

RITE UP



Fighting Spirit

Overcoming Injury to Inspire Fans On and Off the Field

SCOTTISH RITE



SCOTTISH RITE



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On cover and above: Sisters Alayna and Adara after their recoveries with sports-related injuries.

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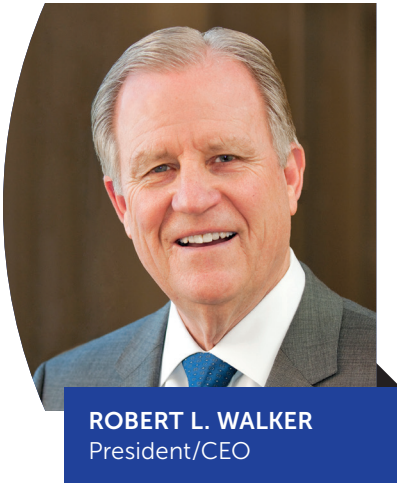
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LETTER FROM THE PRESIDENT



Next October will mark Scottish Rite for Children's 100th year of giving children back their childhood. We officially kick off our celebration this month — showcasing Scottish Rite for Children's history throughout the year leading up to our centennial birthday in October 2021.

One hundred years ago, Texas Masons approached Dallas' first orthopedic surgeon Dr. W. B. Carrell with an urgent need to help children suffering from the crippling effects of polio. That union in 1921 would forge our institution's values and mission. Scottish Rite for Children began providing expert medical care with compassion and respect no matter the family's status or ability to pay. Our mandate was clear then, and we follow the same directive today — to always do what is best for our patients and their families.

The medical advances of the last 100 years have led to enhanced care and more positive outcomes for our society as a whole. When you examine the innovations specifically in pediatric orthopedics, pediatric arthritis, pediatric neurology and dyslexia, you must certainly recognize the contributions of Scottish Rite for Children and its globally recognized, dedicated staff. Our impact reaches patients around the world.

From day one, our institution has relied on the generosity of our community, our friends, supporters and countless volunteers. Their helping hands combined with our expert staff have served the community tirelessly, and our work together has benefited more than 300,000 patients since our inception. We are truly blessed to have these wonderful friends in our corner, and we strive to be the best stewards of each and every gift we receive.



Patients enjoying recreation hour on the front lawn of the original Scottish Rite Hospital, circa 1937. Since 1921, Scottish Rite for Children has served more than 300,000 children regardless of the family's ability to pay.

Coinciding with our 100th birthday, Scottish Rite for Children is launching the *Boundless Centennial Campaign*, our first-ever capital campaign with a goal of raising \$100 million. These funds will help support patient care, research and campus improvements. The Boundless theme fits our institution well as it honors our patients for their boundless potential to be and do whatever they wish, our medical team and staff for their boundless efforts to make these dreams possible, and of course, our friends and volunteers for their boundless support of our mission and the patients we serve. We can't wait to reveal what's to come in our next 100 years.

We look forward to sharing our history with you and celebrating the special legacy of Scottish Rite for Children!

* To make your gift or learn more about our *Boundless Centennial Campaign*, visit scottishriteforchildren.org/boundless.

DONOR SPOTLIGHT

Madison's Fundraising Efforts Are Conquering the Curve

When Madison received a scoliosis diagnosis in first grade, the orthotists at Scottish Rite for Children fitted her with a custom-made back brace with the goal of correcting her spinal curvature. She felt relieved her new brace kept surgical spine correction at bay, but wearing her brace made her feel self-conscious.

Madison struggled with her insecurities for years as she wore her brace for many hours each day while she continued growing. She was especially uncomfortable in athletics in elementary school, but Madison dreamed of participating in sports, especially when she found her passion in the high jump event.

"I was determined to increase my back strength and flexibility to be the best that I could be," Madison says. This newfound confidence spread to other parts of her life, including academics. She realized the brace had not only reshaped her spine, but it had also reshaped her mindset.

When she was in eighth grade, Madison arrived at Scottish Rite for Children for what she thought was a regular checkup, but that day, her life changed. She no longer needed to wear her brace. Her discipline had paid off, and she had successfully completed her treatment.



Madison's collection — new braces are needed as patients grow and scoliosis curves change.

"I was ecstatic," Madison says. "It was one of the best days of my life!"

Wearing the brace for so long had pushed her to become a better athlete and student, and she strives for excellence in all that she does. Madison was the Texas TAPPS 6A high jump district champion, and she placed third in the state for the triple jump. She was also a TAPPS 6A Academic All-State recipient. She is currently ranked in the top 3% of her senior class.

This June, Madison started a fundraiser in honor of her many years of treatment at Scottish Rite to help underwrite the cost of care for children with scoliosis. So far, Madison has raised \$50,000! "I want to pay it forward and help others experience the incredible care that Scottish Rite offers," Madison says. "It is truly a special place."

Now, whenever Madison feels discouraged, she remembers the years that she wore her back brace and how she didn't let it get her down. "I implement the lessons and triumphs I experienced during my time of wearing the back brace into my daily life," Madison says. "I work hard to accomplish my goals, and I push myself beyond my limits." ◀◀



Madison competing at the high jump event for her high school.

CAMPUS CONNECTION

Holiday Cheer is Here!

Check out these wonderful ways to support Scottish Rite for Children and get into the spirit of giving this holiday season!



Dylan, of Mansfield

FOR YOUR TREE

Adorn your tree or give this whimsical ornament to others to show support of our mission of giving children back their childhood! Call 214-559-7650 to order yours in time for holiday decorating!



GIFTS FROM THE HEART

Share your love of Scottish Rite for Children while making gifts in honor of your family, friends and colleagues! We'll promptly send this cute donation acknowledgment card to anyone on your list. Scan the QR code at left or call 214-559-7650 to place your order.



Nathan, of Dallas



Sign Up for Our New Email Program

At Scottish Rite for Children, we are committed to giving children back their childhood. When you sign up for our email newsletter, you'll be the first to receive updates on how you can help support our mission, invitations to community events, the latest news and education from our experts and so much more. Sign up now by visiting scottishriteforchildren.org/email or by scanning the QR code at right. <<



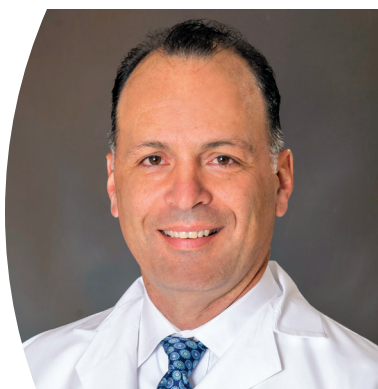
Emi and her mother, Bekah

Emi's Color Shoot – Sporting a Good Cause

Patient Emi, of Amarillo, founded Emi's Color Shoot in 2015 after her positive experience at Scottish Rite for Children. On August 22, Emi held her sixth annual sporting clay shoot in Amarillo, Texas. Friends and family of the event gathered at Cactus Gun Club for a day of shooting sporting clays, eating, bidding and dancing to live music, all while raising money for Scottish Rite. This annual event has raised more than \$540,000 for patients just like Emi! <<



Sporting clay participants



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

At the Forefront of Innovation

At Scottish Rite for Children, we are committed to providing the best care to every child. Our multidisciplinary team continues to advance our research efforts ensuring leading-edge treatment options to improve our patients' lives.

Innovative research that will benefit our patients, as well as children across the world, is a cornerstone of our mission. Recently, we were awarded a competitive grant from the Orthopaedic Research Education Foundation OREF/SRS/POSNA Transform Practice – Spinal Growth. Over the next three years, Scottish Rite will receive \$240,000 to support our study, "Translating Genomics into Early Onset Scoliosis (EOS) Clinical Care." Led by Director of Basic Research Carol Wise, Ph.D., and pediatric orthopedic surgeon Brandon A. Ramo, M.D., the goal of the study is to discover novel EOS disease genes that will inform new understanding and better treatment for this challenging condition.

In addition to our six centers for excellence, our Psychology team plays an integral role in providing integrated care for the whole child – mind, body and spirit. Our team of pediatric psychologists are involved with patients before, during and after treatment. Recently, the Psychology and Orthopedics teams published research on the benefits of adolescents working with a psychologist prior to undergoing hip preservation surgery. Those who worked with a psychologist beforehand showed improvements in health-related quality of life, mental health symptoms and pain compared to those who did not.

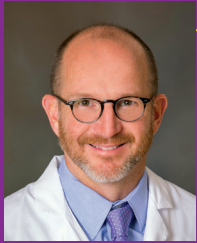


Scottish Rite for Children will receive \$240,000 to support our early onset scoliosis study led by Director of Basic Research Carol Wise, Ph.D., at left, and pediatric orthopedic surgeon Brandon A. Ramo, M.D., shown at right with patient Marissa, of Fort Worth.

Whether common or complex, our team of experts collaborate to find the best treatment options to help patients live healthier and happier lives. Scottish Rite for Children's Neurology & Rehabilitation Medicine department was one of the 49 international sites to participate in the drug trial of Epidiolex, an innovative medicine that recently received FDA approval for decreasing the number of seizures in children diagnosed with tuberous sclerosis complex (TSC) and epilepsy. No matter the complexity of a condition, our commitment to innovation will remain steadfast – making sure we continue to provide the best care to children today and into the future. «

Scottish Rite Staffing Announcements

Our staff makes Scottish Rite for Children one of the best pediatric orthopedic centers in the country, and we look forward to the advances in patient care these physicians will bring to our institution.

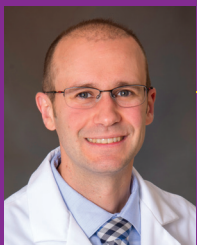


Lane Wimberly, M.D.

Medical Director of Movement Science
Wimberly will work closely with the Movement Science team to lead clinical evaluations of our patients and participate in research in cerebral palsy, clubfoot, hip and spine disorders.

Anthony I. Riccio, M.D.

Director of the Center for Excellence in Foot
Riccio will lead a team of clinicians and researchers to improve the understanding and management of pediatric orthopedic foot and ankle conditions.



Brandon A. Ramo, M.D.

Chief Quality Officer
Ramo will oversee and grow our quality, patient safety and performance improvement program.

Amy L. McIntosh, M.D.

Medical Director of Clinical Safety
McIntosh will lead the quality and clinical safety initiatives related to infection prevention and control, the specialty clinics and other clinical safety activities.



We are excited to announce the two newest doctors on our team!



Megan E. Johnson, M.D., is a pediatric orthopedic surgeon and former fellow from the class of 2015. Johnson cares for general orthopedic surgery patients with a focus on spine. She was previously an assistant professor of orthopedics at Monroe Carell Jr. Children's Hospital at Vanderbilt.

Jacob C. Jones, M.D., RMSK, is a sports medicine physician at our Frisco campus and The Star. After completing his residency at UT Southwestern Medical School and his two fellowships at Boston Children's Hospital, he is back in Texas to provide care to growing young athletes.



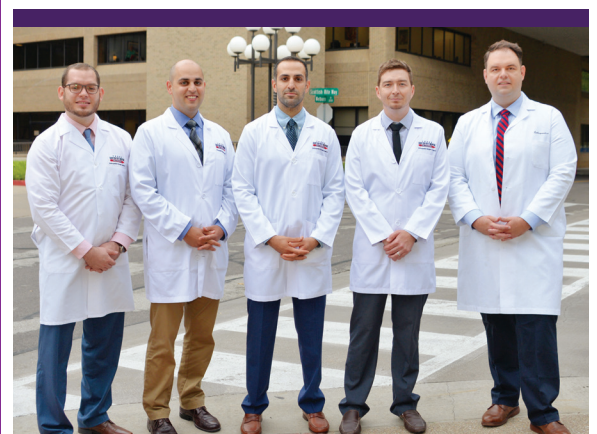
Communications team members Maggie Dingwell and Stuart Almond record a podcast with the clinical manager of Ambulatory Care, Jennifer Bowden.

Checking In – A Scottish Rite for Children Podcast

Scottish Rite for Children has ventured into the world of podcasting! *Checking In – A Scottish Rite for Children Podcast* features our experts discussing a wide range of topics within pediatric orthopedics, with each episode covering a condition or specialty, treatment options, research and frequently asked questions from parents.

"Providing ongoing education to our families is important to us," says Chief of Staff Daniel J. Sucato, M.D., M.S. "We want to be a resource to our patients – making sure they understand the condition and their treatment options. This podcast allows us to expand our reach and benefit more families near and far."

Learn more about *Checking In* by visiting scottishriteforchildren.org/podcast. <<



Introducing Scottish Rite for Children's 2020-2021 Dorothy & Bryant Edwards Fellowship in Pediatric Orthopedics & Scoliosis Fellows
From L to R: Edwin Portalatin, M.D.; Zachary Meyer, M.D.; Allen Kadado, M.D.; William Bassett, M.D.; and Emmanouil Grigoriou, M.D.



Alayna and Adara show their school spirit at the Scottish Rite for Children Orthopedic and Sports Medicine Center in Frisco.

by Hayley Hair

FIGHTING SPIRIT

Overcoming Injury to Inspire Fans On and Off the Field

Friday night lights shine brightly in a Texas town, but Scottish Rite for Children patients and teenage sisters, Adara and Alayna, have talent and school spirit that shine even brighter. At North Forney High School, big sister Adara, a 16-year-old senior, and little sister Alayna, incoming freshman, battled several bouts of injuries and recoveries for several months to stand tall with their fellow teammates this season.

To call Adara and Alayna active is an understatement. These girls have participated in everything from swimming to karate, track and field to volleyball. They excelled in gymnastics as well, although Adara's focus shifted to dancing with the varsity drill team, the Sapphire Strutters, for her senior year. Alayna dances with the junior varsity drill team, the Royals. A few months ago, hyping up the crowd dancing, kicking and jumping with their drill teams would have been painful, if not impossible, without the expert care of their team at Scottish Rite for Children Orthopedic and Sports Medicine Center in Frisco.

In 2018, Adara and Alayna experienced injuries within a month of each other during gymnastics practices.

Adara complained of uncomfortable back pain, and Alayna was stopped in her tracks when she felt a "pop" and pain in her left leg while tumbling. Adara and Alayna perform at a high level, both in sports activities and academically, and their mother, Roxann, made it her mission to find top-notch care for her daughters. What she discovered led her to the world-renowned pediatric orthopedic experts of Scottish Rite for Children.

Jane S. Chung, M.D., a nonoperative pediatric sports medicine physician at Scottish Rite for Children, showed up on their pediatrician's recommendation list. Chung specializes in dance medicine and injuries pertaining to adolescent female athletes. Roxann had found her expert.

Chung worked with both sisters' injuries — for Adara, her back pain turned out to be a stress fracture in her spine. And Alayna's leg injury was diagnosed as an ischial tuberosity avulsion fracture, which happens when a small piece of bone breaks off where the hamstring muscle connects to the bone following a sharp movement, such as a kick or jump. "This is an injury we see in young athletes where the muscles and tendons are stronger than the growing bones and cartilage," Chung says.

Their treatment — modified activities, and luckily for the sisters, side-by-side physical therapy visits multiple times each week for several months.

"I honestly felt like they were there for me, and they were not pushy," Alayna says about her treatment. "They listened to what I had to say, and it was comforting."

A few months later, Chung released the girls to full activity. Adara danced full-time with the drill team that fall, and Alayna returned to gymnastics. In early 2019, Roxann scheduled an appointment with Chung for pain in Adara's shins. "At first I thought it was shin splints," Adara says. "I kept telling myself to keep moving, wrapping up my legs. I think it got to a point where I was like, 'I can't do this. I feel like my legs are going to snap.'"

Her X-rays surprised them all. "She had six stress fractures on both legs," Roxann says. "One of them was so bad, it was halfway through the bone."

"This type of stress fracture accounts for about 5% of tibial stress fractures," Chung says. "Also known as high-risk stress fractures, due to the specific location on the shin bone. There's a long recovery period and a chance that they may not completely heal even with prolonged, conservative treatment and rest."

Heading into her last drill team season as a senior, Adara couldn't imagine being sidelined. Chung reached out to her colleague, Henry B. Ellis, M.D., a pediatric orthopedic surgeon on the team, for other treatment options. "The decision to pursue surgery was a hurdle," Ellis says. "Her stress fracture could heal with time, rest and vitamin D supplements, but based on her X-ray, I estimated this would take 12 to 18 months of limited impact activity. Adara's goal was to dance her senior year, and surgery was a reasonable decision to support the stress fractures and stimulate faster healing."

Once Roxann and Adara decided to have surgery, they had one more big decision — operate on one leg or choose to correct both legs at the same time. "I was going to have to get both," Adara says. "It would be kind of pointless to get one, recover, and go back into

surgery to get the other. I didn't think it would be smart to do it twice. At the end of the day, I think we are all happy that we did both."

Adara's surgery was in June 2020. "As a team, we develop the best plan for a young athlete like Adara," Ellis says. "When a surgeon and a sports medicine physician agree to the same treatment, you know it's the right one."

Less than three months of recovery later, her care providers think Adara is a super star. Ben Johnson, P.A.-C., works closely with Ellis and helps to monitor her progress. "She is one tough cookie!" Johnson says. "Anyone that spends time with Adara sees that her smile and personality light up the room. She makes our work easy!"

"Adara and Alayna are smart, dedicated and motivated young ladies who love their sports," Chung says. "They have been able to successfully recover from their injuries with the best care from our team but also due to the drive and hard work they put into their own recovery."

Both Adara and Alayna have advice for their peers about sports-related injuries. "It really helped me see that I need to take care of my body," Alayna says. "Whenever something's wrong, tell somebody because it can be more than you think."

"Pay attention to your body," Adara says. "It taught me that when you are feeling pain, just take a break."

Roxann shares her guidance with parents on her girls' sports teams. "The quality of care here is head and shoulders above all the other centers." Roxann says. "It's been phenomenal treatment — the staff here, the ambiance of the institution — you really feel like family." <<



Ben Johnson, P.A.-C., and Adara wrap up her appointment with a masked elbow bump.

Sports Medicine Tips for Parents

As growing athletes are getting back in the swing of their sports, our team of pediatric sports medicine specialists passed along these tips for parents.

- » As your young athletes return to their sports, take a slow and gradual approach to safely reintroduce the body back to activity.
- » Playing a variety of sports is vital. Be cautious about sports specialization at an early age, and both athletic skills and musculoskeletal health will be improved by variation in sports.
- » Growing athletes need a break from the routine of organized sports for free play at various times throughout the year.
- » Sports should be fun! Watch for signs of burnout and frequently check with your child to make sure they are still enjoying their sport.

TRUSTEE PROFILE

“DO THE RIGHT THING... AND DO IT EVERY TIME.”

JAMES L. WILLIAMS
Advisory Trustee since 2016



Advisory Trustee Major General James L. Williams

is an adventurer, a world traveler and someone who brings order to chaos. Williams' discipline serves him well, and he requires everyone he works with to ask themselves what they are doing to reduce what he calls "the misery index" in the world. He leads by example, and his endeavors embody his personal philosophy. "My life is framed by the following ethos and moral guide: Do the right thing, for the right reason, at the right time, and do it every time," Williams says.

Williams' impact has been far-reaching. While serving in the United States Marine Corps for 35 years, his troops could not understand how he thrived in the confusion and uncertainty of the battlefield. "The more chaos there is, the more order I can give to it," Williams says.

Upon his retirement in 2010, his last assignment was as the Commanding General for the 4th Marine Division. His years of dedicated service took him throughout Asia, Europe, Central and South America, the Middle East, Africa, as well as extended experiences in China, Korea, Japan and the Philippines. Completing multiple combat operations in Afghanistan and Iraq, he also has extensive operational experience in the counter-drug war in Central and South America and in Southwest Asia.

On his second tour through Iraq, Williams and his team of military and joint coalition members initiated negotiations with terrorist and insurgent groups

that caused the Sunni Awakening in the al-Anbar Province, triggering the beginning of the end in combat operations in the region. Williams also served as a military aide to Presidents Carter and Reagan, working closely with the Presidents, their families, their appointed staff and the Secret Service.

Williams has always been passionate about education. "For me, education is a lifelong effort to learn as much as I can and fit as many subjects and experiences as possible into my brain," Williams says. He has master's degrees from Georgetown University in government and national security affairs; from Yale University in hospital management/public health; and the U.S. Army War College in international security studies. Always a student, he is currently working on graduate degrees in computer engineering and in business and strategic leadership. To help others with their quest for knowledge, Williams leads as president of a charter school board with schools in Texas and China serving about 20,000 students.

We are honored to have Williams serve as a Scottish Rite for Children trustee, bringing together his vast experiences and knowledge linked with his Masonic service. "What I see with the hospital is positive engagement between the staff and patients," Williams says. "I think there's a positivity in this institution that you may not see in others. It gives patients, their parents and families hope for success." ◀◀

PATIENT SPOTLIGHT

All Smiles

When barely a year old, Chloe, of Argyle, experienced a medical mistake during a hospital stay that would impact her and her family's life forever. The injury affected her left wrist and forearm and caused compartment syndrome, which is the result of a large amount of pressure building up inside the muscle compartment, that damaged the muscles, blood vessels and nerves in her arm.

Chloe's hometown pediatric orthopedist told her mom, Karen, that her daughter would need additional surgeries as she grew. Her doctor recommended Scottish Rite for Children's specialized pediatric hand surgeons in the Center for Excellence in Hand to provide the expert care she needed.

Karen recalls the instant security their family felt as they walked in the doors for the first time. "It is comforting, as a parent, to know your child is receiving the best medical care in the world," Karen says. "Scottish Rite has been such an incredible blessing to our family."

Now in middle school, Chloe has had multiple surgeries performed throughout the years by all of Scottish Rite's world-renowned hand surgeons — Marybeth Ezaki, M.D.; Scott Oishi, M.D., FACS; and Chris Stutz, M.D. — and she thinks her occupational therapists Amy Lake and Lindsey Ham are amazing! A smile rarely leaves her face, even when she is determined and working hard to strengthen her arm.

Her smile is bright and cheerful, and she is always ready to strike a pose and light up a room with her great attitude. That's helped with her most recent activity of modeling. It first started as an activity to spend time with her big sister but has since turned into a fun pastime.

As Chloe has grown and matured, so has her treatment plan. "I am just used to having my arm, and it doesn't make me sad," Chloe says. "I don't have to worry because my doctors and therapists always have a plan for me, and we talk about it."

"We are beyond grateful to the doctors and all the members of the hand service team at Scottish Rite in Dallas and Frisco," Karen says. "Never once has Chloe been scared or apprehensive about going to Scottish Rite."

Chloe's confidence in her care team continues to make it easy for her to smile. "If I could say one thing to another kid that is about to go on a similar journey," Chloe says. "I would tell them that everything will be okay because they have awesome doctors!" «



A younger Chloe and hand surgeon Chris Stutz, M.D., during a surgical follow-up visit.

SCOTTISH RITE



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SPREAD HOLIDAY CHEER IN A WHOLE NEW WAY THIS YEAR!

Due to COVID-19, all in-person toy donations have been temporarily suspended, but you can still make a difference for our patients!

If you are looking to get into the spirit of giving, items from the Scottish Rite for Children's Amazon Wish List can be delivered right to our door.

Wrap up your holiday giving in a dash by shopping and shipping through Amazon, ensuring your safety and the health of our patients, families and staff during this special season of hope and giving.

To browse our list and send some holiday joy our way, visit <https://amzn.to/31xLhn8> or scan the QR code below.



Katelyn,
of Argyle



ABOUT SCOTTISH RITE FOR CHILDREN

Scottish Rite for Children is a world-renowned leader in the treatment of orthopedic conditions such as scoliosis, clubfoot, hand differences, hip disorders, sports injuries and fractures, as well as certain related arthritic and neurological disorders and learning disorders, such as dyslexia. Patients receive treatment regardless of the family's ability to pay.

For more information about services available at our Dallas or Frisco campuses, visit scottishriteforchildren.org.

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