



Seasons of Celebration

Parties and celebrations got everyone in Peds through a long New York winter! In this issue of News9, we want to share the fun events and activities that have been going on in Peds during the past winter and spring.



What's Happening...

Jerard Studios...

Our patients and their siblings teamed up with the talented professional artists from Jerard Studio (www.jerardstudio.com) to create original scenes depicting some of their favorite activities for our latest installation on the Gallery Wall. The scenes include baseball players rounding the bases in Yankee Stadium, ballet dancers pirouetting on stage as an orchestra plays on, and ice skaters spinning on ice as snowboarders speed down a mountain.



Pediatrics salutes our partnership with Mary Creede, John Jerard, and all the artists from Jerard Studio for their inspiration and creativity and gratefully acknowledges the family and friends of the Denise Natter Fund for their support of this project.



Triple Winner...

For the past ten years, the Stop & Shop Supermarket Company has partnered with MSKCC to bring the Triple Winner Campaign to the tri-state area. This special partnership supports pediatric cancer research at MSKCC and has raised nearly \$9 million to date. This year's campaign, which was launched in April, is projected to raise \$1.5 million!



Stuffed Cupcakes...

Our friends from New Jersey's The Stuffed Cupcakes Place joined us for a day full of decorating fun. Equipped with professional decorating tools and pre-baked

cupcakes, the friendly staff taught patients and families how to complete and decorate their own awesome

treats. Each cupcake was filled with vanilla or chocolate mousse and then topped with colorful icing and sprinkles. A special thank you to Maureen Jaret and our friends from The Stuffed Cupcakes Place for providing such a delicious day!



Hewlett High School Annual Cabaret...

Each spring, staff, patients, and families look forward to performances by the talented seniors from George W. Hewlett High School whose Annual Cabaret show in Hewlett, New York, raises funds and awareness for pediatric cancer programs. As usual, this year's show featured the students'

extraordinary musical, acting, dancing and comedic talents. Highlights included an impromptu Justin Bieber sing-a-long, a dance routine choreographed to Bon Jovi, and a "Late to Work" improv comedy skit.



Seniors from Hewlett High School get together with patients for a group picture!



SIBS Week...

This February we celebrated our Super Important Brothers and Sisters (SIBS) with a week of activities aimed at teaching siblings about what their brother or sister does during their time in the hospital. We opened up the week with Kid's Clinic where patients and their siblings pretended to be doctors and nurses and Peds staff became the patients! Later in the week, siblings and patients created masks that illustrated how they were feeling on the inside and the outside. Another exciting project was decorating and personalizing wish boxes. Wishes for ourselves and our families were written down and then stored inside these beautiful boxes. It is such a treat to have our favorite brothers and sisters visit during breaks from school!



Ready for patients!



Celebrate...

Super Bowl...

We kicked off Super Bowl weekend with a tailgate party in the Recreation Center. Team pennants were made, footballs were tossed, and stadium nachos were enjoyed. On Super Bowl Sunday, patients on the inpatient unit watched the game on our big screen TV, enjoyed traditional football food, and played games during commercials.



Ready for the game!



Valentine's Day...

Our annual Valentine's Day Party boasted face painters, cupcakes, valentines, and a theme photo booth — all of which made for a love-filled day in Peds!



Kisses for Valentine's Day!

"But I always say, one's company, two's a crowd, and three's a party."

Andy Warhol

Chinese New Year...

The Year of the Rabbit is one to celebrate! We kicked off the festivities with our own parade through the Pediatric Day Hospital PDH. Lucky lanterns and custom decorations created the perfect environment to enjoy a special Chinese lunch, a gift from the Fan family.

Mardi Gras...

Mardi Gras was a party not to be missed this year. The celebration began with activities in the Recreation Center — first came crown the Mardi Gras king game, followed by pond fishing and chicken races. The party reached its climax during the parade when everyone from doctors to parents and siblings danced, played musical instruments, or handed out beads. When we returned, po' boys and king cake were served for all!



Friends collect beads from the Mardi Gras parade!

Purim...

The colorful, fun — and loud — holiday of Purim was celebrated here with crazy crafts and a special cooking group. We decorated traditional masks and noisemakers for the festivities. Purim's best treat, the triangle-shaped cakes known as hamentashen, were handmade by our fantastic bakers in Cooking Group!



St. Patrick's Day...

It was all about the green and good luck this St. Paddy's Day! We started with four-leaf clover cookie decorating and continued the sweet fun with our very own shamrock shakes!



Cooking with...

Executive Chef Pnina Peled...

Cooking is one of our favorite activities here in Pediatrics. We have recently teamed up with MSKCC's Department of Food and Nutrition to bring our patients and their families a series of cooking demonstrations designed to teach and entice. Our award-winning Executive Chef Pnina Peled, and her team of talented chefs — along with our certified dietitian Dominique — create presentations that respond to patients' needs, taking into account taste changes, loss of appetite, dietary restrictions, and other effects of treatment. Their colorful, flavorful, and nutrient-rich meals, prepared in quick and easy ways, come to life in Chef Peled's awesome mobile kitchen set up in the Recreation Center. Audience members enjoy watching her prepare dishes as she explains each step, responds to questions, and provides samples of the results for all to feast on!

The series began with "Flavorful Foods for Finicky Folks," which concentrated on enhancing and adding flavor to foods for kids whose taste buds have changed due to treatment. Some of Chef Peled's ideas included adding lemon salt, vinegar, and soy sauce. She also demonstrated how seasonings and marinades can add a kick to just about any meat or vegetable we cook.



Enjoying a homemade burrito!

"Good painting is like good cooking: it can be tasted, but not explained."

Anonymous

The second segment featured fast and simple ways to add extra calories to foods. While parents and caregivers watched, Chef Peled created quesadillas and burritos, and patients and siblings made their own with the help of, Chef August!

After sampling a number of tortilla creations, Chef Peled shared her never-before-seen smoothie recipes, some of these tasty treats included a s'mores smoothie, a breakfast smoothie, and a strawberry daiquiri piña colada!

We are looking forward to future demonstrations by Chef Peled and her team. Peds gives many thanks to the Department of Food and Nutrition for their continued hard work. Keep an eye out for a segment of "Cooking with Executive Chef Pnina Peled" online soon!

We sat down with Chef Peled to get to know her a little better...

What made you want to become a chef?

I was raised in the restaurant business. My father opened his first restaurant when I was in the second grade. On weekends he would take me with him early in the morning and we would make donuts together. When I was a kid I wanted to be a doctor, but growing up in restaurants ultimately led to my career in the culinary arts instead.

Why did you decide to switch fields from hotels and restaurants to a hospital?

When I was Executive Chef at hotels and restaurants, I always felt some sort of void. I quickly became successful in my craft, yet something was missing. My interest in nutrition began a few years ago. I started to read and research a lot about foods and their health-promoting properties beneficial factors. When my daughter was born, my whole life changed. I realized the power I possessed in influencing the health of my baby. I began by eating healthier myself, in an effort to produce richer, more nutritious breast milk. I went on to prepare my own fruit purees, then savory purees, and I now prepare nutritious home-cooked meals all the time. I realized the importance of a balanced diet in the life of a child. I became concerned with packaged foods, fast food franchises, and supermarket products. I read about childhood allergies, stages of development, and the reasons why children grow up to become adults with either sophisticated or basic palates. The more information I gathered, the more intense my need became to share what I learned with others. I realized that my audience should be those who would really appreciate and benefit from good



food. I wanted to give back and help families make better decisions about their children's meals. I wanted to help children besides just my own child, especially those with eating challenges.

What is your favorite food to make at home?

I love making fresh ice cream for my daughter. I worry about the high fructose corn syrup and food colorings in commercial brand ice creams, so I know how to make different ice creams from scratch for us to snack on.

What do you like most about working with Pediatrics?

All the kids in Peds are so special. Each one is unique in his or her own way. They teach me about the richness of life and often challenge my skills. I believe that these children are our futures. We all have an obligation to help them, develop them, protect, nurture, and — here at Memorial Sloan-Kettering — heal them.

What advice can you give aspiring chefs?

Fame comes and goes. Today you are famous, tomorrow you are forgotten. To have an impact on the life of a child and contribute to a better tomorrow — by using your love of food — that's priceless. That will never be forgotten.

Any hints about new dishes being added to the menu?

"Meatloaf and Mash Cupcakes..."



We Asked The Experts...

And here are the top 10 reasons why we are so excited for Summer in Peds...

- 10 Getting to meet a lot of brothers and sisters who are usually in school during their siblings' treatment days. – Nurse
- 9 Walking into the cool air conditioned unit from the hot New York City streets –nice–. – Parent
- 8 I love being surprised by all the hidden talents that come out at our annual summer talent show! – Guest Service Representative
- 7 The expanded recreational programming that we provide for our siblings. – Administrator
- 6 Ice Cream! – Sibling
- 5 NO SCHOOL!!! – Patient
- 4 The Annual Convocation is such a hopeful and inspiring event for patients, families and staff. – Physician
- 3 The summer assistants are so fun to play with in the Recreation Center – Patient
- 2 Prom! I love to get dressed up and dance with my friends. – Patient
- 1 Dr. Cheung's annual karaoke performance at the Talent Show is the best. – Session Assistant

The Writer's Workshop

In this issue of News9, Michael pays tribute to a close friend he met in the hospital.

Remember the Crusader

Remember the Crusader, as he sat only feet away from you,
Yes, the good and the bad, as he did what he had to do,
He suffered pain we couldn't imagine, and heartaches
like no other,

In the hospital together, I saw him like a brother,
Young and impressionable, he spoke no words to me
unless spoken to,

Separating us, a simple curtain, the color blue,
The Crusader, you see, was just like me,
Same hobbies, same friends, same kind of family,
Close-knit and loving, like all the best ones are,
He's been in my heart since he left New York,
and now he's very far,

The night we stayed up playing video games and talking
is just stuck in my head,
One of my strongest memories, as we sat in hospital beds,
The boy wore a seal of courage, the likes of which
I'd never seen,

It taught me that in the face of death, there
was no change in routine,

You keep on fighting no matter what the cost,
live each day as if nothing was wrong,
Play your favorite game; sing your favorite song,
and just stay strong,

As a holy boy, the bible was his friend, and revelations
was one of his favorite books,

“To be absent from the body is to be present with the Lord”
is one verse that took,

Now, when he thinks about leaving, he is neither
angry nor even mild,

When he heard that verse, he was happy, he smiled,

It is a lesson for us all, in strength and faith,
As his life has been lived with the utmost grace,
Cancer may have hurt his body, but it could not
touch his spirit,

Remember the Crusader, with his cross to bear,
he does not fear it.



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