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The Adolescent Leadership Council

TALC Newsletter

Spring 2007

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From the Editors:

The Adolescent Leadership Council of Hasbro Children's Hospital (TALC) was founded in September 2005 by Dr. Gary Maslow. Brown students and teenagers from throughout Rhode Island were selected to participate in the program. Each of the student mentors and local teenagers had been diagnosed with a chronic illness. They were brought together to share common experiences and explore ways the hospital could better serve them and others like them. Now going into the third year of the program, TALC has successfully provided a voice for young patients. If you are interested in joining, please see the back cover for contact information.

Marvelous Mural

The Adolescent Leadership council, in collaboration with New Urban Arts, worked hard this year to create a mural representing chronic illness and youth. The mural is 16 ft. x 8 ft., and is an image ink jetted onto a reflective surface. Teens and mentors created images, photographed them, and designed an abstract portrait that represents life with a chronic illness. The mural was displayed at the Machines with Magnets gallery in Pawtucket, RI in April, along with other murals created by different teen groups throughout the Providence area. TALC and the mural were featured in the Providence Journal on April 7th. The Mural itself is showing again in May, and then will be either given a home at Hasbro Children's Hospital or Brown University.

PARENT COUNCIL

At the same time as meetings of TALC, there is a concurrent parent group for parents of teens with chronic illness. It provides an environment where parents can meet other parents and talk freely about the ways chronic illness impacts families. The Parent Council meets at the same times as the monthly TALC teen/mentor meetings. If you are the parent of a teen with a chronic illness who meets the TALC qualifications (specified on pg. 4), and would like to participate in the TALC Parent Council, please contact Gary Maslow, MD (contact information on pg. 4)



The TALC Mural as displayed in Machines with Magnets Gallery, Pawtucket, RI.

Photographed by Kate '08

A great way to cope with a medical condition is to express feelings of fear, frustration, and hope through various forms of artwork. This year, TALC dedicated time to creating a mural, drawing our illnesses, and writing about our experience. Below are some haikus that members wrote during one of our writing workshops. Read them, and then use the available space to create your own haiku!

Haikus

A Haiku is “an unrhymed Japanese poetic form consisting of 17 syllables arranged in three lines of 5, 7, and 5 syllables respectively.” Originally, haikus were written specifically to indicate a season or time of day in order to set the stage for a longer poem. In the 17th century, master Basho transformed the haiku by writing about a myriad of subject matter. Since then, the haiku has become the most popular form in Japanese poetry and has been adopted by many different cultures throughout the world.

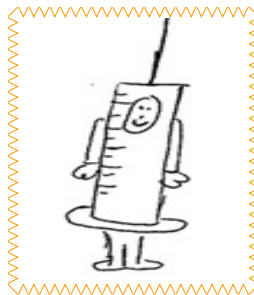
(Encyclopedia Britanica; www.britanica.com 2007)

TALC 2007 Haikus

O-oh Sammy please
Be a fruity candy crunch
But you are a tease.

Sammy we love you
But we do not want you

To make me go ah!
(about our mascot, Sammy the Syringe - picture right)
- Marlene, 12



Sammy the Syringe

Sammy, oh Sammy,
I'm so glad you are not
in me

Freely stick Gary
- Kate '08 & Ana '08

Oh large intestine
If gone you're not missed
by me

Stools come frequently
- Ana '08

Sickle, oh sickle
Oh, how you make me so
sick

Ah, new medicine
- Deron, 18

Create Your Own!

In the space to the right, practice creating your own haikus about your medical experience. Then submit your work to TALC for a chance to win a gift certificate! Details on pg 4

Title:

Title:

Below are some other activities designed by The Adolescent Leadership Council to keep you busy while you are waiting for your next appointment, or if you are just bored. ...

TALC Madlibs

- 1) Name _____
- 2) Adjective _____
- 3) Noun _____
- 4) Noun _____
- 5) Adjective _____
- 6) Adjective _____
- 7) Adjective _____
- 8) Verb _____
- 9) Plural noun _____
- 10) Name _____
- 11) Adjective _____
- 12) Noun _____
- 13) Noun _____
- 14) REALLY GOOD noun _____
- 15) Noun _____

The ___1___ Mentoring Program is ___2___ at Hasboro. Through this program, Brown students form a support ___3___ for local teenagers coping with ___4___. Through ___5___ activities, the ___6___ mentors, who have ___7___ health issues themselves, ___8___ with the teens in a wide variety of ___9___. Under the guidance of the ___10___, a clinical psychologist and the ___11___ program coordinator, students attend one or two ___12___ per month, focusing on the shared experience of undergoing adolescence with a ___13___. Together, the mentors and teens will make recommendations for coping with ___14___, improving hospital ___15___, and saving the world.

- 1) Adjective _____
- 2) Exclamation _____
- 3) Adjective _____
- 4) Adjective _____
- 5) Adjective _____
- 6) Name _____
- 7) Noun _____
- 8) Number _____
- 9) Verb _____
- 10) Noun _____
- 11) Noun _____

So, this one time, I got really ___1___ and my parents said I had to go to the hospital. I was like, ___2___! I'm busy! But my mom was like no, no, you're really ___3___. It was ___4___. So, I got there, and I met this ___5___ doctor who told me to call him ___6___. He took a lot of my ___7___. I had to wait for ___8___ hours for test results. Dr ___6___ told me to ___9___ lots of ___10___ and rest up. Sound advice from a man with ___11___ in his pocket. But I went along with it. After all, it's no fun to be ___1___.

Tips for Having Fun While in the Hospital

1. Figure out how long or how many clicks it takes to get your bed fully upright.
2. Pick a TV commercial that gets played a lot. Work to memorize the words. Then mute the commercial and recite it yourself, using voices and accents.
3. Write letters, but use pictures in place of some words.
4. Make yourself into a superhero and draw yourself. Think about your costume as well!
5. Give yourself a hospital makeover. Brush your teeth and hair, use lotion, cut your nails, change your clothes, and then strut down the hall!



Members of TALC decorating cookies at our Halloween Social (10/2006) Photographed Chelsea '08

6. Make a hospital playlist. First use songs that calm you, then energize you.
7. Make up your own soap opera with characters' names like Priscilla, Fabio, and Alfonso.
8. Start your watch timer and guess how long it takes to get to one minute (or two or three or...) It's a lot longer than you think it is. No peeking!
9. Draw a map of your hospital room. The more detail, the better. Add a treasure if you'd like.
10. Make up fortune cookie fortunes. Give them out like little bits of wisdom to the nurses, residents, your parents, etc.

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+ + Y + + + + + P + + + + S
H + + M + + + + S I + + + R C
+ O + + M + + + I + H + + E + H
+ + S + + A B T + S + T + + O
+ + + P + L S + N R T M + + O
P R O V I D E N C E S E + + L
+ + N + T E + L D D D + + +
+ + G + + G A S + A N I + + +
C S T + E + W L + E E C S + +
L R + L + E + F + L I I + E M
A + L + N + + + A + R N + E R
T O R E T R E A T M F E N + +
C + + L A R U M + + I T + + +
+ + + + + + + + O L + + +
R E G A N E E T + R + + Y + +
    
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Answer to word search on back



Want to Join?

TALC is looking for motivated teens to join the group for September 2007. If you are a teen in high school with asthma, diabetes, IBD, sickle cell disease, or another chronic medical illness and are interested in participating in TALC or if you know such a teen please contact:

Gary Maslow, MD (pediatric resident)

Email: TALC2005@gmail.com

Phone Number: (401) 954-2789

THANKS!

The adolescent leadership council would like to give special thanks to CVS, Willet Ave, RI, JJ Tabor, RI Department of Health, Hasbro Children's Hospital, and Brown University DSS

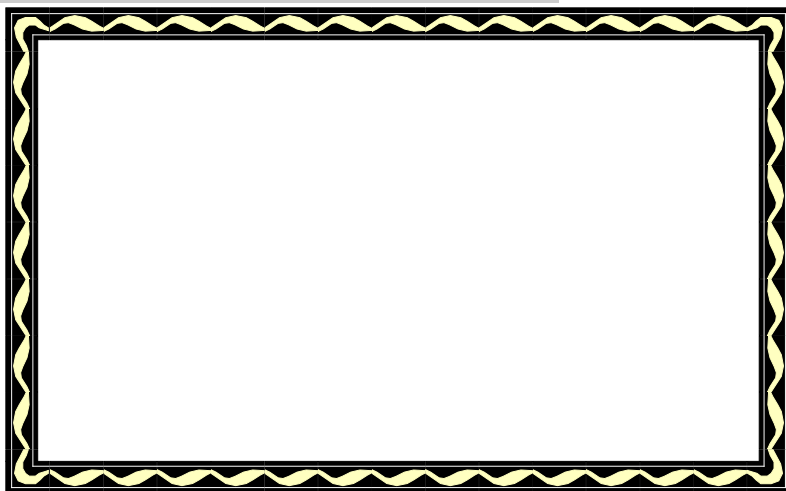
TALC WORD SEARCH

T P Y O H Q P O J P M I C Y S
H J W M C G O B S I J B Q R C
S O X K M C Y I M H X B E B H
S X S F H A B T A S D T H E O
E L K P Z L S T N R T M A V O
P R O V I D E N C E S E H F L
R D C N Y T E G L D D D H Y Q
T I G J Y G A S F A N I A Q M
C S T Z E X W L Q E E C S T M
L R O L F E S F Z L I I E E M
A K L J N O E K A P R N O E R
T O R E T R E A T M F E N K H
C J C L A R U M H J I T E Y K
N N N C C X J U P Z O L P Y B
R E G A N E E T Z R R U Y N E

ART	COLLEGE	FAMILY
FRIENDS	HOSPITAL	LEADERSHIP
MEDICINE	MENTOR	MURAL
NEWSLETTER	PROVIDENCE	RESIDENT
RETREAT	SAMMY	SCHOOL
SIBLINGS	TALC	TEENAGER

Draw Your Illness:

A way to relieve stress or cope with a medical condition is to express what you are feeling through art. Use the space below to "draw your illness."



T **Jokes 101: How to Make A Corny Joke**

R Step 1: Pick a word and drop the first letter.
Example: CORN = ORN

Y Step 2: Think of a word that starts with the end of the first word.

➔ Example: ORN = ORNAMENT

T Step 3: Put them together and think of a joke.
Example: *What do people in Nebraska use to decorate their Christmas trees? **Cornaments***

H Step 4: Laugh! And try it yourself!!

I

S

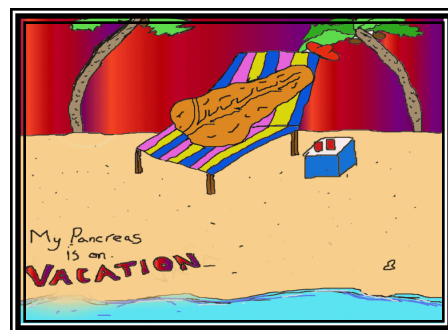
By: Ana '08

CONTESTS!! TALC invites all children and teens to submit a drawing of their illness and/or a haiku about their illness. There will be small prizes for the best drawings and written pieces, essay or poem, in each age category 5-8, 9-12, 13-18, and college student. There will be an exhibition of some of the submitted work in the Fall. Work will only be exhibited with parental permission. Submissions should be 2 dimensional and at most 12 in x 18 in. Send your submissions with your name, address, age, and phone number to the address below or email submissions to **TALCcontest@gmail.com**

TALC Drawing Contest, c/o Donna Glittone

Multiphasic Building, rm 115

593 Eddy Street



A drawing of type I diabetes (Cory, 17)