Welcome to the Scripps Ranch Unit

Auxiliary President Harriet Boskenbroeck visited Scripps Ranch in January to join in the fun and share information during her unit visit.

24 Auxiliary Units ~ 60 Years of Caring

What is the potential of 24 Auxiliary units encompassing 1200 members with the sole purpose to benefit others --- especially children and their families? Answer: Absolutely, positively, limitless!
Rady Children’s Hospital Auxiliary Mission Statement

“To work in partnership with Rady Children’s Hospital-San Diego and to support its mission through: advocating for the health and well-being of children; increasing community awareness of Rady Children’s; and fundraising.”

Chaux Talk is the official newsletter of Rady Children’s Hospital Auxiliary
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Event Ads and Save-the-Dates
Due April 25

Unit News Articles
Due May 2

For future deadlines, please send ads, articles, and news to Editor Mary Rea at mreal23@aol.com

ACP — Acute Care Pavilion, Hospital Campus
MOB — Medical Office Building, Hospital Campus
WCR — West Conference Room, 5th Floor, Plaza Building
President’s Message

Harriet Bossenbroek
Rady Children’s Hospital
Auxiliary President

Springtime… seeds are sprouting, flowers are blooming and the Auxiliary is growing. Welcome to our newest and 24th addition -- the Coronado Unit. They have followed the Charitable Business Unit which started last Fall and has already held a fundraising event in collaboration with 6 Degrees.

Cheryl Steinholt, Unit Council VP, and I have had the opportunity to visit several of the units. What a dedicated group of women and men! Each unit is unique and is like a mixed flower arrangement, all coming together to make a beautiful bouquet.

We continue to celebrate our Diamond Anniversary -- 60 years of dedication to Rady Children’s Hospital. The Diamond Anniversary Fund, supporting Child Life Services, was introduced at the Semi-Annual Meeting. We already have many members who have either made cash donations or have chosen to be part of our Legacy giving. By remembering the Hospital in our estate planning, we share an enduring commitment to Rady Children’s.

We still have some of our specially designed Auxiliary T-Shirts available, commemorating our Anniversary. They have a distinctive inspiration on the inside directly over our heart.

Karen Cheesman, Fund Development VP, has dedicated her time to introducing both the Diamond Anniversary Fund and showing the shirts. Both Karen and other members of the Board of Directors are available to provide information either to units or individuals. Karen can be contacted at krcheesman@yahoo.com.

For the next few months, several units will be holding many fun events. I hope that all of you will attend at least one of them. It is a wonderful opportunity to get to meet members and support their efforts. Plus, it is a great time!

Our special thanks to Jersey Mike’s for making the Auxiliary the recipient of their fundraiser for the second year. We appreciate their ongoing generosity.

May all of you enjoy the Spring season,

Harriet

The Spirit of Innovation

A Message from Kathleen Sellick

At Rady Children's, we believe that we have an obligation – a covenant — to continue to be better, work smart, think more creatively, and embrace the spirit of innovation that enables us to enter a new era of pediatric medicine.

No one understands that more than our amazing Auxilians.

After all, you were here from the start, helping us to grow and evolve and become the world-class institution we are today. It was your hard work, longevity and commitment over the years that has helped provide care and tell our story to our community.

Your fundraising has helped purchase equipment that has kept us on the cutting-edge of technology. Even more, you have helped us balance high-tech approaches with gentle care. The personal touches made possible through your work help make Rady Children’s a positive family-centered healing environment for our families.

That is why your support of Child Life Services through your Diamond Anniversary Fund is so meaningful.

We are living in a historical time for medicine. We now have the ability — and the duty — to positively impact the lives of millions of children worldwide through the scientific advancements made here in San Diego.

Thank you for all you do to help us continue our important work. You bring the spirit of innovation and commitment to life.

With warmest regards,

Kathleen A. Sellick, President and CEO
Rady Children’s Hospital-San Diego

15th Annual
Mabel Jessop Women’s Financial Symposium

Thursday, March 28
Hyatt Regency La Jolla at Aventine
3777 La Jolla Village Drive
San Diego, CA 92122

9:15 am – 1:45 pm
Lunch will be served

This event is complimentary
In the midst of planning this issue, Harriet Bossenbroek, our Auxiliary President, visited my very own Scripps Ranch Unit in January. Harriet’s visit inspired me to focus an article on the strength and potential of our 24 units taken together. I discussed this article with two long-standing leaders in the Scripps Ranch Unit -- Sue Flederjohn and Yvette Gilman -- both of whom possess a “big picture” view of the Auxiliary. Sue has been an Auxiliary member for nearly 20 years and served on the “Big Board” for eight years in various positions, including Unit Council VP. Yvette is a 10-year member and chaired last year’s 40th Anniversary celebration for the Scripps Ranch Unit at the same time she was Unit Chair.

Sue commented that when visiting every unit as the Unit Council VP, “You observe the most amazing women and truly appreciate what these women bring to Rady Children’s. You are struck by the realization of the enormous opportunities available through the Auxiliary to form relationships. And, you realize how much stronger we are together and that the power of this group has changed the course of history.” Sue would love to see Auxilians continue to build cohesiveness among units and seek opportunities for connections where members from all units can get to know and support one another. According to Sue, “It is very inspiring to see so many women of passion and dedication come together. Working outside of your unit enables you to appreciate the strength of the Auxiliary as a whole!”

When you meet Yvette, you immediately realize that her passion for Rady Children’s is derived from her love for children. She is the proud grandmother of eight grandchildren and her commitment to help all children is boundless. Yvette will tell you that she “loves” the position of Unit Chair. She especially enjoys making the connections to other units, primarily through meeting other Unit Chairs on Unit Council and attending numerous unit events and fundraisers.

Thanks Sue and Yvette for your inspiration in helping me to see the strength, power and potential of 24 units and 1,200 dedicated members — all working together for the same great cause.

Mary Rea, Chaux Talk Editor

The Salvation Army Women’s Auxiliary presented 15 philanthropic women with a Women of Dedication Award at their 48th Annual Garden of Giving Luncheon on March 8. Two of the honorees are dearly beloved Auxilians — Betsy Boaz and Andrea Naversen.

Betsy Boaz, one of the founding members of the Fuerte Hills Unit which began in 1986, is a Past Auxiliary President and currently on the Board of Trustees of the Rady Children’s Hospital Foundation. Betsy has enthusiastically volunteered for and served in every position in her unit. She is also a member of the Charity Ball Committee. We are so proud of Betsy — her dedication and commitment to Rady Children’s is an inspiration to all of us.

Andrea Naversen is a former Del Mar Unit member and founder of the Hats Off to Children fundraiser. She chaired the event and was crowned the Top Hat Award at its 10th Anniversary. Andrea is a former news anchor and presently Editor of Ranch & Coast Magazine. She continues to support Rady Children’s Hospital Auxiliary at events and by publicizing them through the magazine.

The Women of Dedication were chosen for their community projects and selected by a committee of past honorees. It is a true honor to be associated with these dedicated women who “go above and beyond” --- giving their time, talent and resources to make our community a better place.

Submitted by: Annette Fargo (Del Mar Unit) and Kasey Sweat (Fuerte Hills Unit)

KASSY KAISER

Salvation Army Community Volunteer of the Year

The Del Cerro Unit would like to highlight one of our outstanding and admired members Kassy Kaiser who is the Salvation Army Community Volunteer of the Year. For the past 26 years, the Salvation Army has been the recipient of Thanksgiving Dinner Boxes from the Del Cerro Community Volunteers. The volunteers are headed up by Kassy, her husband Tom, and their daughter Lindy. They spend many hours distributing flyers to the entire community in advance of the holiday and soliciting donations for the dinner boxes. Over the years, Kassy has secured Windmill Farms and Home Depot as contributors. She ensures that each box contains everything a family needs for a Thanksgiving dinner. In addition, Kassy and her family not only put the time and energy into this wonderful collaboration, but they also contribute monetarily, purchasing turkeys and cases of canned goods. The Salvation Army is fortunate to have been a charity of their choice for so many years, as is Rady Children’s and our own Del Cerro Unit.

We extend a heartfelt “Thank You” to Kassy and her family for their generosity and dedication.

Submitted by: Kim Emerson (Del Cerro Unit)
Happy Spring!

One of the best parts of being Unit Council VP is visiting unit meetings! The majority of unit meetings are held in members’ homes, others are in restaurants, country clubs, schools, neighborhood club houses and at the Plaza Building. Large or small, morning, noon or evening, unit meetings have similar agendas but it is the small touches that show the personality of the particular unit. Some units celebrate birthdays with grab bag gifts, some make you pay a dollar if your phone rings during the meeting, most have members wear name tags, and all have delicious treats! One thing is evident, through the common goal of fundraising and advocating for Rady Children’s Hospital, lifelong friendships are made.

We encourage units to meet at the Hospital every other year. Frances Meda will help arrange meeting space, a speaker and a tour -- hopefully, to coincide with the department where unit funds are designated for the year. A unit meeting at the Hospital is a nice way to help our Auxilians feel even more connected to Rady Children’s!

I am looking forward to attending the many Spring events!

Cheryl Steinholt — Unit Council VP

Vaccinations: The Top Public Health Achievement of the 20th Century

Our speaker for January was Dr. Mark Sawyer, a Professor of Clinical Pediatrics and a Pediatric Infectious Disease Specialist at the UCSD School of Medicine and Rady Children’s Hospital. According to Dr. Sawyer, vaccination against viruses is the top public health achievement of the 20th century. He indicated that vaccines are nearly 100 percent effective in preventing diseases such as diphtheria, hepatitis, measles, rubella, smallpox, pertussis, mumps and polio. Vaccinations have saved the lives of millions of children. However, the major infectious disease issue facing children today is the decline in immunization rates.

When we don’t vaccinate children, we see disease. For example, when we don’t give children the measles vaccine, we see measles. Due to vaccinations, measles have become so rare that many new doctors don’t even recognize the rash. However, measles are much more common in Europe and a recent outbreak in San Diego was traced to two unvaccinated siblings who contracted the disease while on a European trip -- then spread it to others in their charter school. It continued to spread through other children who were under-vaccinated, as they visited doctors’ offices and even caused passengers on a flight to Hawaii to be quarantined. With modern air travel, disease can be just one plane ride away — and a disease that had nearly disappeared, can quickly become a public health crisis.

This year may be a difficult year for flu and a flu vaccine is the best way to prevent or control an outbreak. Pertussis or “whooping cough” is also on the rise. In California in 2011, there were 9,273 cases of whooping cough reported, which is the highest since 1947. Everyone, including pregnant women, should receive the vaccine. The death rate is highest in infants, ages 0 to 1 month.

Dr. Sawyer indicated that vaccines are heavily tested and that they are safe and effective. He warned about the misinformation regarding vaccines on the Internet. Some of the erroneous information includes: Vaccines cause autism, too many vaccines overwhelm the immune system, and diseases no longer exist – or aren’t that dangerous. Because these myths continue to circulate, a number of families are taking great risks by not vaccinating their children. According to Dr. Sawyer, when you don’t vaccinate your child, you are absolutely increasing the risk that they’ll contract a vaccine-preventable disease. He is confident that given accurate information, parents will choose to immunize their child every time.

Jackie Schroeder — Education and Advocacy VP
Time to Celebrate!

A Message from “The Old Historian”

The first meeting of the Women’s Auxiliary of Rady Children’s Hospital was called to order by Mabel Jessop in 1953—they were quite an ambitious group of ladies. An ambitious task before us today is capturing those memories over the years in a video to be shown at the Annual Meeting on June 5, when we celebrate our 60th Anniversary.

Each unit should begin carefully selecting photos for the video. Please designate one member from your unit to be the “Historian” and responsible for emailing approximately five (5) photos spanning the years. If you have historical photos to share from Auxiliary-wide events or noteworthy photos from the past, those would be appreciated, too. Have your Unit Historian email all files as attachments by April 15 to Annette Fargo at dfdevelop@aol.com. In addition, please save special memorabilia within your units, such as invitations and mementos, so we can continue to preserve the Auxiliary’s colorful history in a time capsule. If you have any special items tucked away, please email me at dfdevelop@aol.com and drop them off at the Auxiliary Office to be preserved and treasured in the years to come.

Thank you in advance for helping to celebrate and commemorate our 60th Anniversary with historical photos and memorabilia!

Annette Fargo – Historian

Sharing Good Ideas from Our Units

Social Time v. Meeting Time

Some units designate a “social time” for those who want to come a little early and visit as opposed to “meeting time” when it is time to get down to business. Others have an “intermission” to allow a break and time for socializing.

Share Thank You Notes

Some units read correspondence and Thank You notes at their meetings—it is so touching to share these comments of appreciation.

Purchase Tickets to Other Units’ Events

Some units encourage their members to attend other units’ events by announcing the events at their meetings and/or adding them to the Meeting Agenda. Some units purchase tickets to other units’ events and make them available to their members through a drawing or as a prize. Unit members are encouraged to attend other events, connect with members outside their own unit, and glean good ideas for their own events.

“Brag or Whine” Box

Some units start or end each meeting by passing the “Brag or Whine” box where each member says their name and puts a dollar in the box for the privilege of sharing a positive or negative experience. As each member shares a little nugget about their lives, laughs and exclamations of agreement float around the room. Everyone feels a little closer. Because names are announced at the meeting, everyone knows each other. By the way, all of those dollars collected add to the budget for little extras, such as the Clothes Closet and brown bags.

Stay Connected through Social Media

Some units encourage their members to stay connected through social media and to give Facebook another look. Fact: Over half our units today have a Facebook page where they share photos and activities.
Auxiliary Membership Renewal Time Begins April 15!

The Rady Children’s Hospital Auxiliary is a powerful group! We are an organization of 1,200 members advocating for healthy children in our community and raising funds to help the Hospital carry out its vital mission. We accomplish this through Auxiliary-wide events such as Kids’ NewsDay, seminars on children’s health issues, Hospital tours, and numerous Auxiliary unit fundraising and advocacy activities. However, none of this would be possible without each one of our 1,200 members! That is why every year, beginning on April 15, we ask each of you to renew your membership in the Auxiliary. You can renew your membership by giving a check to your Unit Membership Representative, or even easier, you can renew your Auxiliary membership online. Here’s how:

1. Go to www.helpsdkids.org/auxiliary. At the top of the page click “My Account.”
2. Type in your User ID and password if you already have an account. If you do not already have an account, click on “Get Started.”
3. Click on “Auxiliary” to see unit pages. Then, click on “Units.”
4. Click on your Unit’s page. This will give you access to your Unit’s directory, documents, and blog.
5. On the right side of the page, click on “Your Current Membership.”
6. If you are an active member of the Auxiliary, click on “Renew Now.”
7. Click on the appropriate membership category you are renewing for and then click “Next.”
8. Fill in all the appropriate information. Make certain all of your contact information is correct — this information will be merged into the Auxiliary’s master database, which ensures that you receive all pertinent Auxiliary information, including Chaux Talk. Click “Submit” at the bottom of the page.
9. You will receive confirmation of your membership renewal both on the screen and in your email inbox. Please send a copy to your Unit’s Membership Representative.

If you have any questions about your Auxiliary membership or how to renew—beginning on April 15—please contact your Unit’s Membership Representative or one of the members of the Auxiliary Membership Committee. Remember, there is strength in numbers, and we are a powerful Auxiliary because of YOU—our members!

Your Membership Committee,

Ann Desmond, Membership VP, a.desmond@sbcglobal.net / Sherry Beckhart, New Unit Coordinator, rbeckhart@cox.net
Jeanie Scott, Membership Committee Member, jeanies@san.rr.com

The La Playa Unit of Rady Children’s Hospital Auxiliary proudly presents its

18th Annual Celebration of Champions®
May 18, 2013 Embarcadero Marina Park North
Benefiting the Patients and Families at RCHSD Peckham Center for Cancer and Blood Disorders

See our new website at www.celebrationofchampions.com
For donations or sponsorships please contact cocsponsors@gmail.com
Units & Unit Visits

A Salute to Our Units and All of Our Dedicated Members

Each and every one of our Auxiliary units is working to do their “little bit of good” on behalf of Rady Children’s and all of our units combined are putting together those little bits of good to transform the world for children. It is very special to be a part of a humanitarian cause that serves children and is greater than yourself. Every unit is special and contributes greatly and when all of our units are taken together, there is a multiplier effect where the accomplishments increase many times over.

When talking with current and past Auxiliary Presidents and Unit Council Vice-Presidents, the same comment is consistently made — the BEST part of their time on the Board involved unit visits. Each year, the current President and Unit Council VP make it a goal to visit every unit during a regular meeting. This is quite a challenge with 24 units! What is it that makes each and every one of our 24 units so special that the leadership of the Auxiliary is excited, gratified and inspired by these visits?

According to Harriet Bossenbroek, Auxiliary President, and Cheryl Steinholt, Unit Council VP, each unit has its own unique and distinct personality. Some units are relatively quiet and some are louder and more outgoing. Some have as few as 10 members at a meeting while others have 50 or more. Several have primarily a business focus while others are quite informal. Each unit has its own special history and traditions. There are long-standing units with mother-daughter traditions and several have generations of members. Some focus efforts primarily on fundraising, others are oriented to education and advocacy — ALL have a strong core of dedication.

This is both Harriet’s and Cheryl’s 10th year as members of the Auxiliary. Harriet continues to derive inspiration from the Hospital itself and the first-rate support and care it provides children. Her dedication is reinforced by the knowledge that the Hospital could not do all of its wonderful and renowned work without the support of the Auxiliary and the community. As Harriet visits the various units, she is touched and overwhelmed by the level of commitment made by so many selfless and inspiring women who have joined together and dedicated themselves month after month, year after year. She is reminded that “an entire village of support” comes together to make Rady Children’s what it is today.

Cheryl is warmed by the welcoming attitude she has experienced during her unit visits. When the opportunity arises, Cheryl enjoys her mentoring role as Unit Council VP where she is occasionally asked for support and able to offer some tender loving care. According to Cheryl, she appreciates that as she has become more involved in the Auxiliary, she has grown in her own personal strengths and is “doing things today that I never thought I would do in the areas of public speaking and leadership.”

Units can be compared to immediate families and the Auxiliary to an extended family. We enjoy the bonding and close relationships in our units and when the opportunity presents itself, we can reach out and meet members in other units. Our Auxiliary leadership is both humbled and inspired by unit visits and the knowledge that every Auxilian is making a difference. They envision more connections among Auxilians and our 24 units in the future. There are so many opportunities to participate, grow and give back. It is difficult to put a value on what 1,200 dedicated members can do together across 24 units … maybe … priceless! As each of us contributes by doing our “little bit of good” — together, we “overwhelm the world.”

Mary Rea — Chaux Talk Editor

Ways & Means

“In-Unit” Fundraisers — Help Us Help You!

Many of our Auxiliary units participate in “In-Unit” fundraisers. Monies raised at these events stay IN the unit to fund operating budgets, advocacy, and to support other units’ events, including the purchase of tickets to events and providing sponsorships. As you know, In-Unit events are FUN events and we want to know about them and to share ideas with other units!!

If your unit has an upcoming event or has a great idea for an “In-Unit” fundraiser, please share with us. North County had a jolly Oktoberfest, Mesa sold delicious Butter Braids for our holiday entertaining and Scripps Ranch dressed in old prom dresses and held a 2nd Time Around Prom! Other great In-Unit ideas include: themed dinner parties, wine tastings, vendor parties, and a restaurant night out. Let’s hear what you have done! Contact me and share information about your fun and creative “In-Unit” fundraisers at karinwhiteley@gmail.com.

Lastly, if your “In-Unit” Chairperson fills out and submits the Event Information Sheet, we can add it to the Auxiliary Calendar so we all know about your event and can easily obtain additional information. The Event Information Sheet can be found in the Members Library or can be emailed directly. Just drop me a quick note.

Karin Whiteley — Ways & Means VP
Visiting the Scripps Ranch Unit

An Interview with Nancy Fleischman, Scripps Ranch Unit Chair
Rady Children’s Hospital Auxiliary Member for 20 Years

What has kept you active and involved in the Auxiliary over the years?

It is a very rewarding experience to give back to your community and especially, when you know that you are making a difference in the lives of children. It is a real tug at the heartstrings knowing that miracles are happening every day at the Hospital and that your involvement as an Auxiliary member will keep miracles happening.

I am certain that if you asked nearly anyone in San Diego, they could tell you about a personal experience with their own children at Rady Children’s or know someone whose child has benefited from treatment at the Hospital. My sister’s son was in a terrible car accident when he was seven years old and his life was saved as a result of the trauma care he received at the Hospital. My two sons have received emergency treatment as well as undergone surgeries at Rady Children’s. I think that the Hospital is unique in offering a comforting environment where children and their families feel personally cared for and supported.

Being a member of the Auxiliary offers a multitude of volunteer opportunities whether you are aspiring toward leadership or enjoy participating in the many fundraising and advocacy activities. You can focus your efforts at the unit level, with the main Auxiliary or at the Hospital itself. Every year, Kids’ NewsDay is a reminder of why I enjoy fundraising and advocating for Rady Children’s. I meet people in the community who share their heartwarming Rady Children’s miracle stories.

How is your Scripps Ranch Unit special to you? In general, how do you describe your Unit?

It is truly rewarding working with such a dedicated group of women who share a strong and long-term commitment to carry out the Auxiliary’s mission -- many of whom are my best friends. We are a very active membership with a number of long-standing members who have offered their leadership skills and enthusiasm to support Rady Children’s, including at the Auxiliary Board level. There are so many talented women and our Unit members have an energetic, cooperative and team-oriented spirit that we all share with each other in all of our activities. The best way to describe our Unit is that we know how to put the FUN not only into our fundraising/advocacy activities but also into our various social activities.

Where do you see the Scripps Ranch Unit in the next 10 years?

I would like to see the 40+ year legacy of our Scripps Ranch Unit continue to attract and retain members who maintain a strong presence and inspire new and creative ways of promoting an energetic, FUN and strong commitment to the Hospital.

Inspirational T-Shirt for Sale

Proceeds Benefit the Diamond Anniversary Fund

An Inspirational T-Shirt has been designed especially for Rady Children’s Hospital-San Diego. Working in close partnership with Heart Threads, our “heart” was created as a subtle, non-logo design with butterflies, kites and words of wisdom in a heart shape. The best part of the shirt is that an affirmation is printed on the inside of the shirt touching the heart. The affirmation on our shirts is - “I inspire miracles. I open my heart to Rady Children’s Hospital.”

The cost of the T-Shirts is $40 of which $20 will be donated to the Diamond Anniversary Fund. You can get your own Inspirational T-Shirt by calling Karen Cheesman at 858-792-7921 or by emailing krcheesman@yahoo.com. They make thoughtful gifts!

Karen Cheesman – Fund Development VP
Past Auxiliary Presidents

Past Auxiliary Presidents: Six Decades of Exceptional Service

For the past 60 years, our Auxiliary has been blessed with visionary leadership by a group of dedicated women committed to the mission of Rady Children’s Hospital Auxiliary and Rady Children’s Hospital, and to the children and families the Hospital serves. Most Auxilians know the face of our sitting President from her Chaux Talk articles, unit visits, or her presence at Unit Council meetings or workshops. But what about the generous and talented ladies who have served previously in this leadership role? As we celebrate our Diamond Anniversary, we also recognize this dynamic group of women who have given their time, treasure, talent and spirit to the Auxiliary in this most demanding and visible role, and have left a legacy of which we can be very proud.

Mabel Jessop, the founder of the Auxiliary, called together a group of friends on June 10, 1953 to support the San Diego Society for Crippled Children in their quest to build a full-service children’s hospital in San Diego to replace the existing "children’s home". Construction planning for this new and expanded facility had begun in 1951, with the much-anticipated groundbreaking taking place later in 1953. With the official opening of Children’s Hospital on August 19, 1954, a solid partnership was forged between the Hospital and the Auxiliary that has stood the test of time. Mabel Jessop’s vision was realized, and her gift to San Diego’s children was secured for generations to come.

Our Auxiliary continues to honor our founder through several Auxiliary events and awards such as the Mabel Jessop Endowment Fund, the Mabel Jessop Financial Symposium, and the Mabel Jessop Spirit Award.

As the public “face” and leader of the Auxiliary, the President gives an extraordinary gift of herself during her term. This commitment seldom stops when the presidential term officially ends, as the Immediate Past President continues on the Board of Directors with several important responsibilities, including serving as Chairman of the Past Presidents’ Council. The Council is a forum that brings together former Presidents to share their experience and wisdom and to provide ongoing mentorship and support to the Auxiliary’s present leaders when needed, maintaining continuity and strength within the organization. We are fortunate that our past Presidents are willing and able to continue cheerfully serving as enthusiastic ambassadors for our Auxiliary and the Hospital, thereby ensuring that our history and traditions are remembered.

Since Mabel Jessop’s time, her legacy has been carried on by the following group of 58 dedicated and passionate women who, with the support of our membership, have each made an impact and helped us grow our founder’s original vision. As we join together to celebrate the 60th Anniversary, we pay tribute to the extraordinary commitment and legacy of our past Auxiliary Presidents.

Vellet Wyatt Finley — Immediate Past President

Rady Children’s Hospital Auxiliary Past Presidents, 1953-2013

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<td>Harriet Bossenbroek</td>
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Bonita Unit

Our first meeting of the year was held at Carol Adair’s home and it was such a treat! Her home was so welcoming -- filled with her beautiful quilts, special touches and warm hospitality. There were approximately 30 ladies in attendance and a few new faces that are considering joining our unit. It was a FULL house!

A treat for all of us was our special guests -- Auxiliary President Harriet Bossenbroek and Unit Council VP Cheryl Steinholt. They were so gracious in answering all of our questions, giving us good advice and just being one of the girls with us! We appreciated their presence and time. Unfortunately, they did have to sit through our business meeting of saying goodbye to 2012, changing by-laws and trying to work on a new slate of officers, chairpersons and committee volunteers.

Another event to kick off the New Year was a fabulous Wine, Cheese and Chocolate Open House, which was hosted by Carolyn Gibbs and Kim Gorman at Carolyn’s lovely home. What a great afternoon of getting to know each other. No business, just good ol’ camaraderie, sharing adventures and building friendships. The wine was flowing, there was a fabulous spread of different cheeses and of course…Chocolate! So many thanks to Carolyn and Kim. Let’s do it again!

We have a tentative future date for our Theresa’s Marketplace which is April 27. Theresa Capanis and Jackie Guerra work hard every year to bring new vendors, offer great food and create a beautiful outdoor setting. It is a great venue and a fun time. If you have not attended before, leave room on your calendar in April and we will update you on the exact date!

Millie Boucree
Carmel Valley Unit

The Carmel Valley Unit has been busy! During the past few months, our growing group focused on two fundraising activities. We partnered with Cardiff Beach Bar at Tower 13 -- a new “on the beach” spot in Encinitas featuring food, libations and live music. Tower 13 generously donated 20 percent of a recent Saturday’s food and beverage sales to our Unit, which we in turn donated to support the Scripps’s Encinitas NICU operated by Rady Children’s Hospital. We look forward to an ongoing relationship with the generous owners of Tower 13.

Our second fundraiser was the return of the Annual Holiday Boutique. This popular event, which had been on hiatus for the past two years, was held at the lovely home of long-time Unit member Dyana Brown. Local vendors offered clothing, candles, jewelry, home goods and even pet products for sale to holiday shoppers, while donating 20 percent of their profits to the Hospital. The holiday shoppers at our well attended shop-a-thon enjoyed beverages and tasty treats prepared by Unit members.

The ladies of our Unit also brought holiday cheer to patients at the Bernardy Center with their decorating efforts. Our group’s next monthly meeting will take place at the Center and include a tour of the facility. The Carmel Valley Unit is also in the planning process for a very special FUNdraiser. Watch this space for news!

Jeanne Neylon Decker

Charitable Business Unit

As one of the Auxiliary’s newest units, the Charitable Business Unit had the privilege of hosting a Holiday-themed Toy Train Exhibit in partnership with the All Gauge Toy Train Association and the San Diego 3-Railers. We are proud to announce that the train exhibit will remain on permanent display in the Acute Care Pavilion for children and their families to enjoy year-round. The look of the exhibit will be modified corresponding to each season of the year.

The Charitable Business Unit was excited to participate in the Charitable Poker Tournament hosted by 6 Degrees, on February 23. This event offered amazing prizes, including weekend trips, airfare, and hotel accommodations. The first place prize consisted of entrance into the World Series of Poker event. The Poker Tournament also featured Celebrity Host Lorenzo Neal, Ex-San Diego Charger and Pro Bowl Fullback.

It has been a great first year for the Charitable Business Unit and we are enthusiastic about the future of this innovative Unit.

Ruben Velazquez

Dana Unit

Save the date! The 12th Annual Point Loma Garden Walk will be held on Saturday, April 27, from 10 A.M. to 4 P.M. The Point Loma Garden Walk features self-guided tours of private residential gardens and a fantastic garden boutique as part of the event. Sponsored by local businesses and private donations, we are proud to showcase homes in the historically rich neighborhoods of Point Loma. Garden Walk ticket sales from this volunteer-managed, annual fundraiser provide continued support for the Craniofacial Services at Rady Children’s Hospital.

Once again, we will proudly feature the Dana Diamond Tour. Limited to only 20 tickets, patrons will be transported to each home on the tour and to the boutique. A special feature of the Diamond Tour is a visit to a beautiful Point Loma home not on the regular tour for a delicious luncheon. Enjoy the best of beautiful Point Loma! Be sure to visit the Garden Walk website at www.pointlomagardenwalk.com for ticket sales and the latest information.

Thank you to members of the other units who have been so supportive of the Garden Walk in past years.

Sue De Leon
Del Mar Unit

We warmly welcomed Gabriela Stratton who transferred to our Unit in November. Thanks to Melinda Tucker, Leslie Hodgson and Lory Fisher for hosting our monthly meeting. A Spring event is being planned for welcoming all new members. Susan Atkins organized both the holiday tree decorating and brown bags; and was awarded the “Pearl of the Month” for a job well done. Del Mar members attended Fantasy on Ice!

Mary Reynolds shared that it was heartwarming to see a video of the young boys who fought cancer so valiantly together and to know that Fantasy on Ice benefits them all.

Thanks to Michele Devine for sponsoring us at Santaluz -- for both our Holiday Party and our event Heard it Through the Grapevine. In January, we were proud to learn one of our past members Andrea Naversen was being recognized at the Women of Dedication 2013 luncheon.

At our meeting, we were given a tour of the Emergency Room led by our own very own ER Doctor and member Stacey Ulrich. Our Social Chair Judy Rowles arranged a First Aid Class. Thanks to Morrison & Forester for hosting our annual event and becoming a sponsor.

The invitation committee gathered at Susan Darnall’s new home for a spirited evening of envelope stuffing for Heard it Through the Grapevine -- save-the-date of May 10.

Del Cerro Unit

One of the liveliest events of the year is our Annual Holiday Luncheon, graciously hosted in December by Laurie Pieratt. We all came prepared with our favorite dishes and an unwrapped gift to auction off; but most importantly, our deepest gratitude for the friendships that have been forged over the years. We are always full of love and laughter as we renew our excitement and outline our future.

The beginning of the New Year is the perfect time to develop momentum and plan for our A Fall Fantasy event on Saturday, October 26, at the Town and Country Hotel. Our exuberance continues to mount while we contemplate design ideas, vendor options and auction items. This year, we have designated our funds to support the Pediatric Heart Transplant Program, a highly anticipated new program at the Hospital.

In honor of our 60th Anniversary, the Del Cerro Unit would like to acknowledge Vivian Anderson, Gloria Ellis and Gwen Flaming who have been valued members for many of the 60 years the Auxiliary has existed AND they are all still very active! Not only do they bring a sophisticated level of enthusiasm to our group, they also have energy that is infectious when it comes to creating opportunities to raise money for children. We wish a heartfelt “Thank You” to Vivian, Gloria and Gwen for your tireless efforts these many, many years. We are also proud to recognize Kassy Kaiser in the Chaux One Up For column for receiving recognition from the Salvation Army as the Community Volunteer of the Year.

Let us remember that our opportunities remain abundant as we embrace our committed efforts to help the kids. Happy 2013 everyone!

Kim Emerson

Annette Fargo
Unit News

Fuerte Hills Unit

The Fuerte Hills Unit ended 2012 with a Holiday Celebration at El Torito. San-D Holloway and Karie Thurman, Social Co-chairs, did a great job organizing the event which included a gift exchange. We also are proud that we doubled the number of Santa Letters over last year. A big “thank you” goes to Cyndi Bramwell for working so hard to make sure that each letter was personalized to the receiving child.

We kicked off the New Year with our first meeting at Betsy Boaz’ downtown condo and enjoyed amazing views of Balboa Park and beyond. Thank you, Betsy, for your hospitality. Speaking of Betsy, she has been honored by the Salvation Army Women’s Auxiliary as one of the Women of Dedication 2013. This coveted and distinguished award honors Betsy for making a significant difference in the San Diego community. We are so proud of her!

With the New Year, the Unit gets really busy with our upcoming fundraiser Sweet Charity which will be held on April 24. Please look for our “save-the-date” in this issue of Chaux Talk. Co-chairs Sandy McMillan and Judy Scharer are at the helm of this event with a Mexican Fiesta theme.

We also want to thank Angela Wachtmann for encouraging and compiling our very own “Angie’s List.” We now have trusted resources from our members for many of those indoor and outdoor projects that need to be done around the house.

Kasey Sweat

La Playa Unit

The La Playa Unit has been working tirelessly to ensure that the 18th Annual Celebration of Champions® on May 18 is the most successful event yet! Our amazing Event Co-chairs Marilyn Cornwell, Marjo Miller Dyer and Jet Heinz have been busy coordinating the many components that come together to create a day filled with lots of activities -- running, eating, carnival games, singing, dancing and most importantly, smiles for more than 350+ pediatric patients and their families. While there is much to be done, the La Playa Unit has been enjoying the teamwork and camaraderie that comes from working so closely together for such an incredible cause. Our Unit’s goal is to provide families facing cancer with one of the happiest days of their year. For more information on the Celebration of Champions®, please visit our newly launched web site at www.celebrationofchampions.com.

With so much activity happening in our Unit, we are thrilled to welcome nine new members into our La Playa family. Our new members are very qualified and passionate women. We are fortunate to have their membership as they are certain to be incredible assets to the Auxiliary.

Nicole Wickstrand

Mesa Unit

The Mesa Unit welcomes Baby Lexi! Just a few weeks after helping her fellow Auxiliary members sell Butter Braid pastries at the Semi-Annual Meeting in November, Kriselle Crane, Mesa Unit Ways & Means Chair, gave birth to her third child -- a daughter name Lexi. Mom and baby were back at work with the Mesa Unit for their January meeting.

At this meeting, Kriselle helped Unit members plan an upcoming recruitment event, organize the annual Hula Hoop for Hope booth for the Celebration of Champions®, brainstorm new and creative fundraising events and determine a theme for next year’s Hospital holiday decorations. All while Lexi slept!

Jeanie Scott
Mountain View Unit

The Mountain View Unit will host their annual Boot Scootin’ Bunco on Monday, April 22. Please join us for dinner and a night of Bunco, door prizes, opportunity drawings, a silent auction and cash winners! Please contact Heather Bush at 619-443-1300 or send in your reservation to Twila Godley, Mt. View Unit, 13202 Idyl Drive, Lakeside, CA 92040. Other information is on the event ad in this issue of Chaux Talk.

A wonderful time was had at the Shopping Under the Stars event, which was held in November, at the Carlsbad Premium Outlets. Everyone enjoyed the live entertainment, shopping, silent auction, and the complimentary hors d’oeuvres and wine. All monies from the Mt. View Unit tickets sales benefited the Hospital.

In December, our Unit members decorated the reception area of the Hospital. Holiday snowmen, shiny snowflakes, colorful wreaths and brightly colored trees were placed throughout the reception area and in the emergency waiting room area. Also during the holidays, our members had a Christmas Get Together at the home of Terry Callen. Gift cards from various stores were collected for the Lakeside Christian Help Center. They help families in need during the holidays.

We are enthusiastically looking forward to the rest of 2013. We hope to see you at Boot Scootin’ Bunco on April 22.

Brenda Clark

North Coast Unit

Good news -- whether you missed it last year or were one of the many enthusiastic attendees, you can look forward to Date Night for a Cause, Take 2, at the Belly Up on April 26, from 5 to 8 P.M. Mark your calendars and spread the word that we will be celebrating with music from Stepping Feet, great food and drink, and some amazing auction packages -- all to benefit the Helen Bernardy Center for Medically Fragile Children. Advance purchase tickets are $55. Check out all the details at www.radysncu.com. Thanks to loyal sponsors Wells Fargo, William Umansky, M.D., and Torrey Pines Bank for helping make it all possible.

We would also like to thank Irene and Fred Defesche for hosting a great Holiday Party -- there’s nothing like a house full of ugly Christmas sweaters to start the season out right, as you can see.

Finally, we would like to wish everyone a lovely Spring. Thanks to our supporters at Infinite Fields, we will have a Spring plant selection available as a fundraiser soon -- be on the lookout for more details from your Unit Chair. Hope to see you all on April 26!

Coleen Young

North County Unit

The North County Unit welcomed the New Year with energy and enthusiasm. After the holiday break there was a wrap up of our successful Holiday Luncheon and we were extremely pleased with the results. This year’s calendar of events has been set up and the wheels are in motion for another busy and productive year, culminating as before with the Holiday Luncheon. It will be festive and fun as always, with some changes in format. Stay tuned . . .

We would like to give a “shout out” in this article to one of our most productive and least publicized groups -- the Happy Hands Committee. Under the capable leadership of Lois Powell, these ladies have spent countless hours producing hundreds of “snugglies,” blankets, and tiny hats for the patients at Rady Children’s Hospital-San Diego and Rady Children’s Hospital-Palomar. These items are all sewn, knitted, and crocheted with patterns and materials specified by the hospitals. They are then processed, folded, packaged, and delivered by these dedicated ladies. Hats off to the Happy Hands crew!

We look forward to our Membership Tea in April. We will welcome new members and friends who are interested in joining our group. The welcome mat is out!

Happy Spring to all you Auxilians from the North County Unit,

Nancy Baldry
Unit News

Poway Unit

The Poway Unit celebrated the holiday season with a **Holiday Social and Gift Exchange** at the home of Susan Hering. The theme was fun (or even tacky) Christmas attire. In addition to sharing in the gift exchange, we continued our tradition of bringing unwrapped gift donations for the Hospital. Also, in December, our Hospital Liaisons decorated the third floor for the holidays.

Our Unit kicked off the New Year with a fabulous turnout for our January meeting. We are enthusiastically preparing for **Tabletops and Tea**, our annual fundraiser, which will be held at the Rancho Bernardo Inn on Sunday, May 5, from 11 A.M. – 3 P.M. Our theme is **A Tea for All Seasons** and we will be raffling off unique seasonally-decorated tabletops as well as offering silent and live auctions, opportunity drawings and fabulous boutique shopping. This event is not to be missed! Please see our ad in this edition of **Chaux Talk** for ticket information.

We continue to have success with our In-Unit fundraisers at our monthly meetings. In the Fall, we had a **Vendor Fair** with all of our own members participating -- what a talented bunch of women! Some of the offerings included handmade jewelry, blankets, floral arrangements, wreaths and much more. Our next In-Unit fundraiser will be with **Stella and Dot Jewelry**. We look forward to springtime and to seeing many of you in May for Tabletops and Tea.

Denise Zogby

Presidio Unit

The women of Presidio certainly like to travel and to some rather exotic destinations. Joyce Knott will be joining her daughter’s family for an adventure to the Galapagos Islands. Son-in-law Tim Laman is a photographer for **National Geographic** so they will certainly be seeing some interesting birds and animals.

Verna Zopft and her husband will be cruising to various Scandinavian countries with special emphasis on Norway. Margaret Bartlett and her daughter will be touring Italy; last year, they enjoyed a wonderful tour to Spain. Helena Sturgill will be joining a group of Medical professionals on a trip to Cuba to study the medical system there. Helena’s trip should promote an interesting exchange of ideas. We cannot wait to hear about the adventures of our members when they return!

We had a wonderful time at our In-Unit fundraiser in December with window seats for the **Boat Parade of Lights**. We enjoyed the delicious food and our own good company. We had such a great time that we decided to do it again -- we plan to repeat this event in December!

Our May meeting will also be an In-Unit fundraiser at the home of Joyce Knott. We will have an expert teaching us how to grow succulent plants followed by a **Taco Party**. We know it will be a fun event and are hoping to invite members from other units to join us.

Linda Gillett
Scripps Ranch Unit

Presents unwrapped and decorations put away, hope you all had a wonderful holiday season. We enjoyed a very festive Holiday Party at Cheryl Steinholt’s home: delicious food, tasty wine, fun games and great friends. Thank you Cheryl for opening your home to us!

Our 2nd Time Around Prom, an In-Unit fundraiser, was held on February 16, at the beautiful home of Steve and Michele Fisher. It was a fabulously fun event! We all dressed in our old prom and ugly bridesmaid dresses. Our guys dug out old suits or their favorite pants that shouldn’t be worn anywhere else! We had an enjoyable and very entertaining time, reminiscing about the past, with our favorite music playing in the background. It was a great way to get together with friends while supporting Rady Children’s. Thanks to Yvette Gilman and Rebecca Flynn for chairing this event and to Michele and Steve for opening their home.

This year, we were honored to welcome new member Susan Parme to our Unit and returning member Jovita Nye. You can follow our Unit on Facebook at “Rady Children’s Hospital Auxiliary, Scripps Ranch Unit.”

Karin Whiteley

Silvergate Unit

The ladies of the Silvergate Unit met for lunch in January to catch-up after the holidays. It was a wonderful gathering that included our daughters and for the first time, one of our grandsons joined us. Since 1953, the Silvergate Unit has been committed to helping the patients at Rady Children’s. As the only Emeritus Unit, Silvergate continues to support the good work of the Auxiliary.
Unit News

Southeast Cluster Unit

Ardelle Matthews and Freddie Jackson are two of the 32 Charter members who formed the Southeast Cluster Unit (SECU.) The recent success of the Jazz & Jeans fundraiser prompted Ardelle and Freddie to share memories of our first Unit fundraiser held in November, 1997: “The first fundraiser was an Out-Unit affair. We were able to secure a personal appearance by Grammy Award Winner Terry Ellis of the singing group En Vogue. (They were often referred to as the 90’s version of the Supremes.) Ms. Ellis was in San Diego to promote her fragrance Southern Exposure that was featured at Nordstrom. She graciously donated 10 percent of the day’s sales to Children’s Hospital and Health Center. The success of the fundraiser was attributed to the pooling of numerous resources and talents, including those of our dedicated members. We couldn’t have done it without the support of KHTS 93.3 FM Promotions Director Brian Matthews, Electra Records and of course, Ms. Terry Ellis. We had a great turnout and fun was had by all.”

We would like to thank all of our 32 Charter Members for getting us off to a great start. Our founding members include:

Carolyn Smith

Temecula Unit

Spring has sprung! After our very successful event -- the First Annual Poker for a Purpose event, benefiting the Asthma Department -- we are shifting our focus to growing our great Unit with a Membership Drive Campaign. This June, we will be hosting a series of membership mixers in the beautiful Temecula Valley Wine Country. Our Unit participated in the City of Murrieta’s Annual Mega Mixer which drew in 1,200 attendees! We were honored that we were able to be a part of this exciting event and we are already in the planning stages for next year.

This February, we celebrated a very special milestone with our Unit member Allie Hamlin and her family. Rachel Hamlin, daughter of Allie and Steve Hamlin, celebrated her first birthday! Rachel has a remarkable story of courage having fought the first 48 hours of her life to survive. The NICU at Rady Children’s took incredible care of Rachel and she was blessed to be Dr. Knight’s final patient. We are elated to see Rachel so strong and healthy today.

We are looking forward to many more milestones this year -- our seventh year together as a group!

Jessica Vulovic
All morning at Breakfast with Santa, you could see our members delivering pancakes, helping with crafts and Santa pictures, or selling tickets for the opportunity drawings. The Knights of Columbus from Ascension Parish donated their time to cook the breakfast, which was held in the Parish’s new multi-purpose room. The event was a great success this year with the larger space and the even greater generosity from our sponsors and donors. We almost doubled our donation to Rady Children’s! Lorraine Fisken and Marina Dion deserve credit for managing this event.

A week after our fundraiser event, we also had a wonderful Christmas Party at Connie Anderson’s home. We are currently in the planning stage of an awesome new fundraiser for March 23 -- so save the date and watch for our flyer.

Pam Hanig

Happy 2013! The Young Professionals Unit had a great finish to 2012. We had a strong turnout for our Fantasy on Ice Social in November. In addition, 2012 was our first year participating in the holiday decorating event. We had such a great turnout and so many festive decorations that we not only decorated our assigned waiting room in Cardiology, but we also decorated a number of exam rooms. Our supplies are stored and we are ready for the 2013 holiday season!

With the holidays behind us, our Unit is in full planning mode. We are in the process of putting together our first annual fundraiser event in August. We are only in the beginning stages, but we are very excited as we look forward to the next few months of planning. We are also gearing up for the Bernardy Center party as well as filling up the Clothes Closet later this Spring. With a number of new members, we are planning a tour of the Hospital so we can all be reminded of why we participate in this fabulous organization!

Lacey De Geus
Lauren Terrazas
Unit Events

The Mountain View Unit of Rady Children's Hospital Auxiliary Presents
Boot Scootin' Bunco
Proceeds to Benefit Rady Children's Hospital - San Diego
$25.00 per person
Monday, April 22, 2013
Contact Heather Bush (619) 443-1300 for details
Opportunity Drawings & Silent Auction!

Save the Date
SWEET CHARITY
HOSTED BY THE FUERTE HILLS UNIT OF RADY CHILDREN’S HOSPITAL AUXILIARY
BRIDGE, BUNCO, LUNCHEON
WEDNESDAY APRIL 24, 2013
INVITATION TO FOLLOW
PROCEEDS TO BENEFIT THE ORTHOPEDICS/360 SPORTS MEDICINE DEPARTMENT AT RADY CHILDREN’S HOSPITAL - SAN DIEGO
ADD YOUR FRIENDS TO THE MAILING LIST: sgarland735@gmail.com
The North Coast Unit Hosts

DATE Night for a Cause

Belly Up • April 26, 2013 • 5:00 - 8:00 pm

The Dana Unit of Rady Children’s Hospital Auxiliary

POINT LOMA Garden Walk

Dana Diamond Tour
* Gourmet Lunch
* Shuttle to Gardens

12th ANNUAL

Saturdays to Benefit Rady Children’s Hospital San Diego
Citrus, Pepper, and Gardens

Rady Children’s
Hospital Auxiliary

SATURDAY

APRIL 27, 2013
10 AM - 4 PM

WWW.POINTLOMAGARDENWALK.COM
Unit Events

Rady Children’s Hospital Auxiliary - Poway Unit
Cordially invites you to our
10TH ANNUAL TABLETOPS AND TEA
“A Tea for all Seasons”
Sunday, May 5, 2013
11:00 a.m. – 3:00 p.m.
Luncheon with Tea Service
Bernardo Ballroom at the Rancho Bernardo Inn
17550 Bernardo Oaks Drive, San Diego

Proceeds to benefit Diabetes/Endocrinology

Opportunity drawing for unique Tabletops
Boutique Shopping
Pick-a-Season
Silent and Live Auctions
Tickets $75.00 per person or $750.00 for table of 10

Contact Bridgett Brown
bbrown@powayusd.com or 858-673-1289

Rady Children’s Hospital Auxiliary
60 Years of Caring

Save the Date:

for the Del Mar Unit of
Rady Children’s Hospital Auxiliary
52nd Annual Wine & Food Taste
“HEARD IT THROUGH THE GRAPEVINE”
Friday Evening ~ May 10th, 2013
at Santaluz Club

Proceeds to benefit Rady Children’s Hospital ~ San Diego Emergency Department
To celebrate its 60th Anniversary, Rady Children’s Hospital Auxiliary has set an ambitious goal of raising $600,000 for the Diamond Anniversary Fund. The Diamond Anniversary Fund is a special endowment that will support Child Life Services by retaining its principal and paying out all net income every year. Child Life Specialists are essential because they help patients and their families understand and cope with healthcare experiences. Community support is vital for this program to continue as it is 100 percent dependent upon philanthropy.

We encourage you to contribute to the Diamond Anniversary Fund by making an estate commitment and becoming a Lifetime Legacy Circle member or by making a cash donation of any size. Keep in mind that a donation of $10,000 or more will qualify you to become a Circle of Care member for the following year. If you have any questions, please contact Karen Cheesman at 858-792-7921 or krcheesman@yahoo.com.

Karen Cheesman, Fund Development VP
Rady Children’s Hospital — **RETHINK YOUR DRINK** Initiative

According to the Center for Disease Control and Prevention, there is clear and compelling scientific evidence linking the consumption of sugar-sweetened beverages (SSBs) to obesity and other chronic diseases including type-2 diabetes, heart disease and hypertension. Rady Children’s Hospital has joined the [Healthier Hospitals Initiative](#), a national campaign to engage healthcare organizations in adopting healthy hospital environments. Rady Children’s believes that they are in a unique position to serve as a role model for our community in taking the lead to advance an initiative to reduce SSBs.

Sugar-sweetened beverages are those that contain caloric sweeteners and include soft drinks, fruit drinks, sports drinks, sweetened tea and coffee drinks, energy drinks, sweetened milk, and any other beverages to which sugar, typically high fructose corn syrup or sucrose (table sugar), has been added. Also included in the definition of an SSB is 100% fruit juice (greater than four oz. serving.)

**Rethink Your Drink (RYD)** is a multi-pronged initiative that includes education, environmental changes and policy changes. The RYD initiative is being designed to provide education about the content and health effects of added sweeteners in beverages, increase the availability and consumption of healthy drink options and make healthy beverages the standard in healthcare organizations.

A “stoplight” system is used for education purposes, coding drinks as Red (high in sugar), Yellow (low sugar and/or artificial sweeteners) and Green (no sugar or artificial sweeteners). SSBs are not the only cause for obesity — and most things are fine in moderation — but research shows that SSBs are an area of particular and provable concern. It’s a good place to start in our education efforts. Studies looking at weight loss have shown that decreasing liquid calories leads to greater weight reduction than decreasing calories from solid food. That said, as part of a healthy diet, sweets should be consumed in moderation.