

FALL 2018

Familiesfirst

**TIME FOR
READING**

**GIRLS ON THE RUN
MILK BANK DEPOT**



Families First Readers:

As we usher in another fall season and prepare for the coming holidays, there is another less exciting event that should be on everyone's radar – choosing your health plan.

While none of us wants to think about injuries or illness, especially in our children, we know it's a reality. Planning ahead to be sure you have the coverage you need, when you need it, is critical.



As a physician, I encourage everyone to carefully examine their health plan to ensure it provides access to the providers of your choice. This is especially important for patients who need specialized services, such as children, women facing high-risk pregnancies and those needing inpatient physical rehabilitation.

For those who purchase health-care coverage through the federal insurance marketplace exchange, a new plan will be available this coming year. The plan, named Ambetter of North Carolina, is provided through a partnership by WakeMed, Duke Health and Centene, a nationally recognized Fortune 100 insurance company.

The addition of this plan is especially welcome news now, as Blue Cross Blue Shield recently announced that its only 2019 North Carolina health exchange insurance product in Wake County will offer in-network benefits to patients only if they receive care through UNC Healthcare and its affiliated physician network. This leaves plan participants without in-network coverage for the specialty physician and hospital services offered by WakeMed and Duke.

Through Ambetter, patients can continue to see their current health care providers within the WakeMed and Duke Health networks. As the only provider of inpatient pediatric care and dedicated children's emergency department in Wake County, WakeMed believes it is critically important that families continue to have access to the specialty services that they deserve close to home.

So whether you purchase through the federal exchange or have a choice of employer provided coverage, I encourage you to take a moment to ensure your plan affords you access to the care of your choice - your family deserves it.

Yours in health,

A handwritten signature in black ink, appearing to read 'S. Leinenweber', with a long horizontal flourish extending to the right.

Stephen Leinenweber, MD
Executive Medical Director, WakeMed Children's



GIRLS ON THE RUN CHANGES LIVES

"Girls are empowered to do great things and be a positive influence for their family, peers, and community."

Lina Nealon, Executive Director of
Girls on the Run of the Triangle

Girls on the Run (GOTR) inspires girls to recognize their inner strength and celebrate what makes them one-of-a-kind. Trained coaches lead small teams through a research-based curricula that includes dynamic discussions and physical activity games. Over 10 weeks, girls in third through eighth grade develop essential skills to help them make healthy choices and build their emotional, social, and physical strength. The program culminates with a celebratory 5K and a service project to positively impact their community.

Why It Matters

Girls face social pressures and conflicting messages about how they should act and who they should be. GOTR cites studies that show that by adolescence girls' confidence drops about twice as much as boys' and friendships become more complicated and challenging. Around the same time, girls' perception of their academic ability declines, likelihood of anxiety and depression increases, and participation in physical activity plummets. GOTR believes that every girl is inherently full of power and potential, and the program focuses on confidence, character, care, connections, competence and contribution. To learn more about what and how girls learn about each of these things, visit www.gotrtriangle.org



When Nyah von Haam signed up for the Girls on the Run program at Sycamore Creek Elementary, she says she wanted to try something new and wasn't that good at running. Plus some of her friends were doing it. Little did she know that it would help her think through what to do in tough or new situations, and build her confidence both as a runner and in other aspects of life.

To give future participants a little insight into the program, we asked Nyah to answer some questions and tell us more about her experience.

When did you participate in GOTR?

I participated for two years in 4th and 5th grades, but some girls started as early as 3rd grade. My middle school doesn't have the program, but I have learned a lot and am encouraging my little sister Tamryn to participate at her school.

How was GOTR helpful to you?

I really liked the open discussions about challenges we were facing at home, school or in general with friends. We could talk about different problems with other girls and get ideas for what you should do in a situation. Through our conversations, the coaches would give us better direction.

"Girls on the Run makes you feel like you are part of a group and team that cares about you."

Tell us about your coach.

My coach was also my teacher so if I was feeling stressed about something at school, we could talk it through. We've stayed in touch, and I'm very grateful for all I've learned.

How did you feel about the running part?

About half the time was on running. Before the program, I wasn't fast, and I didn't have a lot of endurance. After participating in the program, I got my best time ever in a mile run at school. I was like 'WOW' this has helped me with running, too!

So you think it improved your running? How?

Yes, I cut my 5K time the second year by almost 20 minutes. The fun games we participated in related to running were the most helpful. When it was your turn, you felt challenged to get to the front, and others were cheering you on. I run now – mostly by myself, and I have learned I need to motivate myself. For example, sometimes I'll go for a walk and then on a hill I'll talk myself into running it. It's different than running with a group, but you know you can do it.

What did you like most about GOTR?

Each day was a different lesson. You'd review what you talked about the last time and then start a new topic. The one I remember the most is brightening your star – it was all about self-esteem and how you look at yourself. It was so cool to take a topic and really talk about it. You learn ways to make yourself feel better if other people talk about you or if you're just not feeling good about yourself.

What other activities are you involved in?

Taekwondo. Girls on the Run has made a difference with that as well because I have more speed and leg strength. You need really powerful kicks to go onto the next belt. I think running is more peaceful, but Taekwondo has really different challenges. I also did some sailing at Girl Scouts camp, and I'd really like to sail more.

Would you encourage other girls to participate?

Yes, my little sister wants to do it because she is in third grade now. I've told her how amazing it was and how it helped. I've also told my friends. It puts a whole new meaning to what running is and how you interact with running. I would suggest it to any girl – it really doesn't matter if they're good at running or not.

Any lessons you've learned and want to share for girls who are unsure about learning to run?

Everyone has those days when you don't want to do something or just feel like you can't. You might see other people running better, but you have to remember that other people think that about you.

WakeMed Children's Supports Girls on the Run of the Triangle



Every fall and spring, approximately 1,000 girls participate in Girls on the Run at as many as 90 sites in the greater Triangle area, and one-third of those girls receive scholarships. WakeMed is proud to provide support for these girls.

"By supporting us, WakeMed is doing so much more than helping individual girls because these are the same girls who will later step up to encourage another girl," said Lina Nealon, executive director of GOTR of the Triangle. "They build confidence and gain skills that will continue to help them navigate challenges."

In addition to building self-esteem and healthy running skills, the girls in the program select a community impact project. The girls actually choose their own project, which Nealon says is as important as the project itself. The girls have written letters to patients in hospitals, participated in community beautification, collected and made items for shelter animals, and various other projects.

"When you empower girls, it really can change the culture of the entire community," said Nealon.

To learn more about GOTR enrollment, become a coach mentor, or sponsor a girl, visit www.gotrtriangle.org



make time for PLAY + READING

Despite research that shows playtime is important for young minds, many children are spending all day in front of the TV or using digital devices instead of learning about the world from free play. That also means that many children aren't reading books, which should be a part of every child's daily activities.

Play is essential to learning and can help children increase their ability to store information. It also helps improve literacy skills by making connections between written and verbal expression and helping them expand their vocabulary. So get creative and mix books into playtime! Expand on a book theme during play or make up a fun game that complements the story. You could even dress up like characters and incorporate specific things from a book into your day or week.

Reading builds a foundation for learning, and reading to babies also provides a great opportunity for early bonding. It's never too early to start reading with your child," said Debi Bartholomew, early literacy program specialist at Wake County Smart Start. "We are encouraging families to sign their children up for Dolly Parton's Imagination Library as soon as they're born so they can receive a new, free book in the mail each month until age 5."

Early literacy specialists meet and decide which books children will receive each year with selections based on children's development stages. When a child is enrolled to receive monthly books from the Imagination Library, they will get a special book about kindergarten during the month that they turn 5.

Reading Tips for Families

- Start reading to your child as soon as possible after they are born.
- Read together every day.
- Place your child in your lap and enjoy snuggles while reading.
- Point to words and items in pictures and talk about colors, shapes, etc.
- Take a break if your child is unhappy or fussy.
- Let children choose books.
- Read the same book over (and over) to reinforce language.
- Keep books handy – keep some in the car, take them to the park, etc.
- Create a kid-friendly space for books so they can easily access them.
- Encourage children to participate in reading as they learn the words.
- Read for multiple short periods if your child isn't ready to sit for longer.
- Use creative voices for characters.
- Explain a few new words while reading.
- Show them the cover and talk about the book you're going to read.
- Let them turn the pages.
- Most of all, have fun!

Sign up. Get reading.

Imagine the fun of receiving a book every month in the mail and building your child's home library to encourage a love of reading. If you live in Wake County, and have a child under age 5, you can receive free books from the Imagination Library. It's easy to sign up online at wakesmartstart.org/program/imagination-library. If you have any problems or questions, contact Debi Bartholomew at (919) 851-9550.



WakeMed Physician Practices – Pediatrics places a lot of emphasis on the importance of reading. They have an area for reading in the waiting room and encourage children to take a book home each time they visit.

"We give out books at every well-child check from 6 months through 5 years old as a part of the Reach Out And Read (ROR) program," said Rasheeda Monroe, MD, associate director of WakeMed Physician Practices – Pediatrics. "We also emphasize daily reading and literacy at every well-child visit starting from birth."

For more reading tips, visit reachoutandread.org and imaginationlibrary.com.





Oh Boy, All Those TOYS!

Play is important for learning, but sometimes it's hard to know if you're choosing the right toys. When selecting a gift for a child, think about developmentally appropriate things for their age. Toys that are colorful and have different textures will appeal to young children. For developing brains, think about the different senses and choose items with music, puzzles, stackables and other toys that will help with building skills.

Playing It Safe – Tips from Dr. J

'Tis the season for giving, and that means families are likely to have new toys, gear and gadgets coming into the home. At times it can be overwhelming! Everyone wants kids to play and have fun, but sometimes toys can bring more hazards than happiness. So, we asked Andy Jakubowicz, MD (Dr. J), medical director of the WakeMed Children's Emergency Department, to provide some tips and insight on what parents should pay attention to the most when it comes to toys and playtime.

"Toys typically fall into two categories in my mind," said Dr. J. "Some you look at and inherently know they are dangerous, and then there are others that you just don't realize are dangerous until the unthinkable happens."

Some of the most common medical emergencies for children involve eye injuries and choking or swallowing items that can lead to life-threatening situations. Thinking ahead, taking precaution about what enters the home, and supervising kids at play can prevent a lot of injuries and dangerous situations.

Warning! - Magnet Madness

While magnets can seem fun and harmless, they can cause big problems if swallowed. When two magnets come together inside the body, they can cause decreased blood flow and lead to a perforated bowel and life-threatening problems.



Here are some good tips to keep in mind:

- When you get a new toy, check it to make sure it is age appropriate.
- Read toy packaging carefully for age recommendations, instructions and warnings.
- Make sure your child's toys are well constructed and inspect them frequently for wear and tear.
- Remove anything small that can be easily pulled off or out by children under age 3.
- Check for sharp corners, especially for little ones who are unstable and learning to crawl, pull up and walk.
- Beware of old hand-me-down toys from family, homemade items, garage sale and flea market finds that could have small or broken parts, toxic materials, lead paint and other hazards.
- Check any gadgets for loose wires.
- Search new toys for areas where little fingers could get trapped or pinched.
- Make sure battery compartments are secured; preferably screwed shut. This is extremely important for anything with button batteries. They must be completely inaccessible to children! See the sidebar warning below about button batteries, which are also commonly found in watches and remote controls.
- Anything that is meant to be shot, slung or swung poses a high risk for eye injuries.
- Make sure kids wear protective eyewear if they are using blow guns, sling shots, bow and arrow, nerf guns, etc. Make sure nearby kids are also protected.
- Eyewear is also important if youth are cutting things, woodworking, etc. or if they're around adults who are using tools.
- Keep older kids toys away from younger siblings or visiting children.
- Toy chests and other storage bins should have ventilation holes in them and no lid or a lightweight, non-locking lid.

Tiny Toys

Dr. J says one of the most common things they see with kids in the emergency department is small pieces* from toys or games that end up stuck in the ear, nose or throat.

Dr. J encourages parents to also think about what might happen if a toy is dropped or thrown. If it is likely to break into tiny pieces, it's not safe for young children. He recommends putting any toys that could break up high and away until children are older or only bringing them out when you are directly involved in their play. A good rule of thumb is to always put more complex toys, crafts and games with lots of parts away when the family is finished with them.

Button Batteries – Beware!

If you think your child has ingested a button battery, call 911 and get them to an emergency department immediately. Never leave a button battery loose around the house or anywhere else in reach of children. Make sure all remote controls, watches, toys and any other gadgets with button batteries are placed out of reach from babies and young children. Warn older children, babysitters, grandparents and other family members about the serious danger of swallowing button batteries. Visit www.safekids.org for more information about button batteries and toy safety tips.



Let's Talk Toxins

Avoid exposure to toxic chemicals. Dr. J recommends checking likely culprits such as chemistry sets or art supplies to be sure they are safe for kids. If you are planning creative activities such as fingerpainting, use non-toxic paints. Don't use miscellaneous house paints or your own art supplies because they most likely contain harmful chemicals. Lead can be found in many toys and other common things in the home, including drinking water. Learn more about protecting your child and entire family from lead exposure via the CDC and EPA websites.

- www.cdc.gov/nceh/lead/tips/toys.htm
- www.epa.gov/lead/protect-your-family-exposures-lead

Pieces & Parts

Think about what's in your home that might end up in tiny hands, mouths, ears or even noses. Here's a starter list of common small items that could possibly cause harm and should be placed well out of reach.

- Button batteries
- Beads – crafts sets, jewelry, etc.
- Beans
- Berries, candy and even carrot sticks
- Chairs or toys stuffed with expanded polystyrene (EPS), beans or other small fillers
- Crayons – best used with supervision and then put away
- Eyes on dolls and stuffed animals (beware if loosely attached or simply glued on)
- Game parts
- Magnets – swallowing magnets can be very dangerous!
- Matches and lighters
- Medications
- Nails, screws, thumb tacks
- Parts and pieces of toys for older kids
- Pet toys
- Sewing kits – buttons, pins, needles and thistles
- Cotton swabs

* If it can fit through a toilet paper roll tube, it's not safe for children under 3.

On the Move



When it comes to electronic gadgets and anything that moves fast, the latest and greatest trends are likely to be a hit with teens.

"There are a lot of unknowns when new things hit the market," said Dr. J. He encourages parents to do their research and exercise caution when buying or letting kids try new devices.

"It's important to encourage youth to be active, but parents need to make sure they have the proper gear and safety training."



One big concern for teens is the unsafe use of ATVs. "Many are not wearing proper gear or riding the way they should, and there is a significant risk of serious injury or death for children using ATVs," said Dr. J. "It's not uncommon for two people to ride on one together, and then the person on the back falls off when they hit a bump or take a sharp turn. They're making ATVs for really young kids, and they are very dangerous." The American Academy of Pediatrics advises that children under 16 should never operate or ride on an ATV.

Noisy Toys

It never fails that the toys with fun sounds attract the attention of both kids and gift buyers, but overly loud toys can cause harm to hearing over time. Talking toys, horns, sirens and squeaky toys and other sound-making devices might be as loud as 85 dB, which is a level at which an adult would be advised to wear ear protection. Kids frequently put toys close to their ears, which can increase the level of sound and risk of hearing damage. Parents should test for decibel levels and remove batteries from toys that are too loud.

The Sight and Hearing Association (www.sightandhearing.org) publishes a list of the noisiest toys each year just in time for holiday gift shopping.

Choking & Children

Hopefully, most parents' instant reaction is to call 911 when an emergency happens, and that's important for choking concerns. In the initial seconds, Dr. J says to remove the object immediately if it is visible but don't go in for it if you can't see it. Putting a finger down the throat can cause more trauma and damage.

If the child is conscious, follow age-appropriate first aid steps. If they are not conscious, start CPR. Make sure someone has called 911! Dr. J recommends that all parents take a training class on CPR (see calendar page 15).

Feeling Overwhelmed? Don't worry, parents! We know there's a lot of warnings, and things your kids shouldn't play with so we'll be sharing helpful tips online about the types of toys that are great for different ages and stages. Follow wakemedvoices.org for tips about toys and so much more!



Toss the Wrapping!

Opening new toys can bring a lot of joy, but it is important to properly dispose of gift wrap, ribbons, packaging, plastic bags, tags and any other items that could pose a suffocation or strangulation risk. Infants should not be able to get hold of a string, rope or anything similar that is longer than 7 inches.



Milk Bank

expanding to meet critical needs



Fragile newborns need the best possible nutrition to grow and develop into healthy infants. A mother's breast milk is best, but many times critically ill and premature babies can't breastfeed, and their mothers are frequently unable to pump enough milk for them.

"Breast milk is a lifesaving medicine for these babies," said Jonathan Seigel, MD, neonatologist and medical director of WakeMed Mother's Milk Bank. "It contains antibodies that protect preemies, as well as full-term infants, against disease, illness and intestinal infections."

Fortunately, the WakeMed Mothers' Milk Bank, located at WakeMed Cary Hospital, provides safe, pasteurized donor milk to babies in hospital Neonatal Intensive Care Units in North Carolina and all along the east coast – breast milk donated by caring and concerned women.

WakeMed's Milk Bank is completely nonprofit and only charges a processing fee to cover the cost of screening, testing, processing, storage, etc. for breast milk provided to hospital NICUs. At this time, the breast milk is only available for babies in hospitals. Nonprofit milk banks rely on the generosity of women who take the time and effort it requires to donate their milk and help infants during their most vulnerable phase of life.

"Supply is in demand, and many times women don't realize they'd be a great donor, or they think it will be complicated," said Montana Wagner-Gillespie, manager of WakeMed Mother's Milk Bank. "We know women are juggling a lot so we want to make it super convenient to donate and help save other babies' lives." Wagner-Gillespie said many women have more breast milk stored in their freezer than they need.

To help make things super convenient and hopefully increase milk bank donations, WakeMed opened North Carolina's first 24/7 breast milk depot in August at WakeMed North Hospital with easy, pull-up and drop-off service for approved donors. "They simply pull up and call us, and someone will come down to get it – there is no need for them to leave their car, and that means a lot to a busy mother, especially if she has a baby with her."

Approved donors can also deliver milk to WakeMed's Milk Bank in Cary during normal operating hours (9 am to 4 pm), and Wagner-Gillespie says her team hopes to open additional depots at several WakeMed sites around Wake County to make it as convenient as possible to donate.

Donors literally help save babies' lives. Milk Bank donations mean the world to NICU families at such a stressful time when mothers don't have enough breast milk supply yet due to hormones, stress, and premature births.

"It's hard for donors to realize how much impact they have – how their milk influences these babies lives," said Dr. Seigel. "Breast milk is the only thing that is going to have such a significant, positive impact on neurodevelopmental outcomes, and we know NICU babies receiving breast milk will have fewer infections, lower incidence of necrotizing enterocolitis (NEC), less sepsis, lower retina immaturity and reduced length of stay in the hospital."

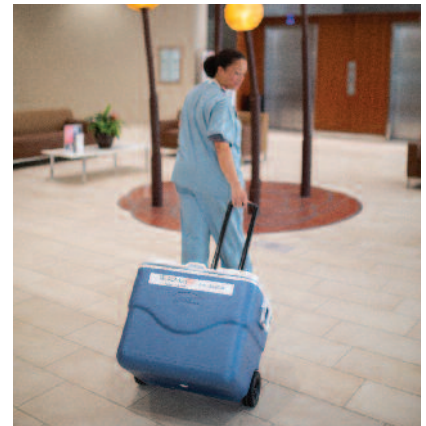
Many women who have personally experienced the high level of care in the NICU and greatly appreciate lifesaving use of donated breast milk decide they want to contribute if they are able to produce more than they need for their own baby.

"We also have bereaved mothers who choose to donate," said Wagner-Gillespie. "It means so much to them." One mother she recalls even decided to pump and provide milk all the way through to what would have been her baby's one-year birthday. Another mother explained that it provides a little light during such a difficult time for some grieving mothers – to know other babies will survive and thrive because of their gift of breast milk.

Most moms in good health can donate milk. WakeMed Mothers' Milk Bank follows guidelines set forth by the Human Milk Banking Association of North America to ensure the highest level of purity and safety for fragile infants. There are, however, some restrictions that would preclude a woman from being a donor.

Initial screenings for potential milk donors is a simple 10-minute phone screening with questions about storage, medications, travel, etc. "We are looking for anything that could be a concern and affect a fragile NICU baby," said Wagner-Gillespie. "If there are no concerns during the phone screening, the next steps include some paperwork with more in-depth questions, physician approvals and blood tests." Once a donor is approved, they make an initial donation of 100 ounces of breast milk and then varying amounts for following donations.

To learn more about how the breast milk is processed and gently pasteurized after it is donated, visit wakemed.org/follow-the-milk. For questions about becoming a donor, simply call 919-350-8599 or email mothersmilkbank@wakemed.org. Learn more online at wakemed.org/mothers-milk-bank.



WakeMed North has become NC's first milk bank depot site offering milk donors 24/7 drop-off hours. The depot site is being graciously staffed by volunteers from the Mother/Baby team.



Operation Pumpkin

Saturday, October 20

11 am to 2 pm

Marbles Kids Museum

201 E. Hargett Street, Raleigh

Come be a part of Operation Pumpkin at Marbles Kids Museum. Surgeons from WakeMed Physician Practices ENT and Pediatric Surgery will be on hand for this special event to help carve pumpkins with the kids! All participants will receive a free pumpkin (while supplies last).

This event is free with admission to the museum. Visit www.marbleskidsmuseum.org for information on museum admission and hours.



Girlology

Something New About You

For 4th and 5th grade girls and their parent

or parent substitute

Monday, November 5

6:30 to 8:30 pm

WakeMed Raleigh Campus, Andrews Center

3024 New Bern Avenue, Raleigh

When girls learn about puberty before it happens, they face it with greater confidence and even excitement. This is the perfect time to start healthy, factual conversations. Join us for this physician-led, mother-daughter program where we will discuss growth & development, bras & bra shopping, hygiene & hair management, nutrition, menstruation, feminine care products, moods and emotions, and respect for self and others.

\$25 per pair. Visit events.wakemed.org for details.

Guyology

Just the FACTS

For 4th and 5th grade boys and their parent

or parent substitute

Monday, November 5

6:30 to 8:30 pm

WakeMed Raleigh Campus, Andrews Center

3024 New Bern Avenue, Raleigh

There's a lot of chatter on the playground, and some of it is too awkward to ask about at home. Boys need accurate information about puberty, hygiene, and girls. And they need to hear it in a setting that is active, entertaining, and cringe-free. Join us for this physician-led, father-son program where we will discuss growth & development, personal hygiene, nutrition & healthy living, protective gear, sperm production, moods and emotions, respect for self & others, and internet safety & curiosity.

\$25 per pair. Visit events.wakemed.org for details.

Advisory Panel for Families First

Jerry Bernstein, MD, Raleigh Pediatric Associates, PA

Karen Chilton, MD, Medical Director, Pediatric Critical Care and Hospital Medicine, WakeMed Children's Hospital

Amy Griffin, MD, Wake Emergency Physicians, PA

Andy Jakubowicz, MD, Wake Emergency Physicians, PA

Bill Lagarde, MD, Medical Director, Pediatric Subspecialties

Debra Laughery, Vice President, Marketing & Communications



CPR for Infants & Common Pediatric Emergencies – FREE

Presented by: Andy Jakubowicz, MD, Wake Emergency Physicians and Medical Director, WakeMed Children's Emergency Department

Thursday, November 15
WakeMed North Hospital
10000 Falls of Neuse Road, Raleigh

From fevers to falls, rashes to earaches, and everything in between, it's no laughing matter when your child is injured or ill. Hear what the experts have to say about how to handle common pediatric emergencies. Plus, learn hands-on CPR for Infants* using the American Heart Association's CPR Anytime for Family & Friends training kit. Register at events.wakemed.org

*Training is not for health care providers and no certification is provided.



Love Light & Trim the Tree with Twinkle

Monday, December 3
6 to 8:30 pm

WakeMed Raleigh Campus
3000 New Bern Avenue,
Raleigh

Join us for our annual Love Light Tree Ceremony – a special candlelight ceremony where our tree will be lit by one of our former pediatric patients. Following the ceremony, join us for Trim the Tree with Twinkle for holiday crafts, ornament making and pictures with Santa. Plus, help decorate a tree for the Children's Hospital.

Free parking is available in the P1 Green Visitor Deck. Take the sky bridge to the main lobby to access the courtyard. No registration required.

How You Can Help

Ongoing support for the growing health care needs of the patients at WakeMed Children's is made possible through the generous donations of readers like you to the WakeMed Foundation.

To learn how you can support the expansion of WakeMed Children's services, please visit the WakeMed Foundation at www.wakemedfoundation.org or call 919-350-7656.

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Love Light & Trim the Tree *with* Twinkle

Monday, December 3
6 to 8:30 pm

WakeMed Raleigh Campus

SEE DETAILS ON PAGE 15.

