Caring for Our Community

COVID-19 RESPONSE

Inside: Small baby, smart technology | Banana bread | 2019 Report on Giving
We’re in this together

In the past few months, our world has become an even more complex place. Racism stands directly in contrast to our values and our mission of improving health for all kids and moms. The Foundation is committed to fighting against racial injustice, discrimination, and the health disparities that they cause for children and families. We will do all that we can to listen, learn, and effect change in partnership with you.

At the same time, we continue to tackle the pressing challenges of the COVID-19 pandemic. We are so proud of the Packard Children’s team that has been on the frontlines, fighting for the health of our community and now helping us safely reopen.

While it’s not primarily a kids’ disease, COVID-19 has a huge impact at a hospital like ours. Childhood cancer, congenital heart disease, and other complex illnesses do not take a break. For patients like Bronte (see page 8), few treatments are truly “elective.” As we safely resume surgeries and care, we must ensure that all our patients, families, and staff have the support they need.

We are also proud of Stanford Medicine’s many contributions (see page 3), such as developing one of the first FDA-approved diagnostic tests, serving as expert voices on the latest news, and advising local and state leaders on the reopening of the economy and schools.

We are especially grateful to donors like you for giving all you can to support children and families—including those of you who participated in our Virtual Summer Scamper from near and far! Thanks to you, we can ensure care for all, accelerate discovery, and make the biggest impact. We’re in this for the long haul and will continue to do our very best for moms and kids.

With gratitude,

Cynthia J. Brandt, PhD
President and Chief Executive Officer
Lucile Packard Foundation for Children’s Health
Caring for Our Community During COVID-19

The outbreak of COVID-19 this spring brought challenges and uncertainty to our world. We are proud to share how Lucile Packard Children’s Hospital Stanford quickly ramped up frontline efforts to care for the physical and mental health of our patients, families, staff, and community, as well as research to solve this global problem. These efforts would not have been possible without donor support. Philanthropy fuels research and drives discoveries. We are deeply grateful for friends like you, whose support enables us to have the greatest impact for kids and expectant mothers in our community and around the world.

Stanford Leads the Way
Stanford pathologist Benjamin Pinsky, MD, PhD, and his colleagues deployed one of the first FDA-approved diagnostic tests for COVID-19. We provided testing not only to Stanford and Packard Children’s patients but to other Bay Area hospitals as well.

Moment of Gratitude
First responders and law enforcement lined up outside Packard Children’s to show their appreciation as medical staff arrived and departed during the 6:15 a.m. shift change.

Drive-Through Testing
For maximum safety, patients remained in their cars for testing. At the height of the pandemic, Stanford processed 1,000 tests a day, helping families get the answers and care they needed.

Researchers Chip In
As the need for testing mounted, the supply of RNA extraction kits required for lab analysis at Stanford dwindled. Michelle Monje, MD, PhD, was among the researchers who collected supplies, filling her Honda Odyssey with dozens of kits. “There was a really nice spirit of wanting to help as much as we could,” she says.

Simple Solution
David Camarillo, PhD, associate professor of bioengineering at Stanford, and his lab designed and built simplified ventilators for patients with severe cases of COVID-19 in regions where the machines are scarce. The project was made possible by a grant from the Chan Zuckerberg Biohub.
Surge in Telehealth Visits
Stanford Children's Health performed up to 800 virtual visits per day. It allowed families to shelter in place and reduce the spread of COVID-19 while continuing to receive the care they needed.

Chalk Art Brings Cheer
Our child life specialists shared positive messages of hope through sidewalk chalk art on our hospital walkways.

High-Tech Help
Donors contributed funds to purchase two “germ-zapping robots.” The robots prevent harmful infections by quickly destroying deadly microorganisms with ultraviolet light.

Fun and Games
With our playrooms closed, Child Life and Sophie’s Place Broadcast Studio increased programming that patients and families could enjoy from their rooms. A show called “Taste Buds” featured pediatric neurosurgeons David Hong, MD, (second from left) and Gerald Grant, MD, FACS, (second from right) competing in a taste test.

Procedures Postponed
While COVID-19 isn’t as prevalent among children, the impact on Packard Children’s patients was real. To prepare for a potential surge in patients and minimize the risk of infection, our hospital postponed key procedures. Paizlee Davenport’s kidney transplant was postponed to keep her dad, who was also her organ donor, safe. The hospital resumed these important procedures in May, and Paizlee (bottom left) received her new kidney in June.

Making Masks
Volunteers from the Auxiliaries’ Hearts and Hands affiliate sewed more than 3,000 masks in nine weeks for hospital staff and families to use outside the hospital.
Discovery of Rare Syndrome in Kids
Most kids with COVID-19 had mild, moderate, or asymptomatic cases. In May, physicians in New York, London, and elsewhere noticed that some children with COVID-19 were exhibiting symptoms of a serious multisystem inflammatory condition. Packard Children’s emerged as a leader in educating parents and public health officials.

Combating Secondary Impacts of COVID-19 on Underserved Communities
The Pediatric Advocacy Program worked with government agencies to secure legal help for COVID-19-related housing issues, improve employment benefits, and increase access to mental health care. The Department of Family-Centered Care helped patient families unable to afford food while in the hospital and partnered with food banks to ensure families had enough to eat when they returned home.

Video Goes Viral
Clinical Assistant Professor Maya Adam, MD, created a short, wordless animated video demonstrating how to prevent transmission of the virus. The video spread worldwide, attracting 1.2 million views within 10 days.

Even during the seven weeks at the height of the pandemic, Packard Children’s continued to deliver care:
- 603 babies were born
- 46 heart surgeries were performed
- 7 stem cell transplants and 6 organ transplants were deemed essential

Yvonne Maldonado, MD:
Leading the Local and Global Response to the Pandemic

SPOTTING EMERGING DISEASES, identifying how they spread, testing therapies and solutions—Yvonne “Bonnie” Maldonado, MD, does all of it at once, in real time. It’s a rare skill that has touched the lives of millions of kids around the world.

Early this year, as COVID-19 moved into the Bay Area, it was clear that Maldonado—a pediatrician and chief of the Division of Infectious Diseases in the Department of Pediatrics at Stanford University School of Medicine—was the right person to lead Stanford’s response to the epidemic. Her eyes were already on China, and she knew what she was seeing.

Her prior work on mother-to-child transmission of HIV in sub-Saharan Africa is credited with preventing hundreds of thousands of babies from acquiring HIV. Her efforts have helped set global guidelines for the use of vaccinations for polio, measles, meningitis, and influenza.

This deep experience enabled Maldonado to be a clear and powerful voice helping to slow person-to-person spread of COVID-19 and to protect the public. Maldonado co-directs Stanford’s COVID-19 clinical trials research unit, and she is directly involved in several of the 40 scientific investigations underway or proposed. She and her colleagues are trying to determine how long infected people shed or transmit the virus to others both while they have symptoms and after symptoms subside.

They are scaling up a study of an antiviral drug, favipiravir, to see whether it might help to reduce symptoms and viral shedding.

Another study—a collaboration with the Bill and Melinda Gates Foundation—has recently concluded that self-administered, home-based COVID-19 tests are just as accurate as the invasive kind given in hospitals. The promise of this work is potentially groundbreaking. Not only do self-administered tests minimize exposure for patients and health care providers, they also could help solve the urgent need to increase testing capacity to slow the spread of the virus.

“Through decades of work combating global infectious diseases, Bonnie Maldonado has saved hundreds of thousands of lives,” says Lloyd Minor, MD, the Carl and Elizabeth Naumann Dean of the School of Medicine. “That’s not hyperbole. It’s fact. Her leadership of Stanford’s response to COVID-19 proves very powerfully what her expertise means to us here in the Bay Area.”

Beyond Stanford, she is helping to advise Gov. Gavin Newsom on the state’s response to the virus. She is consulting on plans for when and how to get kids safely back in school. And her insights are sought out by local and national media reporting on the disease.

In all of her work, she knows that her greatest successes are quiet ones: children who don’t get sick.
A week later, the Benedicts took Bronte in for a routine checkup. They expected to hear the usual—how long she was and how much weight she’d gained. Instead, their pediatrician detected a fast heartbeat and rushed them across the street to California Pacific Medical Center, which works in partnership with Lucile Packard Children’s Hospital Stanford. A cardiologist did an ultrasound-guided electrocardiogram and said Bronte’s heart was beating much too quickly. Bronte was put in an ambulance and taken to Packard Children’s.

“We went straight to the Cardiovascular Intensive Care Unit, and within three minutes, a team of 15 to 20 doctors, nurses, and technicians was around her,” Marvin says. Doctors determined that Bronte’s heart was structurally sound, but she had a dangerous type of arrhythmia—not just in her upper chamber, but also in her lower chamber—which has been known to cause death in infants. “Everyone went above and beyond,” recalls Amanda. “One nurse held and rocked her all night long. The team did a wonderful job educating us and including us in all their decisions. We felt like we had a voice the whole time. We called Packard Children’s Hospital home by the time we left.”

“At no point did we feel rushed,” adds Marvin. “There were a thousand medical terms, but they would patiently sit down and explain them to us. One doctoral fellow had a tattoo of the heart condition she was most intrigued with. That really struck me. I thought, ‘These people are not messing around.’”

Getting the Right Rhythm

Doctors gave Bronte medicines to control her abnormal heart rhythm, which seemed to work at first. Then, at 3 weeks old, her heart began to beat dangerously fast, despite the medicines. The safest thing to do, doctors decided, was to place an automated implantable cardioverter defibrillator (ICD).

“I call an ICD a ‘pacemaker plus.’ It not only

Small but Mighty

Newborn becomes one of the tiniest to receive an implanted heart monitoring device

By Lynn Nichols and Jodi Mouratis

When Bronte Benedict was born last October, everything seemed to go as expected. She loved to be held and to go for walks in her stroller with her parents, Marvin and Amanda, near the family’s home in San Francisco.

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recognizes a slow heart rhythm and resets it, but also recognizes a fast heart rhythm and can give a shock when someone is having a life-threatening arrhythmia,” says Anne Dubin, MD, electrophysiologist and director of the Pediatric Arrhythmia Service at Packard Children’s. “Most of the time it does nothing—just sits, watches, and waits. It’s like an insurance policy.”

But Dubin notes a unique challenge for pediatric patients: “ICDs are made for 200-pound adults, not for 6-pound babies.”

Fortunately, Dubin’s colleague, cardiovascular surgeon Katsuhide Maeda, MD, has earned a reputation for being inventive and skilled at placing devices in tiny patients.

“It’s rare for hospitals to place ICDs in babies of this size. It’s simply too challenging,” Maeda says. “Other hospitals don’t have the luxury of having a highly knowledgeable and diverse team of pediatric specialists like electrophysiologists, cardiovascular surgeons, and geneticists, and all under one roof. That’s what makes Packard Children’s special.”

ICDs are about the size of an old flip phone, and they have two parts: wires (leads) and the generator itself. In adults, ICDs are placed below the collarbone, but in small babies, some as young as 3 or 4 days old, they are put in the abdomen. The leads are then sewn onto the surface of the heart.

“Because Bronte was so tiny, we didn’t know if we could place an ICD until we opened her chest,” says Maeda. “She is likely one of the smallest babies in the nation to ever receive an ICD. She was definitely my smallest.”

**Family Finds Comfort**

Amanda and Marvin appreciated getting updates while they waited in the cafeteria during the approximately five-hour surgery. Throughout their entire stay at Packard Children’s, the Benedicts noticed firsthand the degree to which doctors and nurses in the Betty Irene Moore Children’s Heart Center collaborate throughout a patient’s treatment. The multilayered care they received went well beyond the team of top doctors who considered Bronte’s care from every angle. It also included nurses who would check on Bronte even when Bronte was not their patient, and child life specialists and occupational therapists who provided knitted caps, socks, and kind words—making the Benedicts “feel like we had 14 different grandmothers around,” says Marvin. That doesn’t even mention the family rooms with showers and beds, and a social worker to sort through insurance and emotions.

“We joked that it was a spa, not a hospital. There were so many resources that we never knew we needed but found them so necessary to have,” Amanda says.

Now the couple relies on Bronte’s ICD to do the worrying for them. Each night, data on Bronte’s heart is uploaded to the hospital, along with data from 400 other babies and children with heart monitoring devices. She has yet to need a shock, and her ICD is pacing less than half the time, which is a big improvement from when she left the hospital.

As self-described techies who both work at Google, Marvin and Amanda are very comfortable with the automated device that’s inside their daughter’s body. “It allows us to sleep at night,” says Amanda. Fortunately, for mom and dad, Bronte is a good sleeper. She recently moved into her crib in her own room, started eating solid foods (avocado is her favorite), and is reaching her developmental milestones like rolling and sitting.

“She is so chatty throughout the day and is hitting lots of different tones and pitches now,” says Amanda. “We joke that she is our little baby bird, just squawking the day away.”

Patients like Bronte and their families benefit from the life-saving research and clinical care at Packard Children’s. Support from donors including Gordon and Betty Moore, who gifted $50 million to the Heart Center, is essential to attracting and supporting top researchers who are working to improve the quality of life for children with heart disease. Their goal is to deliver the best overall outcome—from the ability for children to perform well in school to exercise and enjoy an active life into adulthood.

The family returned to Packard Children’s in March when Bronte had COVID-19. “The cardiologists were shocked and so impressed that she only had a temperature one night,” Amanda says. “We joke that after what she went through during her first two months, she will be able to endure anything life throws at her. She’s our little fighter, and we could not be more proud of her.”

**BRONTE IS STILL A BABY, but Packard Children’s is already planning for her family’s long-term needs. For young kids with life-threatening heart arrhythmias, especially those who have experienced a cardiac event, receiving an implantable cardioverter defibrillator (ICD) can impact their emotional and mental health. To help kids and their families thrive both physically and emotionally, Packard Children’s offers Connecting, an annual event led by pediatric cardiologist and electrophysiologist Anne Dubin, MD, and pediatric psychologist Lauren Schneider, PsyD. Connecting helps patients and their families learn about their heart condition and what it means to live with, or parent a child with, an ICD. Families gain support from one another and share resources. “It allows them to realize they are not alone in their journey, and have fun with their health care team and each other,” says Schneider.

This year’s event wouldn’t have been possible without several kind and generous donors including Alex Vibber Foundation, The Safe + Fair Food Company, Sheraton Palo Alto, and Southwest Airlines.

**ABOVE** Children with implantable cardioverter defibrillators and their families had fun and bonded at Connecting 2020.
Stop Sneaky Sugar in Its Tracks
Stanford pediatrician provides tips and recipes for families looking to eat healthier

BY JODI MOURATIS

One mom and pediatrician is on a mission to make it easier for families to make healthier choices. Anisha Patel, MD, MSPH, Arline and Pete Harman Endowed Faculty Scholar, and her team of Stanford researchers started by working with Bay Area schools to install lead-free water bottle filling stations at schools, so that children would have an appealing source of fresh water and drink less juice and soda. More recently, Patel co-authored a cookbook titled Half the Sugar, All the Love. The book shows families how to prepare low-sugar versions of their favorite foods at home. The recipes are simple to make and cover a wide range of cuisines, including instant oatmeal, pad thai, horchata, spaghetti and meatballs, Korean chicken wings, and chai-spiced rice pudding.

We spoke with Patel about ways that families can reduce added sugar while still enjoying the foods they love. Shelter-in-place orders due to COVID-19 brought a resurgence in home-cooked family meals, and Patel offers many practical tips for families to shop for and prepare healthy and delicious food.

Q: What would parents be surprised to learn about sugar?
PATEL: While most parents know that cakes, cookies, candies, and sugary drinks are high in added sugar, they are surprised to learn that added sugar sneaks into seemingly healthy foods like soups, salad dressings, sauces, cereals, granolas, nut butters, and yogurt.

Added sugars are those sugars that are added to foods and beverages during cooking or before serving. Added sugars include refined sugars, such as granulated sugar, and unrefined sugars, such as honey. They do not include naturally occurring sugars in fruits, vegetables, and dairy. These sugars are different, because they are accompanied by fiber and other nutrients.

Q: How can families eat less added sugar?

One clever strategy is to use naturally sweet, fiber-rich fruits and vegetables in place of sugar to add flavor to your favorite foods. Many of the recipes in the cookbook use dates or fresh fruit or vegetables to add sweetness.

Q: What do you do in your own home?

My research is focused on reducing disparities in income, education, and health among low-income populations. This interest stems from my upbringing in North Carolina. With a median household income of around $33,000 and a poverty rate of 28 percent, my hometown has a life expectancy 10 years lower than cities in Santa Clara County. The disparities in income, education, and health are growing across the country, and they continue to shape my research interests.

Q: When did you become concerned about sugar?
PATEL: As a Stanford pediatrics resident nearly two decades ago, I saw many children from low-income communities in my clinic who were overweight and had related conditions. When I counseled families to eat more fruits and vegetables or to be more active, they told me that they had no grocery store in their community and did not feel safe being outside. This ignited my interest in collaborating with communities to ensure that the healthy choice was an easier choice.

Q: What inspires your research?

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Q: Why is philanthropy important to your work?

I have been fortunate to receive a faculty scholar award from the donor-supported Stanford Maternal and Child Health Research Institute. This award has supported my research and career development and has allowed me to collaborate with investigators outside of the School of Medicine.

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Super Moist Banana Bread

RIPE BANANAS, Medjool dates, and Greek yogurt give this banana bread its tender, moist crumb and delicious, natural sweetness with zero added sugar. Waiting for the bananas to fully ripen is critical to ensure that their natural sugars have time to develop, so don’t rush this step. Your bananas should be dark and speckled. Toasted pecans add an extra layer of sweetness and texture.

Ingredients
Nonstick cooking spray
10 ounces Medjool dates, pitted (about 12 dates)
⅓ cup chopped pecans or walnuts (optional)
2 cups hot water
¾ cup whole milk plain Greek yogurt
2 medium very ripe bananas, mashed (about 1 cup)
1 large egg plus 1 large egg yolk, beaten
1 tablespoon pure vanilla extract
1½ cups all-purpose flour
1½ teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅓ cup coconut oil or unsalted butter, at room temperature

Serves 10

Directions
1. Preheat the oven to 350°F. Line an 8 × 4-inch loaf pan with parchment paper, leaving 2 inches of overhang on each side, and coat with cooking spray.
2. Place the pitted dates in a medium bowl. Cover the dates with 2 cups hot water. Set aside until the dates are softened, about 10 minutes. Drain the dates, reserving 2 tablespoons of the soaking liquid.
3. If using, spread the pecans on a rimmed baking sheet and bake until lightly toasted, about 5 minutes. Set aside to cool.
4. Combine the dates, reserved soaking liquid, and yogurt in a food processor. Process until smooth and no flecks of date remain, about 2 minutes. Transfer the mixture to a medium bowl and add the mashed bananas, egg, egg yolk, and vanilla. Set aside.
5. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and coconut oil in the bowl of a stand mixer fitted with a paddle attachment. Beat on low speed until the coconut oil and flour are a mealy powder, about 30 seconds. Add the date and banana mixture and continue beating until just combined and no visible flour remains.
6. Transfer the batter to the prepared pan, top with the nuts, if using, and bake until the bread is lightly browned and a toothpick inserted into the center comes out clean, 55 to 60 minutes. Let cool in the pan for 15 minutes, then use the parchment overhang to remove the bread from the pan. Cut into 10 slices and serve.

Make Ahead
The banana bread will keep, tightly wrapped in plastic wrap, in the refrigerator for up to 3 days or in the freezer for up to 1 month.

Nutrition Information (1 slice):
Calories: 264 | Added sugar: 0 teaspoons or 0g | Carbohydrates: 42g | Sodium: 314mg | Saturated fat: 24% of calories or 7g | Fiber: 3g | Protein: 5g
In 2019, you and 15,427 other donors gave $190 million to Lucile Packard Children’s Hospital Stanford and the child and maternal health programs at Stanford University School of Medicine. Your generous support made all this and much more possible for patients and families in our care. Thank you!

Veranna and nearly 4,000 Summer Scamper-ers raised more than $580,000.

739 patients received heart surgery.

110 grants for research were awarded across the university from the Stanford Maternal and Child Health Research Institute.

384 community members, including Aeshaan, hosted fundraisers raising more than $850,000.

Guests at The Dinner made $3.2 million in commitments for compassionate and innovative care needed for our tiniest patients like Jase.

43% of our patients benefited from financial assistance.

2,588 virtual reality sessions were launched, with games such as Space Pups and Fruity Feet, to provide comfort, pain relief, and distraction to patients.

941 students attended our Hospital School.

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Gifts made between September 1, 2018 and August 31, 2019.
Every day, donors like you make gifts of all sizes to build a healthier future for children and expectant mothers. Your support makes our hospital a special place for our patients and families, and we are tremendously grateful.

**Committee Dedicated to Helping PANS Families**

**THANK YOU** to Ramesh Allen, Monika Cheney, and Jessie Socks for co-chairing the Stanford Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) Volunteer Action Committee. These chairwomen lead a group of more than 20 community members devoted to meeting its goal of raising $3 million to fuel groundbreaking PANS research spearheaded by pediatric rheumatologist, Jennifer Frankovich, MD, MS.

Frankovich and child psychiatrist Margo Thienemann, MD, lead the Stanford PANS Clinic & Research Program, which conducts interdisciplinary research and cares for more than 350 patients who have debilitating inflammation of the body and brain. The Stanford PANS Clinic & Research Program was founded in 2012 as the first comprehensive, multidisciplinary PANS program in the world.

The program’s goals include identifying biological markers of PANS, improving treatment protocols, and, ultimately, finding a cure for this devastating condition. Last September, the committee hosted a dinner at the Menlo Circus Club, raising money for critical research projects and enabling Stanford physician-scientists to join in this exciting, interdisciplinary team.

Thank you, Jessie, Monika, and Ramesh for your tireless efforts to help children with PANS!

**Community Donates Germ-Zapping Robots to Fight COVID-19**

When the coronavirus first hit California, a team from UBS Financial Services rallied more than 100 friends and family to raise $140,000 for Packard Children’s. Amazingly, they exceeded their $115,000 goal in one week! Their donation supported the purchase of an environmental cleaning robot and other COVID-19 efforts. The Applebaum Foundation of New York joined the effort, covering half the cost of the robot.

Another dedicated group of fundraisers—volunteers from the Auxiliaries—showed their support during this time of need. The Association of Auxiliaries Board quickly came together—calling an emergency virtual meeting—and voted unanimously to donate $115,000 from the 2020 Auxiliaries Endowment payout to fund a second robot.

These LightStrike Germ-Zapping Robots work quickly to prevent harmful infections in our hospital by destroying deadly microorganisms with ultraviolet light.

Thank you for your collective efforts and swift action to keep our patients safe!

**Tad and Dianne Taube Drive Groundbreaking Cancer Research**

**WE ARE GRATEFUL** to Tad and Dianne Taube for their ongoing support of childhood cancer research at Packard Children’s. They recently donated $2 million to support sarcoma research. Sarcomas make up roughly 15 percent of pediatric cancer cases. Survival rates, which hover around 70 percent, haven’t increased dramatically in the last 30 years.

The Taubes’ gift will help David G. Mohler, MD, chief of our hospital’s Musculoskeletal Tumor Clinic, to drive research that will improve survival rates. Mohler will use the funds to create a data hub where researchers from the nation’s top cancer centers can collaborate and develop new approaches to treating sarcomas.

The Taubes also made a $500,000 matching gift to support research in stem-cell transplantation and inspire others in the community to join them in supporting this work. Currently, patients who need a stem cell transplant must first undergo chemotherapy or radiation. But they need to be healthy enough to withstand the harsh side effects. Their gift will support Agnieszka Czechowicz, MD, PhD, whose research aims to eliminate the need for chemotherapy and radiation, enabling more children to experience the benefits of a stem cell transplant.

These gifts build on a $6 million donation the couple made to pediatric cancer research in 2019. Thank you, Tad and Dianne, for your commitment to finding better treatments and cures for children with cancer.

**Making Hospital Stays More Fun**

**SPIRIT HALLOWEEN** has partnered with us for 14 years to help make hospital stays more comfortable for our patients. Their Spirit of Children campaign raises money in-store and online to support child life departments at hospitals across the United States and Canada. In 2019, Spirit Halloween stores in Northern California raised more than $135,000 in support of the Child Life and Creative Arts Department at our hospital. Their gift will help purchase sensory toys and support special events throughout the year. Thank you, Spirit Halloween, for bringing the fun and joy of play to every patient and family at Packard Children’s.
Katie Stivers Finds Time to Give Back and Volunteer

KATIE STIVERS of Menlo Park is living life to the fullest in retirement. She enjoys traveling to distant places such as Tanzania and Antarctica while dedicating her extra time to volunteering closer to home at Packard Children’s. Before retirement, Katie oversaw Apple’s corporate sponsorship of our hospital as the company’s head of global benefits. “I really appreciated the mission of the hospital—that it is a nonprofit and that it serves everyone, regardless of their ability to pay,” Katie says. Katie retired in 2017 and looked for ways to continue to support Packard Children’s. She started as a volunteer in our hospital’s marketing department. In December, she became a baby cuddler in the neonatal intensive care unit. She also volunteers at Ronald McDonald House fundraisers and events.

Katiegenerously supports our hospital and care for all as an annual donor to the Children’s Fund. Last year, she included a legacy gift to Packard Children’s in her trust. “I don’t have any children of my own,” she says. “I consider that this is the way to give back to children of the future.”

Thank you, Katie, for giving your time and investing in a healthy future for children!

Innovative Approach to Spur Heart Research

ADDITIONAL VENTURES gave $1 million to the Betty Irene Moore Children’s Heart Center at Packard Children’s in January. The grant will launch high-impact research with the goal of finding cures for children with single ventricle heart defects (SVDs). These types of heart defects are among the most challenging and costliest to treat.

The funds will be awarded as seed grants to investigators at Stanford for novel, out-of-the-box thinking and studies relevant to SVDs. In addition, Packard Children’s and Stanford University School of Medicine will work together and share knowledge with four other institutions that received grants.

“We are grateful to Additional Ventures for this gift to fund innovative, multidisciplinary research at Stanford University School of Medicine,” says Frank Hanley, MD, the Lawrence Crowley MD, Endowed Professor in Child Health at the School of Medicine and chief of pediatric cardiothoracic surgery at Packard Children’s.

The gift complements an earlier gift that Additional Ventures made to fund the Comprehensive Single Ventricle Program at Packard Children’s. Launched in 2017, the program aims to improve survival, optimize outcomes, and help children and young adults live life to the fullest.

Thank you, Additional Ventures, for your visionary gift!

Generosity Soars at Southwest Airlines

SINCE 2010, Southwest Airlines has generously given 1,000 complimentary roundtrip tickets to Packard Children’s patients and families who might not otherwise be able to afford the cost of travel to our hospital. This ensures that families can focus on getting the care they need. In 2020, given the COVID-19 pandemic and travel restrictions for patients, Southwest extended these flights to medical personnel as well.

In 2019, we were thrilled to be selected as a beneficiary of Southwest Airlines’ 34th Annual LUV Classic golf tournament and party. Amy Wong, director of Corporate Relations at the Lucile Packard Foundation for Children’s Health, met Southwest Airlines’ CEO Gary Kelly and accepted a $100,000 gift on behalf of Packard Children’s. We are grateful to Southwest Airlines for taking children’s health to new heights.

Eight Marathons in Eight Days Around the World

BRENDAN WATKINS took on an incredible challenge: running eight marathons in eight days on seven continents plus New Zealand while raising funds for Packard Children’s. In January, he succeeded by running 209.6 miles total in marathons located in Auckland, New Zealand; Perth, Australia; Singapore; Cairo, Egypt; Amsterdam, the Netherlands; New York City; Punta Arenas, Chile; and King George Island, Antarctica.

Watkins raised more than $7,000 for the Children’s Fund with the help of his friends, family, and colleagues at Stanford Children’s Health, where he works in the Information Systems division as administrative director of enterprise analytics. The Children’s Fund supports our hospital’s highest priorities in pediatric and obstetric research, family and community programs, and undercompensated care.

“I was so happy that I was able to raise money for the Children’s Fund through this adventure,” Brendan says. “My friends and colleagues knew they were giving to a great cause and helping kids and families while giving me a boost of support. The positive energy from my supporters was a motivating and thrilling experience.”

We are grateful to Brendan for running his Triple 8 Quest to benefit children at our hospital, and to the many donors who showed their support!
In the NEWS

In case you missed it …

The rankings show Packard Children's as the top children's hospital in 2020–2021 Best Children's Hospitals survey published online in June.

In the NEWS

Honor Roll status. For the fifth consecutive year, our hospital achieved Health. “Thanks to them, our patients—children, expectant mothers, and ours, staff, and providers, who make this level of care achievable,” says Paul

endocrinology (No. 9).

In case you missed it …

“The Honor Roll distinction is a direct result of the enduring pursuit of excellence and commitment to children's health by our health care work-

children, expectant mothers, and their families,” can have the confidence that they and their loved ones are receiving the finest care available anywhere.”

The annual Best Children's Hospitals survey rankings recognize the top 50 pediatric facilities across the United States in 10 pediatric specialties. Packard Children's was one of two hospitals in California that achieved Honor Roll status. For the fifth consecutive year, our hospital achieved rankings in all 10 specialties. This year's survey ranked five of the hospital's specialties in the top 10 and two in the top five nationwide. These included neonatology (No. 3), nephrology (No. 4), pulmonology and lung surgery (No. 7), neurology and neurosurgery (No. 8), and diabetes and endocrinology (No. 9).

FDA Approves New Drug for Children's Peanut Allergies

RESEARCHERS RECENTLY GAVE parents of children with peanut aller-

gies a new reason for hope. Palforzia is the first drug approved by the Food and Drug Administration to treat accidental exposure to peanuts for children with food allergies. It is meant to be taken daily by children ages 4 to 17, gradually building up the drug's effect in the child's system to fight peanut allergies.

The drug is a therapy mitigating the effects of allergic reactions and could still produce side effects, says Kari Nadeau, MD, PhD, one of the drug's researchers and the director of the Sean N. Parker Center for Allergy and Asthma Research at Stanford University.

“What's novel is that the FDA has never approved a drug for food allergy,” Nadeau adds. “Most likely, there will be some symptoms along the way, but they are manageable. You have to do it daily and with trained supervision.”

Leonard Elected to Lead American Pediatric Society

MARY LEONARD, MD, MSCE, Adalyn Jay Physician-in-Chief at Packard Children's, Arline and Pete Harmon Professor and chair of the Department of Pediatrics, and director of the Maternal and Child Health Research Institute, has been elected to lead the American Pediatric Society. She will serve as vice president from May 2020 to 2021 and presi-
dent from May 2021 to 2022. Leonard is a distinguished researcher, an expert clinician, and a respected mentor. Currently a council member for the International Pediatric Nephrology Association, she has also held a council position for the American Society of Pediatric Nephrology. Congratulations, Dr. Leonard!

Nicotine Pods Need Clearer Labels, Study Reveals

YOUNG ADULTS DON'T KNOW what's in the products they vape and often don't know what brand of vaping products they use, according to a new study by researchers at Stanford University School of Medicine.

“Teens are not using these pod-based products more than other e-cigarettes because of health or the flavors offered,” says the study's senior author, Ronnie Halpern-Felsher, PhD, professor of pediatrics. “They tell us, ‘It’s because we can hide these, and the smell produced is less obvious.’ This ability to ‘stealth use’ is concerning.”

The study also found that young people didn't know how much nicotine was in the products they were using. In addition, more than half of the participants were not sure how long it usually takes them to finish a pod or cartridge. Halpern-Felsher says this may demonstrate how youth share and use these products without regard to dosage, nicotine amount, or addiction potential.

At present, e-cigarette manufac-
turers are not required to provide a complete list of ingredients on the package. Halpern-Felsher adds, “I really hope these findings will be used to further regulate e-cigarettes.”

Remembering Richard “Dick” Behrman, MD

THE LUCILLE PACKARD FOUNDATION for Children’s Health (LPPCH) fondly remembers Richard “Dick” Elliot Behrman, MD, who passed away at age 88 on May 17. He was a champion for children's health and a pivotal figure at LPPCH, Packard Children's, and the David and Lucile Packard Foundation (Packard Foundation).

Recruited by David Packard to the Bay Area In 1989, Behrman helped plan Packard Children’s, which opened in 1991, and directed the Packard Foundation’s new Center for the Future of Children, an inter-disciplinary team that conducted research and grantmaking on children's issues, and launched the journal The Future of Children.

Behrman was instrumental in the early days of growth for Packard Children's. He served as board chair of the hospital and LPPCH, and was clinical professor of pediatrics at Stanford University School of Medicine and the University of California, San Francisco. From 2000 to 2002, Behrman served as senior vice president for medical affairs at LPPCH, providing over-sight to the Children’s Health Initiative, a groundbreaking $500 million philanthropic investment to transform care, training, and research in children's health.

“This resulted in the transforma-
tion of Lucile Packard Children's Hospital from a very good community hospital to one of the leading innova-
tive children's hospitals in the world,” says longtime friend and colleague Harvey Cohen, MD, PhD, professor of pediatrics at Stanford University School of Medicine, who was formerly chair of pediatrics and chief-of-staff at Packard Children's. “The implications for the health of children, both locally and internationally, has been profound, and continues to this day and into the future.”

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“What's novel is that the FDA has never approved a drug for food allergy,” Nadeau adds. “Most likely, there will be some symptoms along the way, but they are manageable. You have to do it daily and with trained supervision.”
Because of the caring staff at Packard Children’s, I knew—even as a 6-year-old—that I wanted to do the same for other families. When I enter the medical field, I hope to create the same atmosphere for the next generation of children.”

KAITLIN, 16, figure skater, aspiring physician, and Packard Children’s craniofacial patient

KAITLIN WAS BORN with a rare case of Amniotic Band Syndrome. A fibrous band came loose in the amniotic sack and attached to her face in utero, leaving her with a lateral cleft and facial paralysis. Packard Children’s Craniofacial Anomalies team performed Kaitlin’s first surgery when she was just 12 weeks old, and she has undergone 15 more since.

Today, Kaitlin is a high school junior and an accomplished figure skater. She hopes to attend Stanford University School of Medicine.
THE CARES ACT

Now Is the Time to Donate!

If you do not itemize on your taxes, you can take an additional above-the-line deduction of up to $300 for cash gifts to qualified public charities in 2020.

If you itemize on your taxes, you can deduct up to 100 percent of your adjusted gross income for cash gifts to qualified public charities in 2020.

Questions?
Please contact us at (650) 724-5778 or giftplanning@lpfch.org.