

By Andrew Oberle

A note from Cool Kids Campaign – We are very flattered and honored by Andrew's compliments; it means the world to us to help kids like Andrew. But we want to make clear that our reason for sharing Andrew's speech is not to promote Cool Kids Campaign, but to demonstrate the amazing resilience of Andrew and all the other kids who fight cancer every day. Andrew motivates us, and our gala attendees found his presentation moving – we hope you will, too.

Summer 2022

IN THIS EDITION:

About This Issue..... 2

Reducing Your
Chemical Exposure.... 3

Spotlight on: There
Goes My Hero..... 4

Pull-out Puzzle &
Game Section..... 5

Choosing Children's
Swimwear - Colors
Matter..... 9

Cookout Food Safety
by Weis Markets..... 10

coolkidscampaign.org

I am a cancer survivor, well almost one. Technically I have to be cancer free, without relapse for 5 years from my last chemo treatment, which I am so far. November of 2022 will mark 5 years off treatment. The last five years of growing up have made me realize how important it was to have an organization like Cool Kids helping my family during my long battle with Leukemia. Now that I am well, I have made it my mission to start giving back to organizations that gave selflessly to me while I was sick. I was asked by Cool Kids to tell my story at their annual fund-raising gala weekend. The following is my speech that I presented that evening. I share it with you because it feels so good to be healthy and to be able to give back.



Good evening everyone, my name is Andrew Oberle and I am 12 years old.

When I was four I was diagnosed with Leukemia and went through nearly four years of chemotherapy at Sinai Hospital. Speaking of Sinai, are there any Sinai folks in the house?? Can I have you guys stand up for a second? Yeah, the Sinai team saved my life. Thanks to them I am four years cancer free and counting. Can I get a round of applause for the Sinai folks?

Throughout my journey I have had many ups and downs but I learned one overall thing about cancer - it sucks. When you are that sick, you can't see any of your friends, you miss holidays, school, and you're stuck in a hospital room all day. But when I finally got out of the hospital, I would always look forward to going to the Cool Kids Clubhouse. Thanks to Cool Kids, I knew I always had a place I could look forward to that would take my mind off of all the pain that comes with fighting cancer. With all the cruelty and evil in today's world, knowing there are places like Cool Kids is a huge inspiration to me because it reminds me that there is still good in this world.

But I am not here to talk about the cruelty in this world. I am here to talk about the amazing organization Cool Kids, and how it was a huge part of the few GOOD memories that came with my cancer journey. Looking back, I realize the few good times I had helped me through the many bad times I had fighting cancer. Some of my memories include the parties Cool Kids hosted, the movies that I watched there, the massive tower of bean bag chairs, and my personal favorite, playing soccer with Chris Fred-er-ee-co...fun fact I beat Chris every time.



~ continued on page 2 ~



8422 Bellona Lane, Suite 102 • Towson, MD 21204
p: 410.560.1770 • f: 410.560.1775
coolkidscampaign.org

COOL KIDS CAMPAIGN STAFF:

Chris Federico

President & Founder

Janet Robinson

Operations Director

Reneé Wooding

Managing Director, Maryland and Connection Editor

Melissa Scott

Managing Director, North Carolina

Cool Kids Campaign is a 501(c)(3) nonprofit organization dedicated to improving the quality of life for pediatric oncology patients and their families. This publication is offered FREE to oncology hospitals and their patients. Funding is received through sponsors and advertisers. For advertising information and rates, email janet@coolkidscampaign.org.

Check us out on social media:



★ ★ ★ ABOUT THIS ISSUE ★ ★ ★

Happy Summer!

In this issue, we are focusing on Summer Safety. This includes protecting your child from the sun's harmful rays, keeping kids safe in the water and ensuring food safety at your outdoor events.

In our cover story, Cool Kid Andrew Oberle shares his story and how our organization helped him manage his cancer journey. Unfortunately, Cool Kids does not yet have Clubhouses that are accessible to each of you, but we do offer online content we think you'll enjoy. **Please email me at renee@coolkidscampaign.org with your email address if you'd like to receive our monthly emailed newsletter.** We also encourage you to seek out other organizations that offer the kinds of emotional and social support services that can help you and your child feel safe and supported.

We wish you a fun, memorable and safe summer.



~ Andrew's Story, continued from cover page ~

I want to also stress that Cool Kids was there not just for me, but for my ENTIRE family. When I was diagnosed with cancer, sure I had the disease, but my entire family was also fighting cancer. My diagnosis robbed my parents and big sisters Laura and Julia years of childhood memories. While everyone around us got to enjoy going on trips, playdates, holidays, and family adventures everything for us was put on hold because I was so sick. That's when Cool Kids was there for us again. Cool Kids understood that my family, especially my sisters, needed as much support as I did.

I have to admit, I am one lucky kid, I beat cancer, but some of the friends I made along the way did not. One of my friends had cancer from age 2 until she died at age 12. Imagine having cancer for 10 out of the twelve years of your short life? Which is why I would also like to take this opportunity to speak on behalf of all the kids that have or are suffering from cancer right this moment. When I was diagnosed at four years old, I didn't know what was happening. I was just taken from an everyday life into a prison nobody deserves. Sadly, 17,000 kids feel that way every year. Cancer is the leading cause of death by

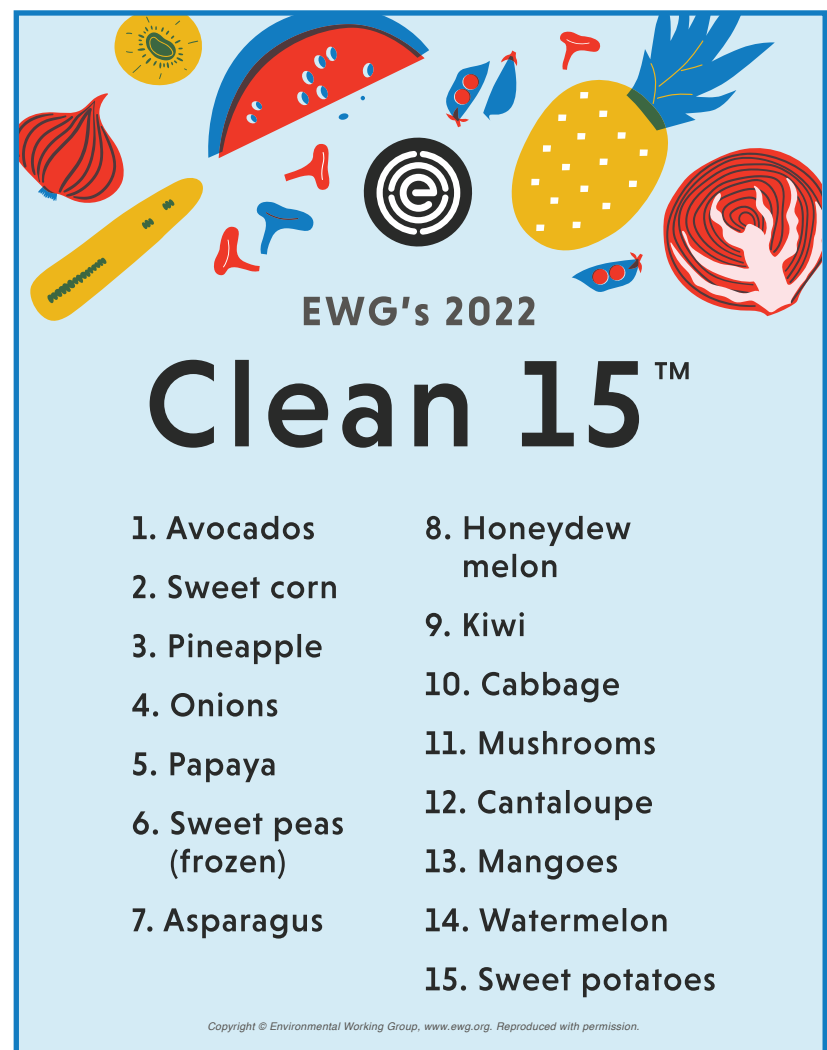
disease in American children. Nearly 2,000 kids die from cancer every year. I'm blessed by God that I am standing here today, I have amazing friends and family, a good education, I am so glad that life led me down this path. I got to meet so many amazing people along the way and the people from Cool Kids being at the top of my list. In fact, because of Cool Kids, I'm thinking about becoming a child life specialist when I grow up so I can help kids with cancer the way Cool Kids helped me. The positive mindset that Cool Kids leaves on cancer families is the motivation to get up everyday and say "I'm not going to waste the second chance that life has given me. **Today I choose "to be brave, strong, and powerful."** Thank you Cool Kids from the bottom of my heart!



Reducing Your Chemical Exposure

According to the Environmental Protection Agency, UC Berkeley (CIRCLE) Children's Center has made important steps in uncovering associations between certain toxins and Leukemia. This exposure includes chemicals such as pesticides, paint, organic solvents, polychlorinated biphenyls (PCBs), those chemicals found in tobacco smoke and more. The researchers identified this association by collecting dust samples from households and analyzing them; they then compared the chemical levels in the dust to chemical levels in the blood of mothers and their children. This research showed that those who lived in the most contaminated households had the highest burden of chemicals in their bodies.

A child's cancer diagnosis prompts many families to consider reducing their exposure to potentially harmful chemicals. Scrutinizing our household cleaners, the level of pesticides on food and the products we use on our bodies are great places to start. But with all the marketing claims out there, how do you know which products are really "clean" or "safer"? And buying organic foods can be more expensive, so how do you know what products most warrant the added expense? One great resource is the Environmental Working Group. One of the specialties of this non-profit is research and advocacy in the areas of toxic chemicals. On their website (www.ewg.org), you can find ratings of cosmetics, personal care products, and household cleaners you use every day. You can then make your own assessments about your comfort with the products you currently use, and you can find safer substitutes where needed. You can also find a list of the fruits and vegetables that carry the highest pesticide loads (the "dirty dozen" – these are the ones you'll especially want to consider buying organically grown- and the "clean 15" that carry lower pesticide loads.





Cool Kids would like to introduce you to some of our friends!

THIS MONTH WE SPOTLIGHT:

**Color^{the}
Registry™**
THERE GOES MY HERO

Every three minutes someone is diagnosed with blood cancer – that is 170,000 people a year in the US, alone.

Every 10 minutes, blood cancer takes a life. It is the third leading cause of cancer deaths and kills more children than any other disease in the U.S.

For many blood cancer patients, a bone marrow or blood stem cell transplant provides the best chance of survival, but 6 out of 10 patients cannot find a matching donor. The rate of matching is even less for people of color.

This is where There Goes My Hero (TGMH) can help and improve these outcomes by making the donation process easy and accessible. Partnering with DKMS, There Goes My Hero makes the process of getting on the registry as easy and stress free as possible.



There Goes My **hero®**

Save lives. Provide hope.
Help those impacted by
blood cancer.
www.theregoesmyhero.org

All you have to do is go to theregoesmyhero.org, (Get involved then Get Swabbed) order the free kit, swab your cheek and mail it back. It is painless and only takes 10 minutes AND you could possibly save a life. Registration from people of color is especially needed. Easy!

TGMH also offers a variety of patient services through their partnership with the Johns Hopkins Medical Institution and University of Maryland Hospital.



Swabbing is painless and easy!

Your company can sponsor a donation drive

There Goes My Hero was founded by leukemia survivor and bone marrow transplant recipient Erik Sauer. On May 20, 2008, Erik was diagnosed with Acute Myelogenous Leukemia (AML). One week later, Erik's wife Lisa gave birth to their son Joey. Several days later, Erik entered Johns Hopkins Hospital, where he spent four rocky months, receiving chemotherapy and a bone marrow transplant from an unrelated donor in Germany. Erik's own fight led him to want to help others.

PUZZLES AND GAMES



ACROSS

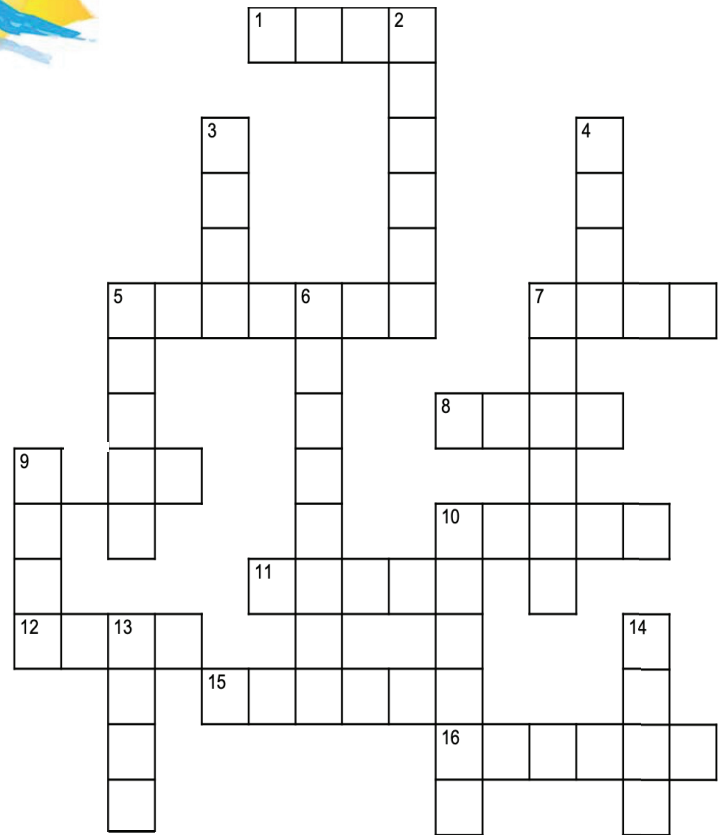
1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

DOWN

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.

WORD BANK:

BEACH, BIKE, CABIN, CAMPING, DIVING, FIRE, HEAT, HIKING, ICE CREAM, KITE, LAKE, PAIL, POOL, SAND, SHORTS, SUMMER, SUNNY, SWIM, T-SHIRT, WARM



HONEYBEE WORD SEARCH

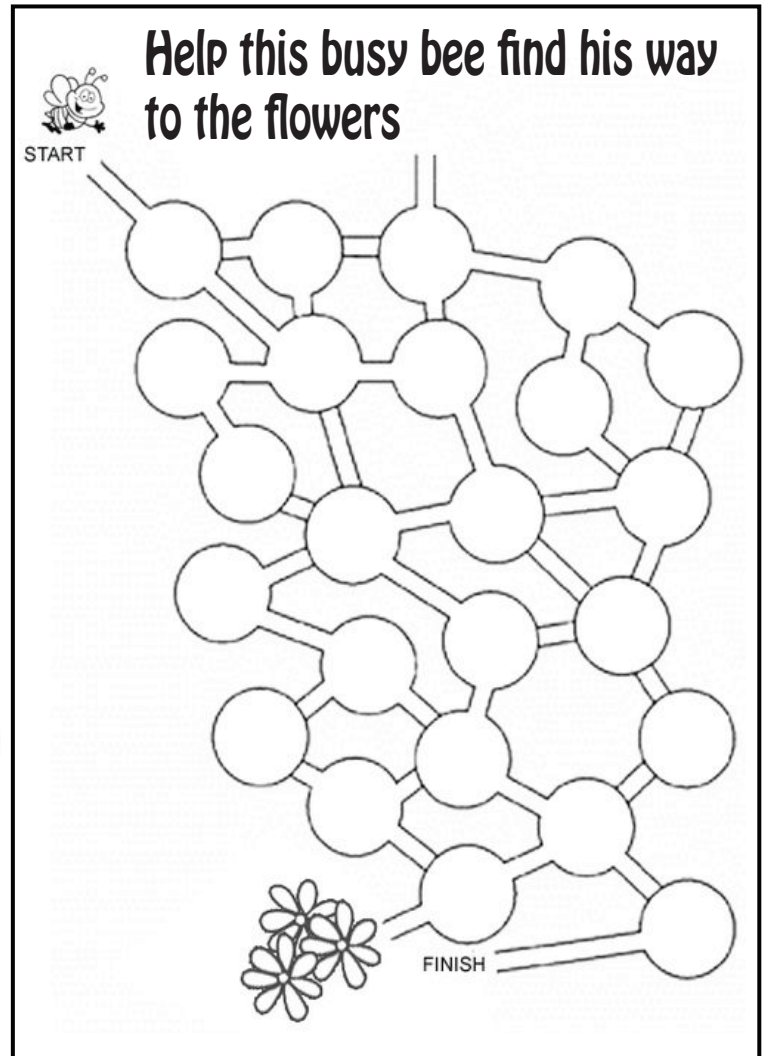
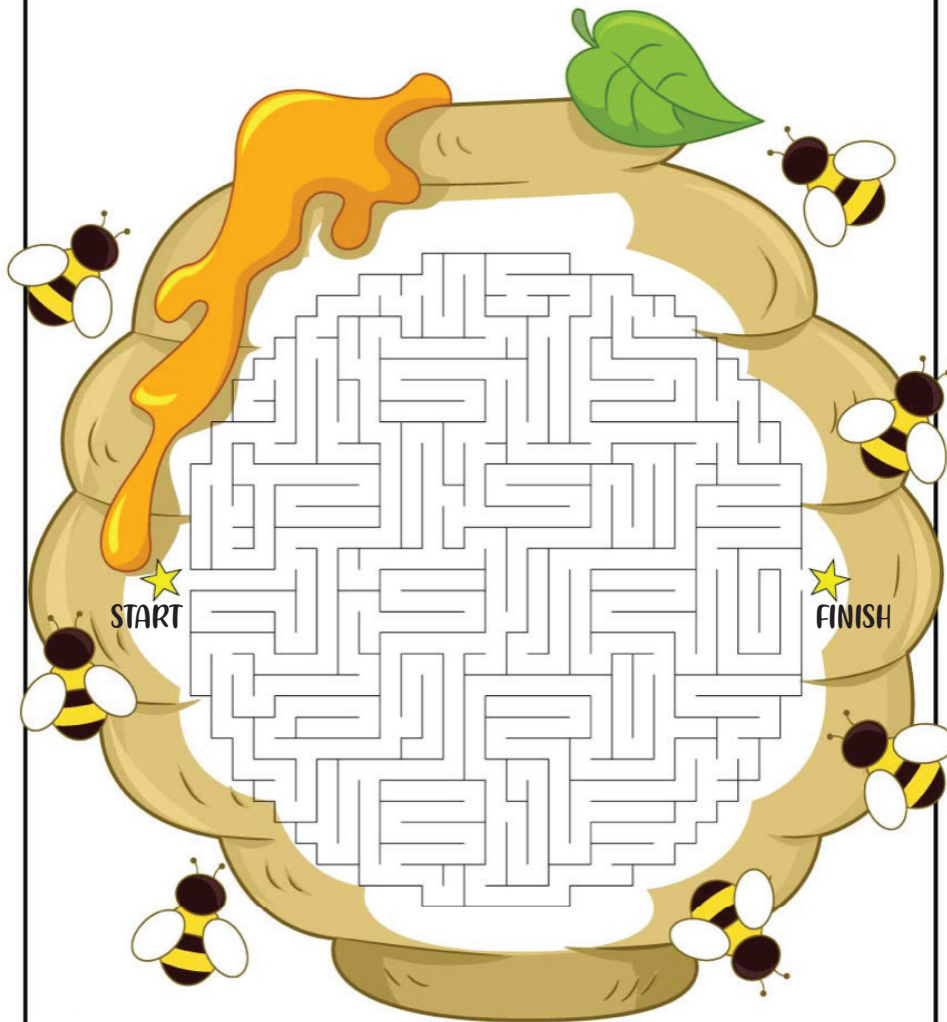
CIRCLE THESE WORDS:

COLONY
FLOWER
HIVE
HONEY
INSECT
POLLEN
STING
SWARM



BRAIN TEASERS

Bee Hive Maze



Can you answer all of these clever brain teasers?

1. The red house is on one side and the blue is on the other, where is the white house?
2. You throw away the outside and cook the inside. You eat the outside and throw away the inside. What did you eat?
3. You walk into a room with a match. In the room there is a stove, a heater and a candle. What do you light first?
4. Two people are in a barn. Ten cats follow them in. How many feet are in the barn now?
5. A boy was rushed to the hospital emergency room. The ER doctor saw the boy and said, "I cannot operate on this boy. He is my son." But the doctor was not the boy's father. How could that be?
6. You are running in a street marathon and you overtake the person in 2nd place. What place are you now?
7. Two men play five complete games of checkers. Each man wins the same number of games. There are no ties.

ANSWERS 1. In Washington, DC. 2. Corn on the cob. 3. The match. 4. There are four feet in the barn, cats have paws, not feet. 5. The doctor was his mom. 6. Second. 7. They were not playing against each other.

FUN FACTS!

Learn All About BEES...

A Queen Bee can produce 2,000 eggs a day.

Honey bees communicate through a series of dance

The bee's tongue, which is kept curled up in its mouth when not extended, measures 1.32" or about the length of a paperclip.

The type of flower the bees take their nectar from determines the honey's flavor.

Bees can't see the color red.

A bee produces a teaspoon of honey (about 5 grams) in her lifetime. The darker the honey the better it's health benefits.

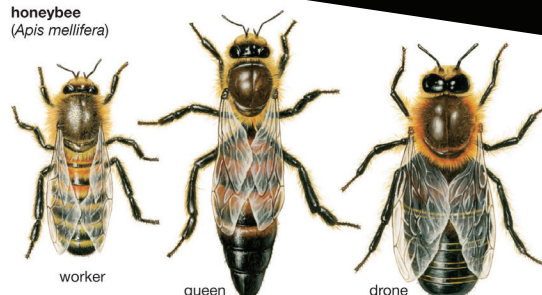
There are 25,000 different species of bees.

The reason bees are so noisy is because they beat their wings 11,400 times in one minute!

Bees are insects, so they have 6 legs and 5 eyes.



honeybee
(Apis mellifera)



worker

queen

drone

Bees don't want to sting you because they die when they lose their stinger. Only female bees can sting. Male bees don't have stingers.

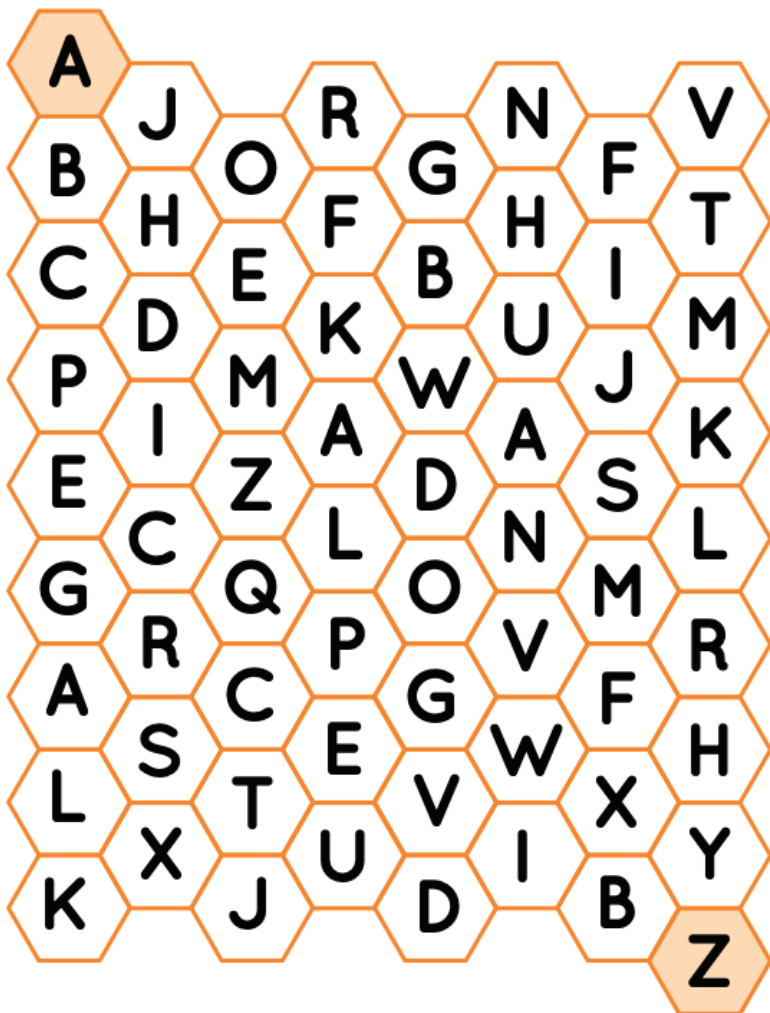
Male bees in the hive are called drones.

COOL COLOR ME

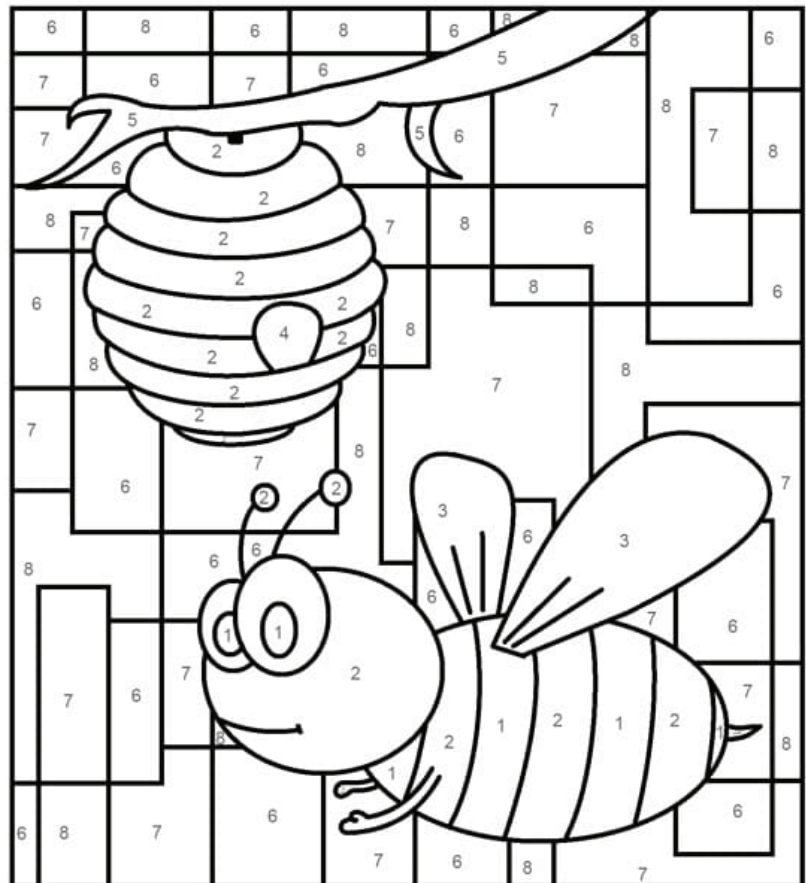


HONEYCOMB MAZE

Help the bee reach the flower by coloring in the honeycomb from A-Z



Use the color key below to complete this drawing of a bee and his hive.



Color Key

1 BLACK

2 YELLOW

3 GRAY

4 DEEP BROWN

5 BROWN

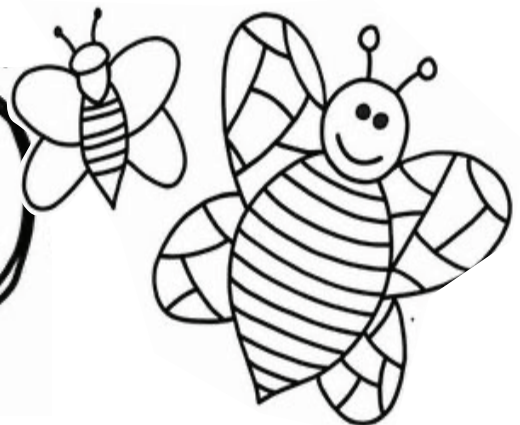
6 PINK

7 RED

8 LIGHT GREEN

Color with bright and happy colors!

BE KIND



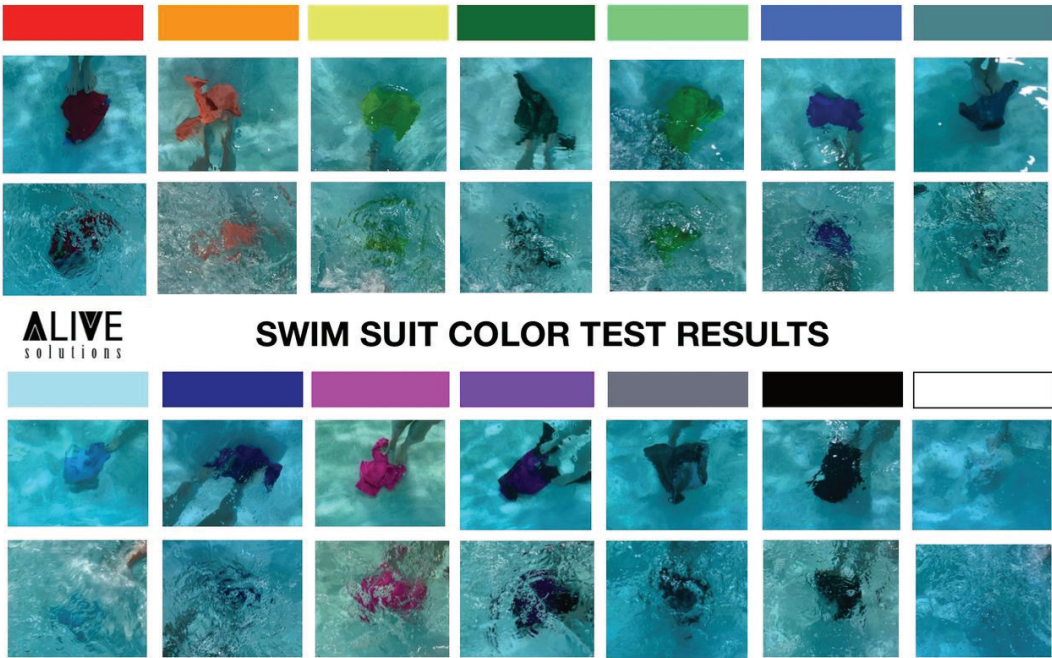
CHOOSING CHILDREN'S SWIMWEAR - COLOR MATTERS!

When most of us select swimwear, we focus primarily on whether it fits and flatters. But when choosing your child's swimwear, the most important factor may actually be color.

Alive Solutions conducted testing for visibility in both open water conditions and in the pool. They found that some of the most popular swimwear colors (such as blue and green) are actually the least visible.

If your child is in danger of drowning, seconds count – you want to select a swimsuit that helps the lifeguard spot them. **Bright colors, such as fluorescent orange or pink, have the highest visibility in the water.**

To see the huge difference swimsuit color can make, visit <https://alive-solutions.com/f/buying-swimwearthink-safety>.



Children are at the heart of our care

From pediatric medicine to specialty care, the Herman & Walter Samuelson Children's Hospital at Sinai offers exceptional care and support for children and their families. lifebridgehealth.org/childrenshospital



CARE BRAVELY



Cookout Food Safety

weis
markets

Christina Pelletier, MS, RDN, LDN
Registered Dietitian at Weis Markets
weisdietitians@weismarkets.com

July is a great time for cookouts and enjoying those summer meals but if food sits out for too long, food safety can become a concern. The number one goal of any outdoor gathering is to have fun and by having a plan for the snacks and meals ahead of time, foodborne illnesses and unsafe food can be avoided.

FOOD SAFETY

Food safety should always be of concern, but it is especially important in the summer months with the warmer temperatures that can spoil food more quickly. Here are some tips from the Weis Dietitians that will ensure a safe cookout or picnic.

- Avoid cross-contamination by using separate plates and utensils for raw and cooked meats, poultry, and fish.
- When grilling, cook proteins to their recommended internal temperatures which can be checked using a food thermometer.

TEMPERATURE	TYPE OF PROTEIN
145° F	Whole cuts of beef, pork, lamb, veal, fish
160° F	Hamburgers, other ground beef
165° F	Poultry, pre-cooked meats such as hot dogs

- Remember the 2-hour rule: perishable foods need to be discarded or chilled within 2 hours of being left out. In temperatures greater than 90 degrees, this reduces to 1 hour. Bacteria that make us sick grow best at temperatures between 40 and 140°F which is called the “Danger Zone” for food.
- If the cookout or picnic is taking place at a location away from home, check to see what resources will be available such as running water, soap, and paper towels.

SPICING UP SUMMER COOKOUTS

Here are a few ways to make classic summer cookout staples even more delicious and nutritious.

- For pasta salad, try using whole grain pasta, fresh seasonal veggies, and a homemade dressing to create a tasty side dish.
- Marinate meat, poultry, and seafood in the refrigerator for some extra flavor before cooking.
- Instead of only using fruits in a fruit salad, try grilling them to bring out a delicious caramelized flavor.

***Check out our recipe for
Little Italy Pasta Salad on page 11***

**Find current and past editions of the
Weis HealthyBites Magazine at:
healthybites.weismarkets.com**



Little Italy Pasta Salad

INGREDIENTS:

- 1 box (16oz) Weis Quality Whole Wheat Rotini
- 15 Grape Tomatoes, each cut in half (1 cup)
- 4 oz Genoa Salami and/or lower sodium Ham, cut into ½ inch pieces
- 4 oz Provolone Cheese, cut into ½ inch pieces
- ½ medium English cucumber, halved lengthwise and sliced ¼ inch thick
- 2 cups loosely packed Weis Quality Baby Spinach leaves, sliced (about 1 cup)
- 1/3 cup Weis Quality Original Italian Dressing
- 1 tsp Italian Seasoning
- ½ tsp Weis Quality Ground Black Pepper

DIRECTIONS:

1. Cook pasta according to package instructions. Rinse cooked pasta under cold water and drain.
2. In a large bowl, toss pasta with remaining ingredients until well blended. Cover and refrigerate at least 2 hours or up to 2 days.



—cook at
HOME
with the

WEIS DIETITIANS

Visit the Weis Markets Facebook Events page to learn more and register for our interactive virtual cooking classes for kids and adults! All classes are **FREE** of charge for Weis Market's Preferred Shopper's Club Card holders.

Seeking individualized nutrition counseling? Our Weis Dietitians also offer **FREE** tele-nutrition services! Email weisdietitians@weismarkets.com to schedule an appointment.

weis
Nutrition
& WELLNESS

Cool Kids CAMPAIGN®

Send us your stories, art,
poetry, and photos and become
a published writer or artist!



Cami, Relapsed Acute Lymphoblastic Leukemia

Email all submissions to:
janet@coolkidscampaign.org
or mail to:

Cool Kids Campaign
8422 Bellona Lane, Suite 102
Towson, MD 21204

CANCER FEARS Me®

is a strong, positive mindset for those living with cancer,
their support groups and caregivers.

410-560-1770

8422 Bellona Lane, Suite 102, Towson, MD 21204

fb.com/coolkidsfoundation



Keep warm with a Cancer Fears Me® FLEECE BLANKET

(Blanket size is 4' x 5')

QUANTITY:

TOTAL
DUE:

\$



PROCEEDS WILL BENEFIT FAMILIES
AFFECTED BY CHILDHOOD CANCER

CONTACT NAME _____

SHIPPING ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL ADDRESS _____ PHONE _____

PAYMENT - Checks made out to 'Cool Kids Campaign' are preferred

CREDIT CARD # _____

EXP _____ SEC CODE _____ ZIP CODE _____

RETURN THIS FORM TO:

Cool Kids Campaign, 8422 Bellona Lane, Ste 102, Towson, MD 21204

Phone: 410-560-1770 Fax: 410-560-1775 Email: janet@coolkidscampaign.org

CANCER FEARS Me®

**Cool Kids
CAMPAIGN®**

Cancer Fears Me® is a trademark
of Cool Kids Campaign