



express

January 5, 2015

NFP graduates fourth class



Pictured above left and second from right, nurse home visitors **Beth Pletz** and **Angela Rainey** present NFP program graduates **Ta'Mya Housley** and **Teairra Boyd**, right, with awards signifying their successful completion of the program. At right, NFP mother **Vakeisha Blue** celebrates the graduation of her daughter, **Mikiyah Blue**.



Le Bonheur's Nurse Family Partnership (NFP) celebrated its fourth graduating class in November. The graduation ceremony is geared toward NFP's two-year program for low-income mothers and their children.

The celebration saw a graduating class of 21 moms and 22 toddlers on Nov. 13 at the Children's Museum of Memphis. The ceremony consisted of distribution of certificates, exploration of the museum and refreshments and activities for the toddlers and families.

"Not all of the NFP clients make it this far," said **Marilyn Smith**, nurse supervisor of NFP. "Some leave the program for reasons such as moving out of the services area or loss of contact."

Implemented in 2010, NFP is a voluntary program through which specially trained nurses visit low-income women in their homes during their first pregnancy and throughout the first two years of their child's life. Since its inception, the program has served more than 437 mothers and 333 children.

"The program is intended to provide services until the child is 2 years old," said Dr. David Olds, NFP founder. "The rationale for this length of time is that risks and challenges change from pregnancy to the infant and toddler phases." NFP helps low-income mothers both during pregnancy and after they give birth to learn and grow with their child.

Added Olds, "The years following delivery are significant in helping women to develop warm, nurturing relationships with their children. We do that by helping parents provide competent care of their children and by supporting a mother's life-course development."

Once the program is completed, the mothers and their children are rewarded for their hard work. "We make a big deal of celebrating the graduation because we want to reward the commitment and the sacrifices these clients and their families have made," Marilyn said. That hard work was recognized at November's graduation ceremony.

"These clients and their families have welcomed us into their homes and their lives," said Marilyn. "They made frequent accommodations to keep scheduled appointments, shared personal and emotional thoughts and feeling with their nurses, accepted and embraced the teachings and contents intended to support the client to meet her heart's desires."

health screenings begin this week

Beginning in 2015, all Associates on the MLH medical plans will be asked to complete a health assessment and screening by March 31. Screenings will be offered periodically now through March. January screening dates and locations are as follows:

- Jan. 5, 7 a.m.-6 p.m., Event Space
- Jan. 6-9, 7 a.m.-6 p.m., Community Room
- Jan. 10, 7 a.m.-noon, Event Space
- Jan. 29-30, 7 a.m.-6:30 p.m., 50 Peabody Place, 4th Floor

For your convenience, make an appointment online at <http://veribook.com/lp/MLHonsite/>. Stay tuned to *express* and the Daily Bulletin for screening dates and times in February and March.

Voices members toast to success



Pictured above, Voices Toastmasters members celebrate a great year of accomplishments.

Founded in February 2013 by clinical educator **Melissa Davis** and pediatric nurse practitioner **Leslie Rhodes**, Le Bonheur Voices Toastmasters Club has helped many Associates hone their public speaking and leadership skills in the past two years. The skills learned in the meetings have helped multiple members achieve professional and personal goals.

"Toastmasters has helped increase our group members' confidence in their communication and leadership skills. We are so thankful that the hospital leadership gave us the support needed to bring this opportunity for personal and professional growth to Le Bonheur," said Melissa, who currently serves as the Voices vice president of education.

Several of the members who have gone through Toastmasters have received Competent Communicator (CC), Competent Leader (CL) and Advance Leader Bronze (ALB) awards:

- Janice Ransfer CC
- John Shi CC
- Julie Nicol CL
- Kristy Brooks CL
- Leslie Rhodes CC, CL, ALB
- Melissa Davis CC, CL, ALB
- Rachel Booker CL
- Wendy Rainey CL

Other accomplishments within Voices Toastmasters include Jarmel Bell, who used the program to help on his journey to become a keynote speaker, **Julie Nicol**, who used the skills she learned to help her during an interview for a director position, and Leslie Rhodes, who used her skills to present her Capstone in her DNP program and other national presentations to name a few.

Said Leslie, current Voices president, "Our club offers such a supportive environment that allows us to practice our skills. No matter what your goals are in life – attending college, advancing your career, becoming a keynote speaker or something else – practice helps increase your confidence while helping perfect your skill."

seeking healthy holiday recipes

The Le Bonheur Outpatient Endocrinology and Diabetes team is putting together a healthy holiday guide and cookbook with recipes and tips designed for children with diabetes. Please consider submitting your favorite healthy holiday recipes for consideration. Email recipes to dena.dourisseau@lebonheur.org no later than Friday, Feb. 13.

Farmington students deliver blankets



Last month, 43 students from the 4th grade classes at Farmington Elementary School donated 52 homemade blankets to patients at Le Bonheur Children's Hospital. The students – under the direction of teachers Caryn Daugherty and Anna Brignole – collected more than \$600 to purchase materials for the blankets, and then created the items by hand as their monthly service-learning project.

Eubanks named Pediatric Surgery chief

Pediatric Surgeon James “Trey” Eubanks, MD, was recently named chief of Pediatric Surgery for Le Bonheur and the University of Tennessee Health Science Center. Eubanks has worked at Le Bonheur since 2002 and also serves as the hospital's medical director for Trauma Services. In this new role, Eubanks will lead the hospital's Pediatric Surgery team. “Trey has served as an exemplary member of the Le Bonheur family for more than a decade, and I am thankful for his leadership and his willingness to assume this new role at the helm of a remarkable team,” said Le Bonheur President **Meri Armour**.



Trey Eubanks, MD

calendar

Mon., Jan. 5

5-5:45 p.m.

Zumba Class

Outpatient Center
Ground Floor Conf.
Room

Wed., Jan. 7

8-9 a.m.

Grand Rounds

Auditorium

5-5:45 p.m.

Zumba Class

Outpatient Center
Ground Floor Conf.
Room



Published for Associates and medical staff of Le Bonheur Children's Hospital. Le Bonheur express is produced by the Le Bonheur marketing & communications services department. Please send information for express to Katherine at: katherine.whitfield@lebonheur.org or call her at 287-6030. The **deadline** for information for each issue of express is **Tuesday at noon**. However, please give as much advance notice as possible for both stories and requests for photos.

Forrest Spence Fund serves families



On Dec. 23, the Forrest Spence Fund served more than 300 meals to Le Bonheur families courtesy of Jim's Place Grille. The Fund also distributed nearly 1,000 gifts to patients and siblings, as well as passing out Target and Kroger gift cards to help families cover living expenses. Special thanks go to Jim's Place Grille, Rockstar's Little Cake Shop, Absolute Moving Service, Junior League of Memphis and all Forrest Spence Fund volunteers for donating services, resources, time and energy to help make this night special for Le Bonheur patients and families.



Jan. 5 - 9

menu

Mon., Jan. 5

Vegetarian Chili
Chicken Tortilla
Soup
BBQ Baked Tofu
Grilled Tuna
Rosemary
Chicken
Quarters
Mediterranean
Chicken Salad
Green Beans
Roasted Carrots
Macaroni and
Cheese
Black-Eyed Peas

Tues., Jan. 6

Chili
French Onion
Soup
Meatloaf and
Gravy
Pork Loin with
Mango
Chutney
Chicken
Tetrazzini

Wing Bar
Fried Okra
Roasted
Vegetables
Grilled Brussels
Sprouts
Lima Beans

Wed., Jan. 7

Potato Cheese
Soup
Chili
Baked Ham
Salmon with Dill
Sauce
Fried Chicken
Buffalo Chicken
Wrap
Sautéed
Vegetables
Broccoli and Rice
Casserole
Turnip Greens
Mashed Potatoes

Thurs., Jan. 8

Chili

Vegetable
Garden Soup
Turkey and
Dressing
Eggplant
Parmesan
Beef Chopped
Steak
BBQ Potato Bar
Fried Mushrooms
Green Beans
Grilled
Vegetables
Sweet Potatoes

Fri., Jan. 9

Corn Chowder
Chili
Blackened Catfish
BBQ Chicken
Cheese Ravioli
Quesadilla Bar
Peas
Baked Beans
Spicy Collard
Greens
Carrot Soufflé