in early fall of 2018 and immediately began to see remarkable gains in both his legs. When he first came to St. Mary's, he was unable to stand up straight and was certain that he never again be able to do so.

Just a few months after beginning therapy, not only was Denis able to stand up straight, but he had **already begun taking steps on a treadmill.**

Meet Denis

During his therapy sessions, Denis often experiences a wide variety of emotions - because with each session, he knows he is one step closer to recovery. He works through disappointments and setbacks and celebrates his triumphs. With each achievement, he sets new goals for himself and his therapists to push himself further.

“

It just feels really great just to see me move my legs even if it's just a small tiny movement. It's really surreal to me.

”



“Denis is truly inspirational for all of us. I had been working with him and his family prior to his arrival. We were eager to see what his progress could be. I was lucky enough to be present in the room during the first few sessions to which he had said, ‘I didn't know I could do that’ or, ‘I don't need a break. I want to do more.’ The progress he has made is astounding.”

– Tiffany Damers, Director of Rehabilitation Services at St. Mary's Hospital for Children



Donor Spotlight

For 20 years, East Coast Car Association (ECCA) brings holiday joy to St. Mary's Kids.



ECCA at annual Toy Drive for St. Mary's Kids.

“

*Seeing the children tugs on your heart,
and you know you're doing
something right,"*

- Michael Bilski of ECCA

”

In 1999, Eddie Walter founded the **East Coast Car Association (ECCA)**, an all-volunteer not-for-profit organization dedicated to raising support for **St. Mary's Healthcare System for Children**.

Throughout the year, the ECCA holds numerous fundraising events to help St. Mary's, including car shows, parades, street fairs and cruise nights – all culminating toward their annual holiday Toys for Tots run. 2018 marked 20 years ECCA has been delivering toys to St. Mary's Hospital for Children. Each member of the East Coast Car Association is asked to bring one educational, unwrapped gift for the youngsters to enjoy.

At the Toys for Tots holiday event, the ECCA visits **St. Mary's Hospital for Children** to deliver the joys of the holiday season, bringing a lively parade of classic cars and motorcycles laden with toys and holiday gifts for our kids. In addition to the toy run, the ECCA has raised over \$190,000 since its inception to support the life-affirming programs and services that St. Mary's provides to 3,000 children each day throughout the New York metropolitan area.

Following Eddie's passing in 2007, the other volunteers of the East Coast Car Association continue to carry on Eddie's legacy of supporting St. Mary's Kids.

Looking Forward

2019

We are excited for another wonderful year here at **St. Mary's Healthcare System for Children**. We would like to say thank you and let you know how much we truly appreciate you. Here are some events we are looking forward to in 2019:

Annual Walk for St. Mary's Kids

St. Mary's Hospital for Children will be hosting their 14th annual walk for St. Mary's Kids on Sunday, May 19th at Crocheron Park in Bayside, Queens. Last year, we raised over \$100K to help fund vital programs and services for St. Mary's Kids. This year we hope to raise even more.

Expanding Special Care for Special Kids

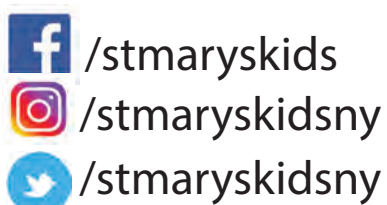
St. Mary's is ready to help New York's sickest children—and their families—breathe easier, but we need your help to make it happen. While as New York's only pediatric post-acute facility, we regularly operate at 100 percent capacity, we still can't meet the needs of the ever-growing number of medically frail children who require breathing support. In fact, nearly 100 of New York's children in need of this support are currently being treated out of state. That's why we are excited to share that in early 2019, our **Center for Pediatric Respiratory Care** will be opening a new unit containing 21 additional inpatient beds, which will allow St. Mary's to provide even more sick children with a total healing environment and extraordinary care.



"Thank you for helping me and other children with special needs"

- Shekinah, age 17

Come get social with us!



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