



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 is 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 from you at some point in the future.

Any questions?

Contact Ann Marie Morgan
annmarie.morgan@nationwidechildrens.org
or call 614-722-4744



Your Mentoring Study Staff!

From Left: Laura Mackner, Megan Puritz, and Ann Marie Morgan

Not pictured: Kathy Vannatta and Jennifer Dotson

Notice someone missing? See the next page for more info!



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

FUN FACTS!

WINTER EDITION

All snowflakes have six sides

All 50 states have recorded snowfall, including Hawaii!!

Most snowflakes fall at 2-5 feet per second

A cubic foot of snow can weigh 1 to 20 pounds

Columbus Ohio averages 22 inches of snow per year. The US average is 26 inches per year.

The snowiest month in Ohio is January followed by December, then February.

STAFF SPOTLIGHT

Let's get to know our new Program Coordinator a little better...

Ann Marie Morgan

Where did you go to college?

Kent State University graduating with a Bachelor's of Arts in Psychology

What are your favorite hobbies?

I love reading, photography, music and movies. I spend a lot of free time with friends and family.

Do you have any siblings?

I have a younger brother.

What is your favorite dessert?

Iced sugar cookies, donuts, ice cream

What is something unique about you?

I am a collector of dolls with over 100 Barbie's in my collection.

DID YOU KNOW?



"While food didn't cause my IBD –nor will food cure it –I've learned to recognize which foods aggravate my symptoms."

-Sunny Anderson, Food Network Celebrity Chef has Ulcerative Colitis. She was diagnosed at age 19, and her UC hasn't stopped her from being an amazing chef.

WHAT'S UP WITH MENTORING?

Boy do we have a lot of changes in the mentoring study! Observant folks might have noticed a few changes in our photo on the first page . . .

As planned, our Research Assistant **Jessica Kickel** left for grad school at OSU. She's getting her master's degree in a combined social work/public health program. We just had lunch with her. She's busy but doing well.

Our Program Coordinator **Kayce Reed** left to work closer to her family. She was an excellent Program Coordinator, in part because before she left, she recruited a new program coordinator for us—a former coworker of hers from Big Brothers Big Sisters, **Ann Marie Morgan**!

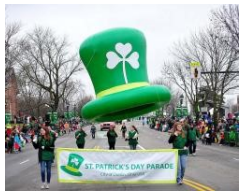
Research Assistant **Pippi Balistreri** left the cold Midwest for Miami! We're jealous.

Wallace Crandall, MD, was the medical director for the program. As some of you know, he left NCH at the end of December. **Jennifer Dotson**, MD, has taken his place. Dr. Dotson is the new Co-Director of the IBD Center (with Co-Director Dr. Brendan Boyle).

Kathy Vannatta is missing from the photo, but she's still with us. She just managed to avoid the photo!

And we're in the process of hiring a new Research Assistant, so you'll see one more new face in the next newsletter . . .

FUN UPCOMING ACTIVITIES AROUND COLUMBUS!



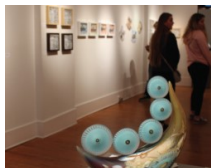
What: Dublin St. Patrick's Day Parade
When: 3/16/19 -
12:00-1:30PM
Where: Historic Dublin,
S. High St., Dublin, OH
43017



What: NCAA Men's Basketball 1st and 2nd Rounds
When: 3/22/19-3/24/19
Where: Nationwide Arena,
200 W. Nationwide Blvd.,
Columbus, OH 43215



What: Earth's Prehistoric Aquarium Adventure
When: 3/31/2019 - 1:00PM
Where: Southern Theatre,
21 East Main Street,
Columbus, OH 43215



What: April Gallery Hop
When: 4/6/19 -
4:00-10:00PM
Where: Short North Arts
District



What: Disney on Ice:
Frozen
When: 4/17/19 - 7:00PM
Where: Schottenstein Center,
555 Borror Dr, Columbus, OH
43210



What: 2019 Ohio Dance Festival and Conference
When: 4/26/19-4/28/19
Where: Ohio State University
Frank Hale Jr. Black Cultural
Center, 154 W. 12th Ave,
Columbus, OH 43210

UNDERGRAD STUDENT SPOTLIGHT

OSU students work with us for course credit. Let's get to know them a little better...

JESSIE POLLAK

What year are you?

I am currently a senior at The Ohio State University.

What are your favorite hobbies?

I love to do theater in my free time, which I have done since the age of seven! When I am not on stage, I love to eat, sleep, and watch as much Netflix as I can.

Do you have any siblings?

I have a younger brother, Justin.

What is your favorite dessert?

Anything with M&Ms. M&M ice cream, M&M cookies, M&M brownies, etc.

What is something unique about you?

I am President of an acapella group on OSU Campus!

OLIVIA ALLISON

What year are you?

I am currently a senior at The Ohio State University

What are your favorite hobbies?

I love to read and practice yoga whenever I have spare time!

What is your favorite dessert?

I love lemon bars and homemade cookies.

What is something unique about you?

I am a client case worker with the American Red Cross!

ON MENTORING

**"A mentor is someone who
allows you to see the hope
inside yourself."**

Oprah Winfrey

We NEED Mentors

10 Important Features of an Effective Mentor

1. Be a friend
2. Have realistic goals and expectations
3. Have fun together
4. Give your mentee a voice and choice in deciding on activities
5. Be positive
6. Let your mentee have much of the control over what the two of you talk about and how you talk about it.
7. Listen
8. Respect the trust your mentee places in you
9. Remember that your relationship is with the youth, not the youth's parent.
10. Remember that you are responsible for building the relationship.



If you or someone you know believes they have the qualities to be an effective mentor, please contact Ann Marie Morgan at 614-722-4744 or annmarie.morgan@nationwidechildrens.org to sign up today!

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700 Children's Drive
Columbus, Ohio 43205

