



# PERTHES BRIEF

December 2018

Here's the latest news from Perthes Kids Foundation...



- Did you know that Perthes Kids Foundation is still in the running to win a \$50,000.00 award from Eagle Rare Life? Santa & Mrs. Claus sent some special elves to help remind us that voting goes through December 5<sup>th</sup> (you can vote on all your devices, once every 24 hours!) Eagle Rare Kentucky Straight Bourbon Whiskey will announce the winners in March 2019. Please visit [www.pertheskids.org/vote](http://www.pertheskids.org/vote) and help push our Perthes story to the top!

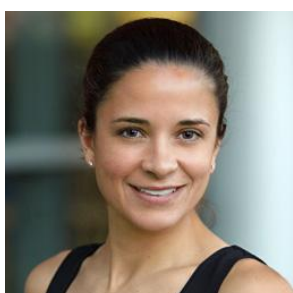
- Want to spread a little Holiday Cheer? Stay tuned to Camp Perthes' Facebook Pages for information on how to take part in a Christmas Card exchange.

- Please join us for **Mental Health Monday**, a Facebook event for Perthes Foundation: Global Support Group for LCPD, hosted by **Lori Kennedy**. Lori is a Licensed Professional Counselor (LPC) in Frisco, TX. She is a National Certified Counselor (NCC), a Registered Play Therapist (RPT), and has a master's degree in Clinical Mental Health from the #1 Play Therapy University in the world. Lori is also the mother of a child with Perthes and has been a Camp Perthes counselor and volunteer since 2014. These events are designed to share information and resources on select mental health topics that promote wellness and resilience for children with Perthes, as well as their parents, siblings, and caregivers. The next event is scheduled for Monday, December 3<sup>rd</sup>. You can find more information here: [www.pertheskids.org/mentalhealth](http://www.pertheskids.org/mentalhealth)



- PKF sends best wishes to former Perthes Kid, Eyal Shimon, as he is getting ready to take on one of the BIGGEST marathons in the world- Racing the Planet (250 km/155 miles) where he will compete in the Gobi March 2019! Join us in wishing him the best of luck, good health & strength as he trains and competes in this challenge while helping to raise #PerthesAwareness (and some funds) for Perthes Kids Foundation. You can follow Eyal's journey here: <https://eyal-shimon-i.blog/>.

- Don't forget, if you shop on Amazon, Amazon Smile will give 0.5% of your purchases to Perthes Kids Foundation. Learn more at <https://smile.amazon.com>.



- Meet the Doctor: We would like to introduce you to **Dr. Rachel Goldstein**. Dr. Goldstein is the Director & Orthopedic Surgeon of the Hip Preservation Program at Children's Hospital of Los Angeles. In addition to being part of PKF's Board of Directors, she is also a member of the International Perthes Study Group (IPSG). You can learn more about Dr. Goldstein at [www.chla.org/profile/rachel-goldstein-md-mph](http://www.chla.org/profile/rachel-goldstein-md-mph).

[pertheskids.org](http://pertheskids.org)