Behind the Smile

Poems and Poetry for LCPC

2014 Progress Report

Winning Smiles
Family Golf Day
Logan and his grandfather enjoy the day
Looking forward to another 75 years of service & innovation with the Lancaster Cleft Palate Clinic

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Letter from Rusty

It’s August and the “dog days of summer” are upon us. We welcome summer’s activities and this year we are grateful for those who participated in our Winning Smiles Mini Golf Outing. We added a new venue this year and appreciated making new friends and seeing familiar faces in the Chambersburg area.

We are always amazed at the creative way people find to give to the Clinic. I wouldn’t have considered shaving my beard as a fundraiser, but then Jason Muelleck is way more creative than I am when it comes to beards and fundraising. You’ll enjoy his “Shear the Beard” story and we are grateful for the $1,370 he raised for the Clinic.

We were grateful, too, for the return of an old friend and former Clinic patient, Jerry Hart. He returned to visit us after being away for 59 years. In this issue, he shares his memories and pictures from his time with us as a child.

We thank you for your continued support of what we do here at the Lancaster Cleft Palate Clinic.

Sincerely,

Dr. Rusty Long

We are also grateful to:
Kae G. Wagner, President
North Star Marketing, Inc.
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We are delighted that the LCPC has been chosen by Fig Lancaster magazine as one of its three Social Mission Partners for 2015.
Jerry Hart Returns to LCPC After 59 Years!

When I reflect on the fact that LCPC is the oldest cleft clinic in the world, I often wonder how different or how similar earlier patients’ treatment was compared to today. Fortunately, because the Clinic offers lifetime care, we regularly see patients who first came here as children. One of these is Jerry Hart who was recently here after a 59-year gap for a follow up appointment with Dr. Smith.

Jerry first came to LCPC in the mid-1950s for cleft lip and palate treatment. His mother found out about the Clinic in *Life Magazine* and drove Jerry up on Rt. 1 from Falls Church, VA, which in those days was quite an adventure! At that time the Clinic was based in Dr. Cooper’s home at 23 North Lime Street and treatment normally required patients to stay for six weeks while they saw various specialists. Jerry became a resident at LCPC at the beginning of his freshman year of high school. When asked about the effect of having a cleft as a young boy Jerry speaks of some teasing and fights but says he was always popular with girls as he was one of the quieter boys.

Jerry remembers his time in Lancaster as a happy one. Along with orthodontic treatment, x-rays and speech therapy, there was fun and care provided by the housemother, Molly, who looked after a dozen or so girls and boys in residence. Jerry has fond memories of park visits and picnics by the stream at Dr. Cooper’s house out in the countryside. He also remembers doing school work and reading aloud from Psalm 23, “The Lord
is my Shepherd,” as it contains all the challenging sounds for patients with clefts. Remarkably Jerry says, “My most persistent memory of my residential stay was that I was never homesick.” A keen photographer, many of Jerry’s memories are captured in some of his photos shown here.

When Jerry talks about the LCPC having a profound effect on him, he means more than the treatment of his cleft. He was drawn to health care in general and speech pathology in particular, acquiring a BS in Hearing and Speech, an MS in Nutrition and an AAS in Physical Therapy. He later worked as a Physical Therapist Assistant and an Adjunct Professor of Nutrition, P.E. and Health Education. The most significant thing he took away from his LCPC experience was, however, the importance of a “team approach” to work in all its forms. While clefts can give rise to particular medical, physical and social issues, a team approach can effectively overcome them and be applied in other contexts. Jerry applied this method of problem solving when serving in the US Navy in the early 1960s or later at work.

Jerry has been married to Marie for nearly 48 years and they have one daughter, Heather. Although retired, Jerry maintains an energetic lifestyle. He is a keen swing dance competitor and can be found dancing 2-4 hours at a stretch and teaching others four times a week. When looking back on his life, Jerry is grateful to his parents for modeling endurance in the face of their own life challenges and to the Clinic for offering care and modeling a team approach to solving life’s problems.
Book Review

Cordelia Moyse joined the Clinic’s staff as Director of Development and Communications in 2012. Her job is to raise money for patient care and treatment that is not reimbursed by government or insurance companies. Cordelia spends her time not only asking for money, but talking to the local community about the excellent services that the Clinic delivers to its patients across Central Pennsylvania. She is responsible for: all aspects of the Clinic’s communications through the website and social media; the Promising Smiles Annual Appeal; organizing fundraising events like the Winning Smiles Family Golf Day; and seeking support from businesses and grant making foundations.

“I only recently became aware of Smile (published 2010) by Raina Telgemeier when my 6th grade daughter Theo brought it home from school. Every year her school assigns a book for summer reading which all students are required to read and then discuss on their return in the fall. Theo read it immediately in three hours but I was slower to pick it up as I am not naturally drawn to the format of a graphic novel. Although it took me awhile to settle into “reading” both text and drawings, I became a great fan of this book.

Smile, based on the author’s own experiences is about Raina, who we follow from 6th to 10th grade, as she faces various dental and personal challenges. While her first encounter with an orthodontist is due to an overbite, more complicated (and often incompetent) dental treatment follows after she accidentally knocks out her two front teeth. In the course of the book we see Riana, like any child undergoing dental procedures, experiencing fear, pain, disappointment and hopeful expectation. We also watch her dealing with friends’ teasing, her struggle to be “cool” and her funny and inept attempts to find a suitable boyfriend. This is a book about the universal difficulty of growing up: becoming and accepting who one truly is.

“This is a book about the universal difficulty of growing up: becoming and accepting who one truly is....”

makes it clear that there is more to Raina than these experiences and that they are only part of life. A useful reflection for teenagers and those who love them!

For more information about Raina Telgemeier go to www.goraina.com

Theo Moyse-Peck I am 11 years old and am going into 7th grade. My favorite school subjects are math, history, music, and Spanish. I am very interested in American History and I also play piano and guitar. Out of school I am learning Latin and Greek. I like to sing, play soccer and hang out with friends. I have been wearing braces for 3 years. At the moment I am having a rest from them but will be starting treatment again shortly.

Smile is about a girl, Raina, who at the beginning of the story finds a heavy theme for a graphic novel but it is told with humor and compassion. While Smile’s plot is largely driven by Raina’s dental treatment, the book
out she has to get braces. Later, while racing to the door of her house she falls and knocks out several teeth as well as pushes one of her teeth up into her gum. We follow Raina through the ups and downs of braces and other dental treatment throughout middle and high school. We also see her deal with normal teenage troubles, trying to make and remain friends with her fellow students both girls and boys. I think the author wrote this book to show young people that braces are a normal part of growing up and that braces and other dental treatment are usually just a phase of life which you will survive.

I very much relate to Raina’s story because I have had braces and some difficult moments at school. The book has the good message that “you can overcome braces and enjoy school.” I recommend *Smile* to anyone undergoing dental treatment as well as middle schoolers who like a story with struggles and hope.

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Cordelia Moyse and Theo Moyse-Peck
at LCPC’s Winning Smiles Mini-Golf Outing in June

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**Staff Spotlight**

**Abbie Ellis**

Team Coordinator and Feeding Specialist

“As the Team Coordinator and Feeding Specialist, I partner with our families throughout their time at Lancaster Cleft Palate Clinic. Beginning with Prenatal and Pre-Adoption Consultations, I visit our babies on their arrival at the hospital as well as facilitate Team Days and follow-ups of Team recommendations. These children become part of our LCPC family and helping them through their time at LCPC is my passion!”

— Abbie Ellis
Taking one for the team!

We are always grateful to our friends who fundraise on our behalf. We enjoy learning of fun ways you promote our work. In April, Jason Muelleck, following a visit to the Clinic, decided the time had come to change his appearance and shave off his beard for a great cause. Thanks to the enthusiasm and generosity of his work colleagues, he was able, on his next visit, to hand over $1,370 to Dr. Long in support of the Clinic’s work.

Jason writes:

“I recently completed my first year of medical school at Penn State in Hershey, PA. My wife and I moved to Pennsylvania from Utah, and we absolutely love it here. Previous to the Shear the Beard fundraising event, I had not shaved since my interview with Penn State College of Medicine in February 2014. I knew I wanted to hold a fundraising event to cut off my beard, but was having trouble deciding on which organization to support. Then in April of this year, after more than 14 months of not cutting my beard, I was able to spend the day shadowing Dr. Samson at the Lancaster Cleft Palate Clinic. It didn’t take long for me to realize that this Clinic was exactly the type of foundation I was hoping to benefit through my fundraiser. Throughout my first year of medical school, we often discussed different models of health systems, and the need for teams of diverse specialists and professionals to unite for optimal patient care. I was very impressed by the way the team at the Clinic, composed of members from many different disciplines, came together to provide comprehensive care for their patients.

The Shear the Beard fundraiser started at the Hershey Medical Center on April 20th. My goal was to raise $500 dollars by May 22nd. The support we received went entirely beyond my expectations. With donations coming from fellow medical students, physicians, faculty, and family, I was able to raise $1,370 for the Clinic. So many of the contributors complimented the staff and healthcare providers, and voiced support for the overall mission and purpose of the Clinic. I, too, wish LCPC and all its patients continued success. Keep up the great work!”

If you would like to hold a fundraiser for the Clinic at your school, in your workplace or in your community and would like some advice and fundraising materials, please contact Cordelia Moyse at cmoyse@cleftclinic.org or call 717 394-3793.
Dentistry that Makes a Difference

Lime Street Dental Associates is a private practice that offers a full range of comprehensive dentistry, orthodontics, and prosthodontics, with a unique distinction: all of the profits generated by their services go to patient care and treatment provided by the Lancaster Cleft Palate Clinic (LCPC).

“When you choose Lime Street Dental, you are doing something good for yourself and for the next generation,” says Dr. Andrea Smith, the Clinical Director.
Le Hinton describes himself as a young boy as:

“Quiet, cautious and not willing to say very much in school; I spent a lot of time reading and dreaming. I was a good student but painfully shy. In classes even when I knew the answers, I wouldn’t always raise my hand. I was afraid of my voice. My family and friends didn’t treat me differently, but there were kids in the neighborhood and at school who sometimes teased me. Being different isn’t always fun when you are young and trying to fit in.”

Le was born with a cleft palate. His talks about his early visits to LCPC as giving “hope that I might be able to express myself out loud instead of only on paper in the poems that I was writing even as a teenager.” This finally happened when he had surgery at 17 and his life changed. He went away to college and a few years ago retired from a 28-year career with Social Security. Le says, “I spent my time talking face-to-face with disability recipients in hearings, asking questions and listening. None of these things would have been possible without the therapy, surgery and treatment that I received at the Clinic.”

Le never stopped being a poet: writing in solitude and reading in public. Not only have his poems appeared in many journals, but one of his poems can be seen in the form of a sculpture outside the Lancaster Barnstormers’ Stadium. He is the editor of Fledgling Rag, a national poetry journal, based in Lancaster County whose contributors have included two state poets laureate and poets who have won the Kate Tufts Discovery Award and the Newbery Medal.

His life-changing experiences at LCPC inspired his poem Flash Cards/Flash Back seen here. Le has remained a good friend to the Clinic. Two years ago when he launched the latest issue of Fledgling Rag he donated all the proceeds to the Clinic.

He is doing the same again on October 7 when nine of the finest poets in Lancaster County, poets who are nationally known for their work, will give a special reading of poems from the newest issue of Fledgling Rag. They will be joined by special guest poets from the Lancaster Cleft Palate Clinic family.
Flash Cards/Flash Back
by Le Hinton

Apple, book, thumb. I remember each card with three pictures. Pronounce each one, slowly, precisely. Initial consonants. Final blends. Open vowels. b’s, th’s, o’s. Each carefully articulated.

You sound like toilet paper is stuck in your nose.

You’d have a good singing voice if you were a cartoon character.

I have to babysit on Saturday, so I can’t go out with you.

You’d never know that colored boy was smart from the way he sounds.

I learned to be quiet, I learned to write.

On our way to the clinic there was always time for breakfast at the Cameron Street diner or a stop for hot dogs after we arrived in Lancaster. The corner of Lime and King. A town full of fruit and royalty. Lemon, Lime, Orange. Queen, King, Duke. All streets seemingly one-way. One way to speak. One way to sound. One way to turn. This clinic in this town with its one-way streets and hope dressed in white, doctors dressed in smiles. Surgical cuts to open a future, to open a life.

I’ve learned to speak out and still write.

To hold the little boy whose voice sings alone. To kiss the tiny baby whose lips still smile. Write the poetry and shout the words. Small no more. Now without pain. Without bullies. Without fear or a cleft palate.

In June, over 220 friends and supporters of all ages turned out to support the Clinic by playing a round of mini-golf. As the Clinic serves patients from across Central Pennsylvania, this year we held two Winning Smiles Days: one at Strasburg and the other at Fayetteville. As the photos show, both days generated fun for the players as well as much needed funds for the Clinic. We are delighted to report that we raised over $17,000 (an increase of $5,000 from our first year in 2013).

None of this would have been possible without the work of patients’ families and friends, volunteers like the Manheim Township Key Club or the staff of Village Greens Miniature Golf, Strasburg and Penn National Miniature Golf Course, Fayetteville. We are grateful for their support as well as that of our major sponsors, especially Capital BlueCross.

As Winning Smiles Family Golf Days bring patients and supporters together and are a growing fundraiser for us, we are planning to build on this success. When we confirm dates for 2016, please join in as a player or a sponsor.
Why We Give — Volunteers’ Expressions of Love

Meet two of our research volunteers, Tim and Victoria.

In addition to treating current patients with cleft lip and palate, the LCPC is at the forefront of craniofacial research. In 2006 the LCPC founded and began coordinating the Americleft Project that is endorsed by the American Cleft Palate-Craniofacial Association. It aims, through engaging in comparative studies of different treatments and protocols, to identify best outcomes so that current and future patients receive the most effective care.

This summer Tim and Victoria have been helping us reorganize the data collected during the past 10 years as well gaining an understanding of the craniofacial research world.

I love contributing to the incredible work that occurs at the Lancaster Cleft Palate Clinic.

— Victoria Chang, 3rd year student
University of Pittsburgh, majoring in psychology

I am passionate about helping people love their smiles and I like volunteering because I enjoy being surrounded by people just as passionate.

— Tim Roehm, 1st year student
University of Pittsburgh, majoring in engineering

IN MEMORIAM

We are very grateful for the gifts recently received in loving memory of:

Frank Farkas
Charles F. “Chuck” Miller Jr.
Betty Muench

If you have questions about memorial gifts or would like to make a memorial gift to the Lancaster Cleft Palate Clinic in memory of a loved one, please contact Cordelia Moyse at cmoyse@cleftclinic.org or at 717 394-3793 Ext. 117. Thank you!
Please Save the Date and Donate to LCPC: November 20, 2015

The Extraordinary Give is Lancaster County’s Largest Day of Giving. This 24-hour giving marathon will benefit more than 300 local organizations. Every dollar donated at ExtraGive.org on November 20 will be stretched with at least $250,000 from the Lancaster County Community Foundation, Rodgers & Associates, and other corporate sponsors AND there are at least $50,000 in EXTRA prizes you can win for the causes you care about.