

We need mentors!

Previous mentees, previous mentors, and people who were in the previous Educational group (ages 16 and up) can help kids who have recently been diagnosed with IBD. ***You can make a difference in the life of a child with IBD.***

Know someone who might be interested in being a mentor? Email or call

Kayce.Reed@nationwidechildrens.org or 614-722-4744



CROHN'S & COLITIS
CONNECT MENTORING STUDY

700 Children's Drive
Columbus, Ohio 43205



CROHN'S & COLITIS CONNECT MENTORING STUDY

THANK YOU for participating in the Crohn's & Colitis Connect Mentoring Study!

We appreciate everything you've done to help this study! As you know, this is a new program, one that is still developing; we want to keep you in the loop since you had such a big part from the start of the program.

This newsletter to keep you updated about what's going on with it. We hope you are doing well, and we might contact you again to hear more from you at some point in the future.

Any questions?
Contact Kayce Reed
kayce.reed@nationwidechildrens.org
or call 614-722-4744.



Your Mentoring Study Staff!

From Left: Kathy Vannatta, Laura Mackner
Kayce Reed, Jessica Kickel
Not Pictured: Wallace Crandall



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

FUN FACTS!

Bananas are curved, because they grow towards the sun.



ABCDEFGHIJ “Almost” is the longest word in English with all the letters in alphabetical order.

It is impossible to sneeze with your eyes open .



DID YOU KNOW?

About 1.6 million Americans have inflammatory bowel disease – about 780,000 people with Crohn’s disease and another 907,000 with ulcerative colitis.



The cost of treating a Crohn’s patient for a year is an average of \$8,265.

GOT TRANSITION?

It’s never too early to start thinking about transitioning to adult IBD care

I know, we hate to see you go too. But at some point you have to leave the Children’s Hospital. We’re trying to help with this process, so we’re using the GotTransition.org program in the NCH IBD Clinic. You may have filled out a Transition Readiness form during your IBD Annual Visit with nurse practitioner Amy Donegan.

Are YOU ready to transition to adult care?

- Can you explain your IBD and treatment to others?
- What do you do if you have a medical emergency?
- What medicines do you take? What are they for? When do you need to take them?
- How does your health care privacy change when you turn 18?
- Do you make your own doctor appointments?
- Before an appointment, do you think about questions to ask? Do you write them down?
- Do you have a file at home for your medical info?
- Do you contact your doctor if you have a medical question?

It’s a lot to know, but we’ll help you out. And we’ll coordinate with the adult GI clinic you transition to.



WHAT’S UP WITH MENTORING?

• A lot of people have finished the Mentoring Program or Educational Activity Program. But a lot of people are still waiting to start their programs because **WE NEED MENTORS!** Do you know someone with IBD who is 16 years or older and is managing their IBD well? Tell them to contact us! Kayce.Reed@nationwidechildrens.org

• NCH and the IBD team are producing a series of videos about IBD, using real patients!

“What is IBD?” www.youtube.com/watch?v=Ag0VPruQ96c

“Growth & Nutrition with IBD” www.youtube.com/watch?v=nCz_S8wT7lc&feature=youtu.be

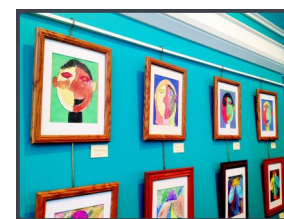
FUN UPCOMING ACTIVITIES AROUND COLUMBUS!

Columbus Blooms, recurring daily 4-1-18—4-30-18, at Franklin Park Conservatory and Botanical Gardens, \$14



The Illusionists—Live from Broadway, 4-3-18 & 4-4-18, 7:30pm, @ Palace Theatre, \$30

CCAD Art Fair, 4-7-18, 9:00am-3:00pm, @ Columbus College of Art and Design, free



Equine Affaire, 4-12-18—4-15-18, at Ohio Expo Center, \$8 kids, \$15 adults



Spring Fling, 4-21-18 & 4-22-18, @ Hoover Gardens & Gift Center, free



Annie, 4-27-18—5-13-18, @ Lincoln Theatre, \$18-31

Central Ohio Symphony April Concert, 4-28-18, 7:30pm, @ Gray Chapel—Ohio Wesleyan University, \$4-25

MENTOR SPOTLIGHT

We love all of our amazing mentors! For this newsletter, we caught up with the wonderful...

GINA B.

to learn a little bit more about her!

What is the most exciting aspect of your job? Getting to know amazing patients who have benefited from research taking place at Nationwide Children’s Hospital

What is your favorite food? Mexican



Where did you go to college? What was your major? Otterbein University, English and Public Relations

What is your favorite thing to do with your mentee? It is hard to pick a favorite because they are all fun, but I loved going shopping with her!

What is your favorite thing about Columbus? That it is diverse and I have gotten to meet people with so many different backgrounds.



ON MENTORING

One of the things I keep learning is that the secret of being happy is doing things for other people.

Dick Gregory

Samuelson

