

# Healing HeARTS

Art and writing created by children and families cared for at Lucile Packard Children's Hospital



Holly Wilson, 17

Using all of these vibrant colors cheered me up while I was in the hospital. They remind me of the beautiful California landscape.

Lucile Packard  
Children's Hospital  
AT STANFORD





# About Healing HeARTs

Healing HeARTs is a children's advocacy project conducted by staff at Lucile Packard Children's Hospital and medical students at the Stanford University School of Medicine. The missions of this project are to support creative expressions of children at LPCH, to build pride and self-esteem in these children by displaying their creations, and to increase community awareness of issues surrounding hospitalization and illnesses of children. All submissions were displayed at LPCH for viewing by hospital visitors, patients, staff, and the public.

All work published in this magazine was created this year by patients or siblings of patients at LPCH, Packard at El Camino, and the Comprehensive Care Program. Most projects were completed with one-on-one guidance from medical students, recreation therapists, school teachers, and art therapists. All children had privacy release forms signed; this project is HIPAA-compliant. Our long-term goal is to publish one magazine per year, highlighting the creative activity and expressions of our amazing children.

This publication is funded by generous contributions from Ralph Folsom, the Division of General Pediatrics at the Stanford University School of Medicine, and the Lucile Packard Children's Hospital Auxiliaries. Feedback, suggestions, and donations to help support this project are welcome. For more information, or to submit art or writing, please email [dr.grace.cheng@stanford.edu](mailto:dr.grace.cheng@stanford.edu). To help support the Healing HeARTs project with a financial gift, please contact the Lucile Packard Foundation for Children's Health at 650-736-8282.

## List of Contributors

Raymond Alaniz.....	11	Michelle Hosking.....	27
Sukayna Alugaili.....	32	Jennifer Hoyland.....	4
Jacqueline Alvarez.....	42	Erica Hyland.....	6
Emily Banuelos.....	15	Destiny Johnston.....	27
Alexis Barsky.....	25	Madison Kitz.....	30
Sabrina Bedrosian.....	34	Noel Lara.....	14
Gabrielle Billeaud.....	24	Theresa Polo Leafa.....	40
Megan Bingham.....	13	Austin Lopez.....	8
Sierra Bingham.....	14	Taylor Luce.....	37
Lily Blanchard.....	38	Raul Martinez.....	17
Chandler Bruttig.....	5	Brooke Marsal.....	36
Ajmer Cabaluna.....	40	Clayton McDonald.....	29
Joseph Casillas.....	16	Emilio Medellin.....	22
Valeria Cervantes.....	19	Ariana Melgoza.....	3
Kathy Cha.....	18	Marcos Mendoza.....	8
Kelli Cravins.....	23	Sam Merry.....	26
Fernanda Cuevas.....	23	Gabe Morisch.....	31
Olivia Dalton.....	41	Mallory Mozingo.....	12
Brittany Delacruz.....	11	Matt Nedwick.....	18
Jillian Desmond.....	25	Candace Peacock.....	16
Christina Dessert.....	30	Michael Serrato.....	9
Saachi Dhingra.....	12	Viviana Serrato.....	9
Megan Fitchen.....	13	Shannon Shaw.....	4
Heather Ford.....	28	Soane Sime.....	10
Brittany Gholson.....	41	Logan Sopeland.....	21
Martin Gomez.....	39	Yesenia Soria.....	36
Eduardo Gonzalez.....	22	Shawn Stockwell.....	10
Geetika Gopidas.....	26	Sebastian Tenbergen.....	19
Cameron Gunther.....	7	Humberto Vasquez.....	11
Olivia Hanke.....	32	Hana Vasquez-Stading.....	back cover
Sonja Hazelton.....	38	Michael Vera.....	29
Patrick Herrmann.....	35	Anya Viera.....	5
Jennifer Angelina Hernandez.....	33	Holly Wilson.....	cover
Ann Hoang.....	20	Melissa Wright.....	35



# Table of Contents



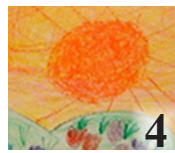
cover

Holly W



3

Ariana M



4

Shannon S



4

Jennifer H



5

Anya V



5

Chandler B



6

Erica H



7

Cameron G



8

Austin L



8

Marcos M



9

Viviana S



9

Miguel S



10

Shawn S



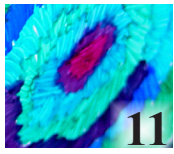
10

Soane S



11

Humberto V



11

Brittany D



12

Saachi D



12

Mallory M



13

Megan F



13

Megan B



14

Noel L



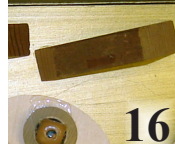
14

Sierra B



15

Emily B



16

Joseph C



16

Candace P



17

Raul M



18

Matt N



18

Kathy C



19

Sebastian T



19

Valeria C



20

Ann H



21

Logan S



21

Eduardo G



22

Emilio M



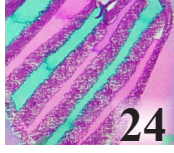
23

Kelli C



23

Fernanda C



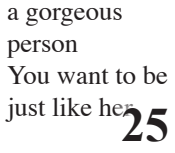
24

Gabrielle B



25

Jillian D



25

a gorgeous person you want to be just like her

Alexis B



26

Sam M



26

Geetika G



27

Destiny J



27

Michelle H



28

Heather F



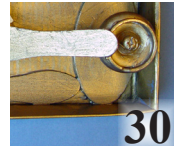
29

Michael V



29

Clayton M



30

Madison K



30

Christina D



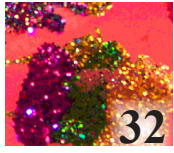
31

Gabe M



32

Olivia H



32

Sukayna A



33

Emily H



33

Jennifer Angelina H Sabrina B



34

Sabrina B



35

Patrick H



35

Melissa W



36

Yesenia S



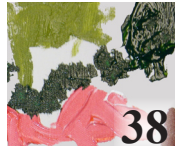
36

Brooke M



37

Taylor L



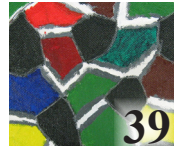
38

Lily B



38

Sonja H



39

Martin G



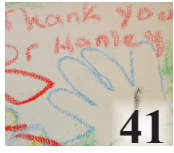
40

Ajmer C



40

Theresa L



41

Olivia D



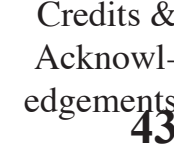
41

Brittany G



42

Jacqueline A



43

Credits & Acknowledgements



44

Raymond A



back cover

Hana V





# HOME

Ariana Melgoza, 7

I drew this picture cause I was thinking of HOME SWEET HOME. I hope all the sick people get better.







Jennifer Hoyland, 11

I am 8 1/2 years old and I have a brain tumor. I like to draw, read and do math.



Jennifer's grandmother Coreen says: This is a picture of Jennifer and her sister Candice, We miss her so very much. I hope you will always remember her.

Shannon Shaw, 9





## Chandler Brun

A thousand thank you's to doctors, nurses and staff unit who helped to make on my road to recovery.

## A THOUGHT FROM THE HEART

Don't fall into the lies of this world. An eating disorder is such a dangerous thing to deal with on your own. So if you have one please seek help. Stay strong always.

## SUNRISE AT THE BEACH







Erica Hyland, 20

ttig, 11

o all the  
on the CCP  
e my stay great



We are all in this together, we are all one.

Let's come together and spread peace, love, health, and happiness.

Beauty comes in all different colors, shapes and sizes.

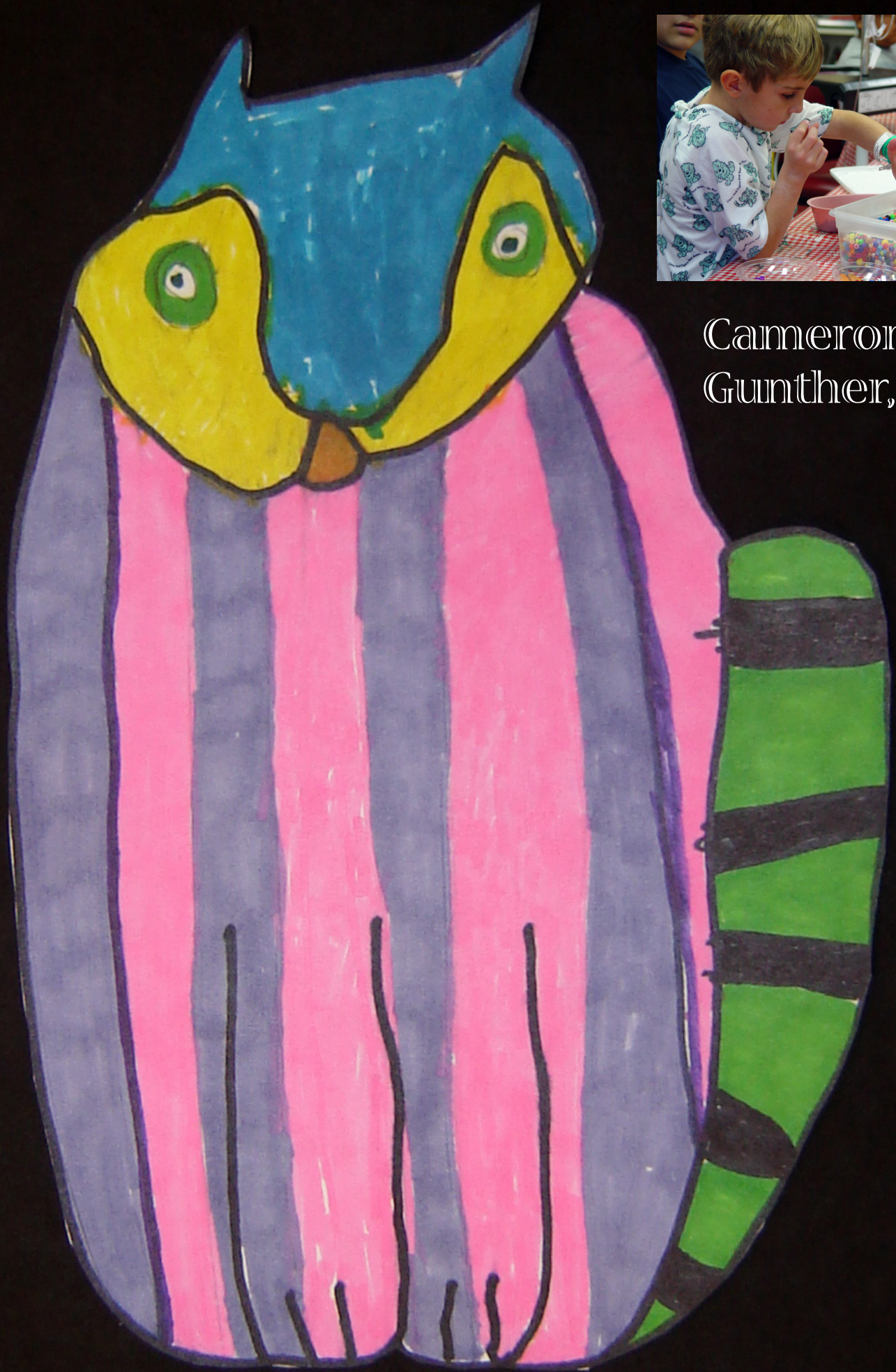
Love your body.

Love yourself.

Love your life...

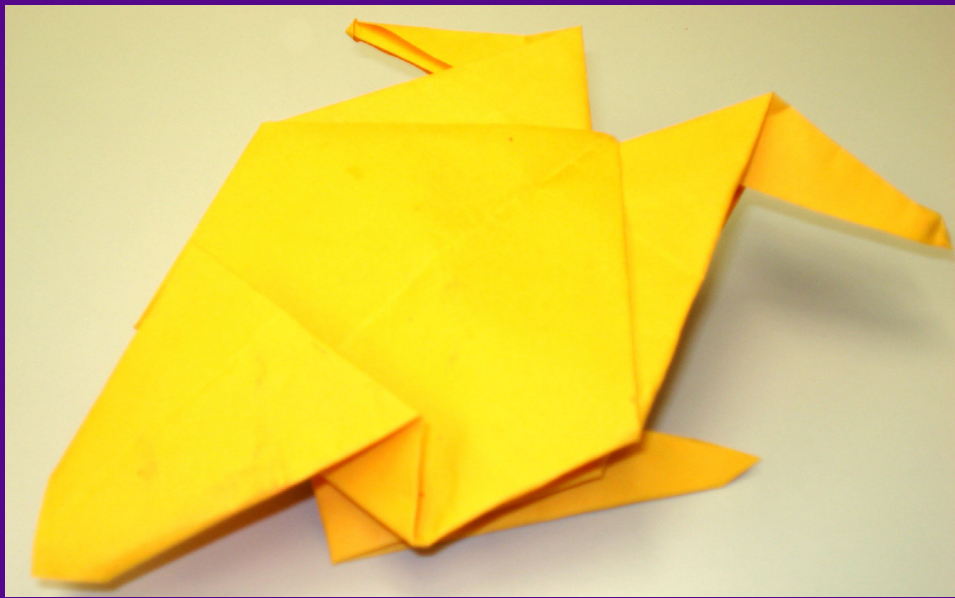
...there is beauty in every-thing, you just have to find it.





Cameron  
Gunther, 7





Austin  
Lopez, 11

Making this was both  
challenging and fun.



## MY BROTHER AND I PLAYING IN THE PARK

Marcos Mendoza, 11

I like playing with my brother. We play with video games and toys. I was in the hospital sick but thanks to the doctors and nurses I have gotten better. Thank you to the doctors and nurses at Packard. To the other kids at the hospital: try not to be afraid because they take good care of you there at the hospital.



Viviana Serrato, 12



Miguel Serrato, 17

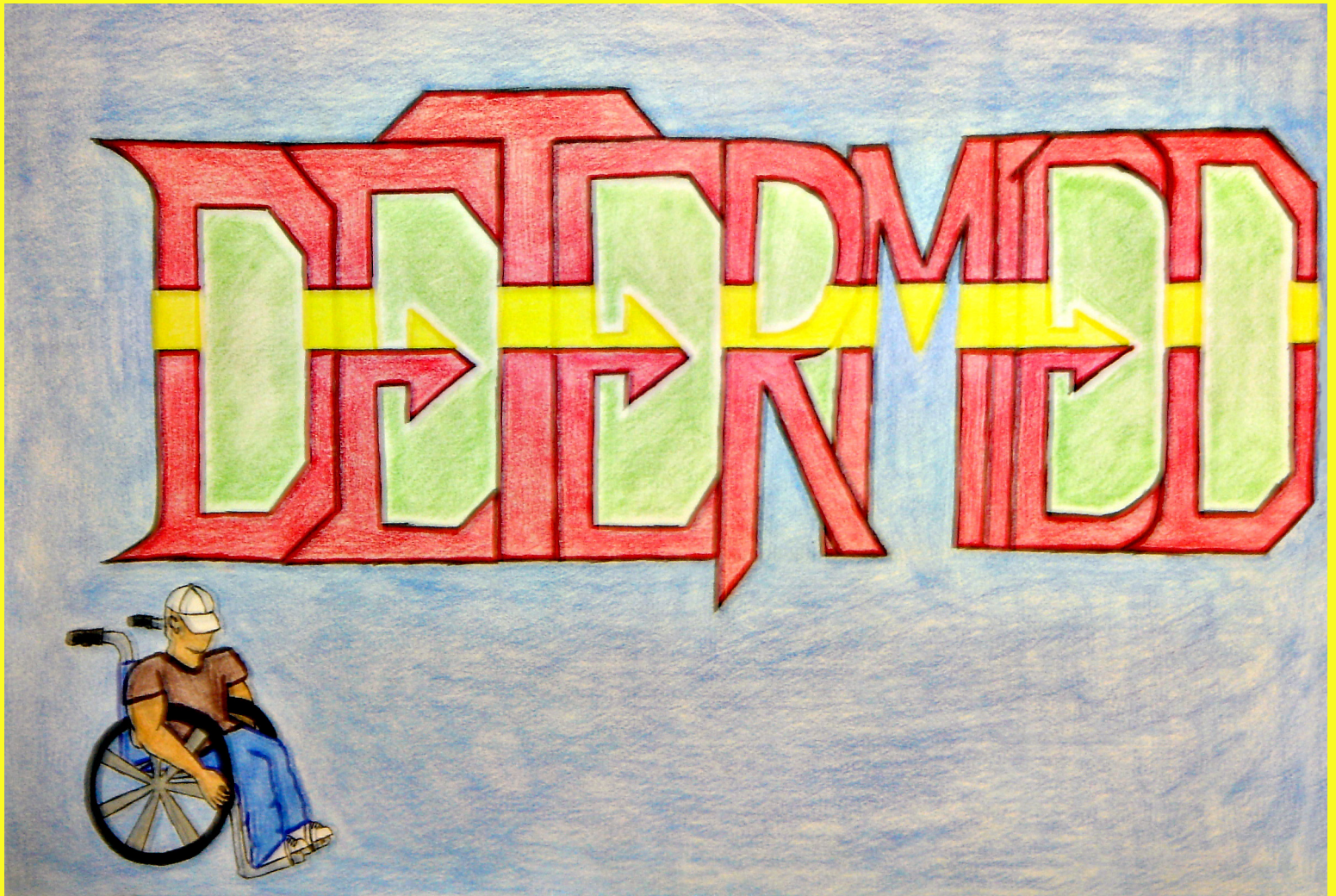
## DETERMINED

No one person should give up. Even though it gets tricky at times, we should keep on steppin' forward.



## THE FLOWER PLATE

I've drawn the flower ever since I was a baby, and I still draw it now!



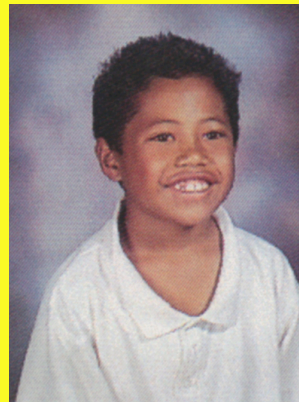
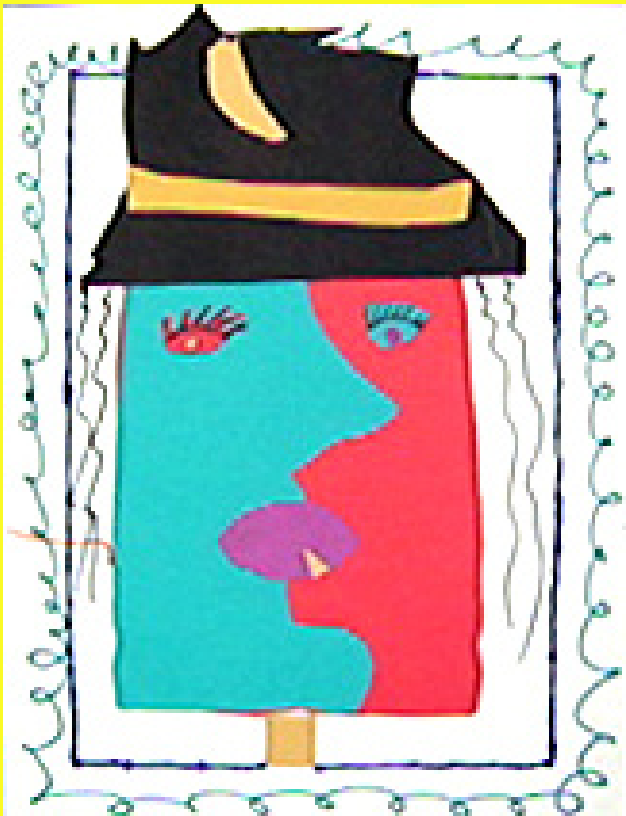


# THE SHARK

Shawn  
Stockwell,  
8



I like sharks. I don't know why, but I do love the San Jose Sharks. When I get my new heart, I hope to play hockey.



Soane  
Sime, 11





## COLOR

Humberto  
Vasquez, 5

My best friend  
Jimmy and I like  
to play football.



Brittany Delacruz, 7

I was in a car accident and I was at the hospital for surgery. I love to do all kinds of artwork. Coloring is my favorite kind of artwork to do.

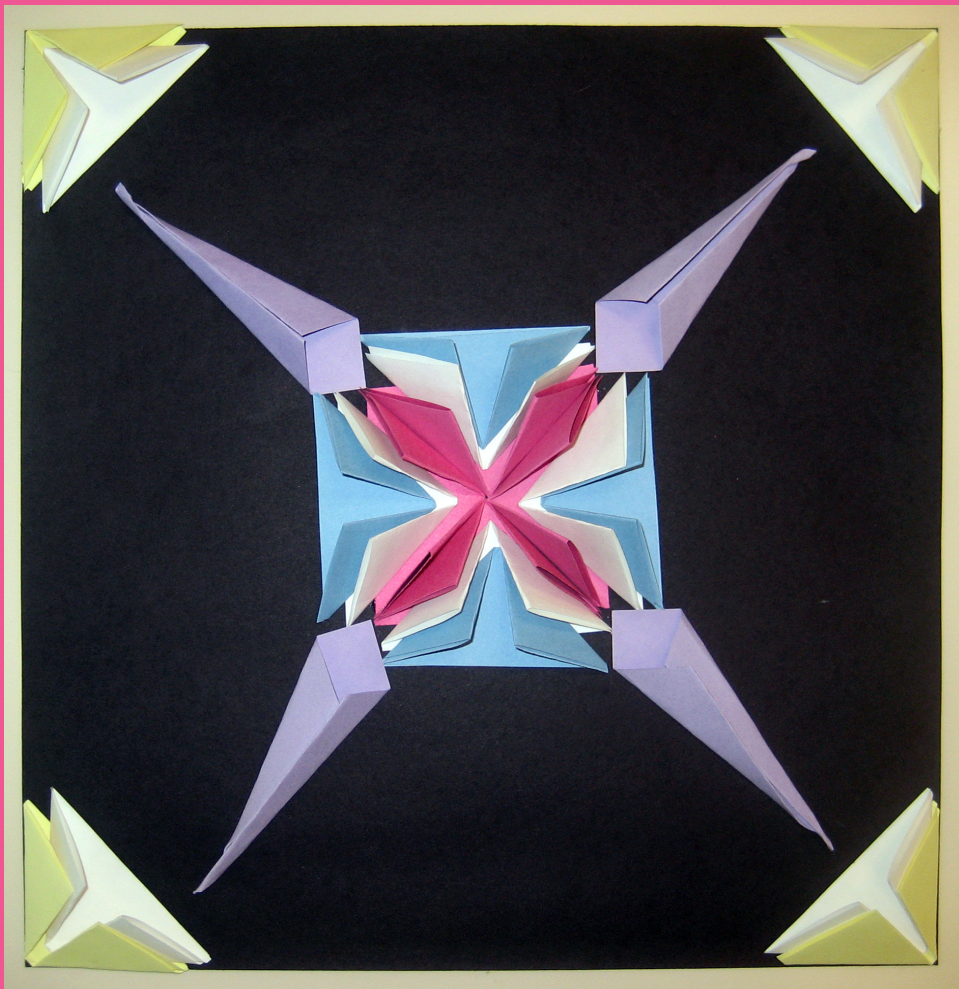




Saachi  
Dhingra,  
17

Mallory Mozingo, 12

Hi I am Mallory Mozingo. I am 12 years old, and I like to cheerlead and ride my dirt bike. I have been cheering for 4 years and riding since I was 3. For the other kids at the hospital: don't worry about being at the hospital, try and think about other things while you are there. The doctors are good and you will get better!





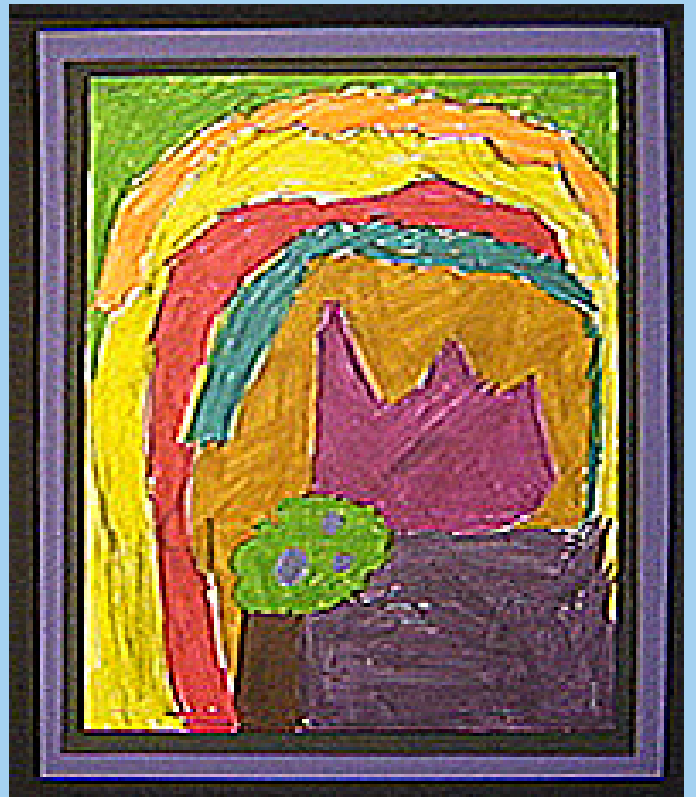


I made a picture of my stuffed dog Lily. My brothers Peter and Scottie gave her to me after my operation.

Megan Fitchem, 7



Megan  
Bingham, 5





Noel  
Lara,  
16



Sierra  
Bingham, 7



ALL  
ABOUT  
ME



My name is Emily Banuelos.  
My friends call me dreamer because I like to daydream.  
I'm an iguana because I like to hide.  
In my heart there is a book which goes on and on.  
Loving is written on my forehead because I care for others.  
I love the sound of music.  
I hate the smell of garbage.  
My favorite time of the day is morning as the birds sing.  
If my hands could speak they would say, "How do you do?"  
Ever since I was little my mom would always call me a brat.

Emily Banuelos, 14

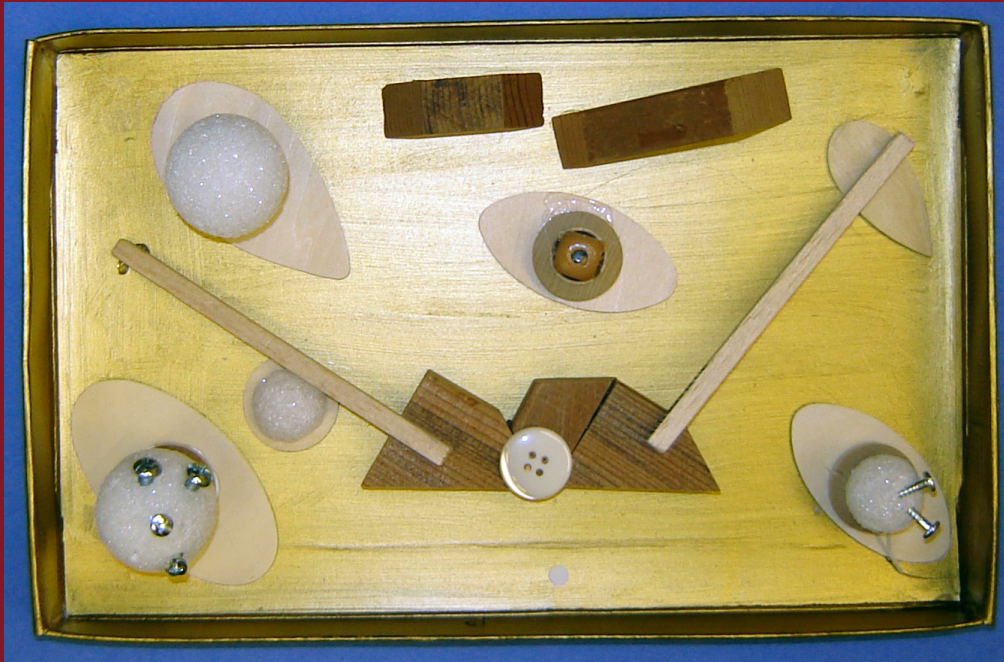


My name is Emily Banuelos. I am 13 years old. The things I like to do are poetry, reading and dancing. I like going to school. I have a very large Latin family. This is a picture of the angel that donated this new heart to me, and a picture of my old heart.



# Joseph Casillas, 13

I was diagnosed with Hodgkin's Lymphoma last year. The toughest time for me: when they told me I was ok and I was able to go back to school, but then they told me I still had cancer and had to get chemo all over again, and now I had to have a bone marrow transplant too. I have been ok since the bone marrow transplant, which I got in February 2007, this year. The best thing for me is being able to be at home instead of being at the hospital.



Candace  
Peacock, 14







Raul  
Martinez,  
18



Raul's mother says: Raul had Fanconi anemia. He suffered a lot but he tried his best to survive. He was a wonderful boy with a big heart. When he was sick and always at the hospital, he began taking cooking classes. One time, Raul told me, "Tomorrow I will be cooking for 200 people." He went to the grocery store and bought bread and ham with his own money that day. The next morning, he got up at 3:30 am to make sandwiches. During the day, he went and gave out all of these sandwiches he had made to poor homeless people. Raul was always thinking of other people, and the other children at the hospital too. We miss him very much.





Matt  
Nedwick, 12

I am grateful for ALL the love and care I have gotten from LPCH!! Thank you!



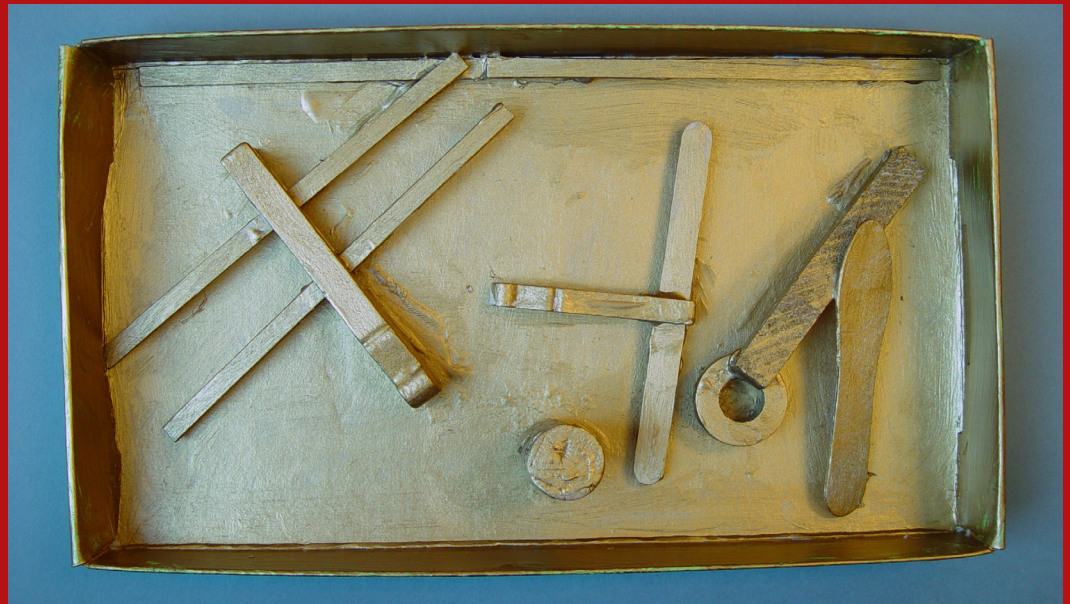
Kathy Cha, 18

Hello, I am Kathy Cha from Fresno. I am hoping that someday I will be able to become an art teacher because I enjoy doing art. I was at the hospital because I had thyroid cancer, and I had surgery to take the cancer out. The hardest part was having the surgery, because I was scared. I was worried if I would make it or not. The best part about being at the hospital was the nurses always being there for me, and because everyone was always so nice to me.

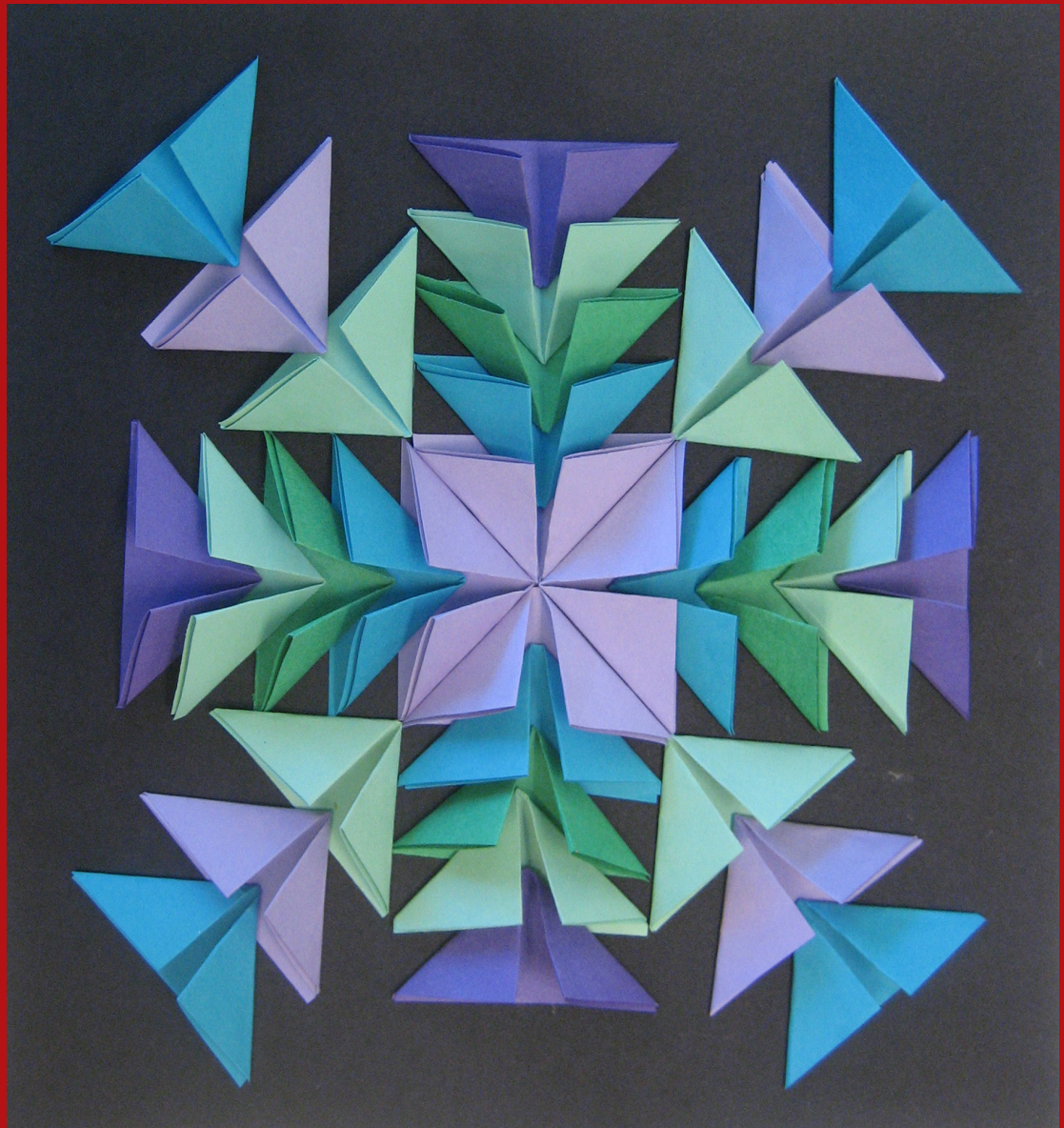


AIRPORT  
Sebastian  
Tenbergen, 7

I like art because  
it is fun and it has  
good ideas.



Valeria  
Cervantes,  
8



Thank you Packard Children's for helping me to get better. I was hospitalized Christmas Eve 2006 and was diagnosed with leukemia on Christmas Day. I really enjoyed going to the schoolroom to do artwork while I was at the hospital.





Ann Hoang, 13

I'm 13 years old. This jumble of pictures and words describe and tell what I like to do and what I will do when I get better. The phrase or saying, "Optimism is key" is what I believe will help me through this.





Logan  
Sopelland,  
9





Emilio  
Medellin,  
6



Eduardo Gonzalez, 14



**My name is Kelli Cravins.  
My real name is Kelli, or as my friends call me Kelli Bellie.  
I am a tiger because I am strong, confident, intelligent, and rare.  
In my heart is a shield I use to constantly protect myself.  
Determination is written across my forehead because I can achieve anything I put my mind to and I won't let anything or anyone stop me.  
I love the smell of food because it reminds me of family.  
The smell I hate is smoke.  
I love the sound of a muscle car.  
The sound I hate is screaming.  
My favorite time a day is midnight because it is quiet and I have the whole house to myself.  
If my hands could speak they would tell my stories of my life.  
My dad always would say, "You can do anything."**

Kelli Cravins, 18



## SADNESS OF A DOG

I went to Mexico for a vacation, but it turned out that I'm in a hospital. This is a picture of my dog, his name is Oso and his name means bear. Oso looks sad, so that is why I named it "Sadness of a Dog." I think he misses me, but he would want to see all four of us, not just me. I love and watch Japanese anime single day.



Fernanda  
Cuevas, 13





# Gabrielle Billeaud, 9

I like the artwork class the best, and the IV the worst.





Jillian  
Desmond,  
17



You turn on that T.V.  
And on the screen there's that  
famous  
Model that's about 20-50 pounds  
underweight  
Wearing pounds of makeup  
High heels with high fashion  
And crying because she had a  
Very emotional break down  
Of how hard she works to make  
herself good enough  
For the standards of beauty in the  
world.

You look at her and see such a  
gorgeous person  
You want to be just like her  
You'll do anything  
Eating disorders  
Makeup to the max  
Spending all your money on clothes  
Wearing shoes that literally kill your  
feet

Alexis Barsky, 13

Why is it that the price of beauty  
now  
Has to be damaging to our health?

What happened to the definition of  
beauty  
What happened to beauty itself?

In society today  
Beauty and appearance are taken for  
granted  
If you're not at least appealing;  
You're not a part of society  
You're just the loner

When did this become right?

What happened to beauty consisting  
of:  
The heart,  
The soul,  
The mind?

BEAUTY

In today's world;  
You have to be skinny  
Just to fit in with everyone

Beauty used to be;  
Having a heart.

With no heart dear,  
Then, only are you then,  
Just a complete Barbie doll.

I'm happy that I realize achieving  
perfection isn't beauty.  
Beauty is where the heart lies.  
I think beauty is;  
When someone can love after being  
hurt.  
Be so happy after being so sad for so  
long.  
Look at the bright side when they've  
been blinded for so long.





MOMMY,  
DADDY,  
AND BABY'S  
HOUSE

I love to paint,  
draw, and  
color pictures  
with crayons.

Geetika Gopidas, 3



Saim  
Merry,  
16









Michelle  
Hosking, 9

I like to do artwork because  
it's fun!



## THE FLOWER OF LIFE

Heather Ford, 16

It was a warm and sunny day.  
I walked outside to play.  
I was running around  
And you will never guess what I found.  
It was a beautiful blooming flower.  
The color pink and as tall as a tower.  
It was so bright.  
It was like looking into car headlights.  
This flower was amazing.  
It is what motivates me to live life not  
so lazy.



I like the whole folding of the little squares, reminds me of drafting and geometry.

Michael  
Vera, 18



Clayton  
McDonald,  
17

I like skipping in fields of dandelions and gazelles.





Christina  
Dessert, 15



Madison Kitz, 9

OBSTACLE COURSE

30





## Gabe Morisch, 16

Gabe's mother says: "Hero"...That is the only word to describe my son Gabe Morisch. Gabe left such great memories for all of us that no words can possibly describe. Gabe's love lives on through all of us and his memory will be truly embraced by so many each day!. Gabe woke each day with hope, kindness, enthusiasm and the biggest smile ever. He loved skateboarding, karate, movies, playing guitar hero, playing his drums and real guitar, he loved music of all kinds, his ipod and especially being with his family and friends. He loved to hang out at the skate park doing tricks and teaching others, camping and just living life to its fullest each day. We are all so proud of him.

Stanford and the staff were outstanding in providing Gabe and our family with the best care and love....something we will never forget. Gabe would have been the first person in line to promote the wonderful atmosphere, personnel, and care of all the hospital staff during his treatment. His artwork is a testimony to one of his life's accomplishments. The "420" pastel was something he was so proud of and had a great meaning to him...a beginning and an end. Gabe gave my life a purpose and I will live on knowing I had the most wonderful son a mother could have possibly hoped for. May each family going through cancer find comfort knowing that Stanford is the best place for their child to experience the hope and quality care each deserve. Thank you to everyone for a job well done. A special place in my heart to my oldest son Neil and my sister Susan for helping me care for Gabe's special needs at home during his final journey. Gabe's memory will live on forever! My love and thanks to everyone else who assisted that I have not personally mentioned; each of you know who you are. Blessed Be...And may your lives be as blessed as Gabe's!





Olivia

Hanke, 14

This is my cat, Snickers.  
I love her so much! I  
really miss her so I  
decided to paint her.

Sukayna Alugaili, 4







Emily Heinzen, 11

Jennifer Angelina  
Hernandez, 6



I would like to thank the nurses  
and staff for being so caring and  
helpful!







Sabrina  
Bedrosian, 15



This poem and drawing represent the HOPE I have to recover from my eating disorder

## POEM

Is am a child stuck inside of Satan's lies  
I am weary for I know my heart is not with God  
I am scared because I don't know what to believe  
So I search for God  
As I search for God  
Then I see the light and I'm filled with His glory

I am a child stuck inside of Satan's lies  
I am critical of myself  
I must meet certain standards to feel good about myself  
So I search for God  
As I search for God  
Then I see I am totally forgiven and fully pleasing to God

I am a child stuck inside of Satan's lies  
I am uncomfortable around those who are different than me  
I must be approved by certain people to accept myself  
So I search for God  
As I search for God  
Then I see I am totally accepted by God

I am a child stuck inside of Satan's lies  
I am afraid of what God may do to punish me  
I believe I am unworthy of love and deserve to be condemned

So I search for God  
As I search for God  
Then I see that I am deeply loved by God

I am a child stuck inside of Satan's lies  
I am generally disgusted with myself  
I am what I am, I cannot change, I am hopeless  
So I search for God  
As I search for God  
Then I see I am a new, absolutely complete person in Christ

I am a child filled with God's Truth  
I am totally forgiven and fully pleasing to God  
I am totally accepted by God  
I am deeply loved by God  
I am a new, absolutely complete person in Christ  
I am no longer stuck inside of Satan's lies I no longer have to search for God  
I have found Him

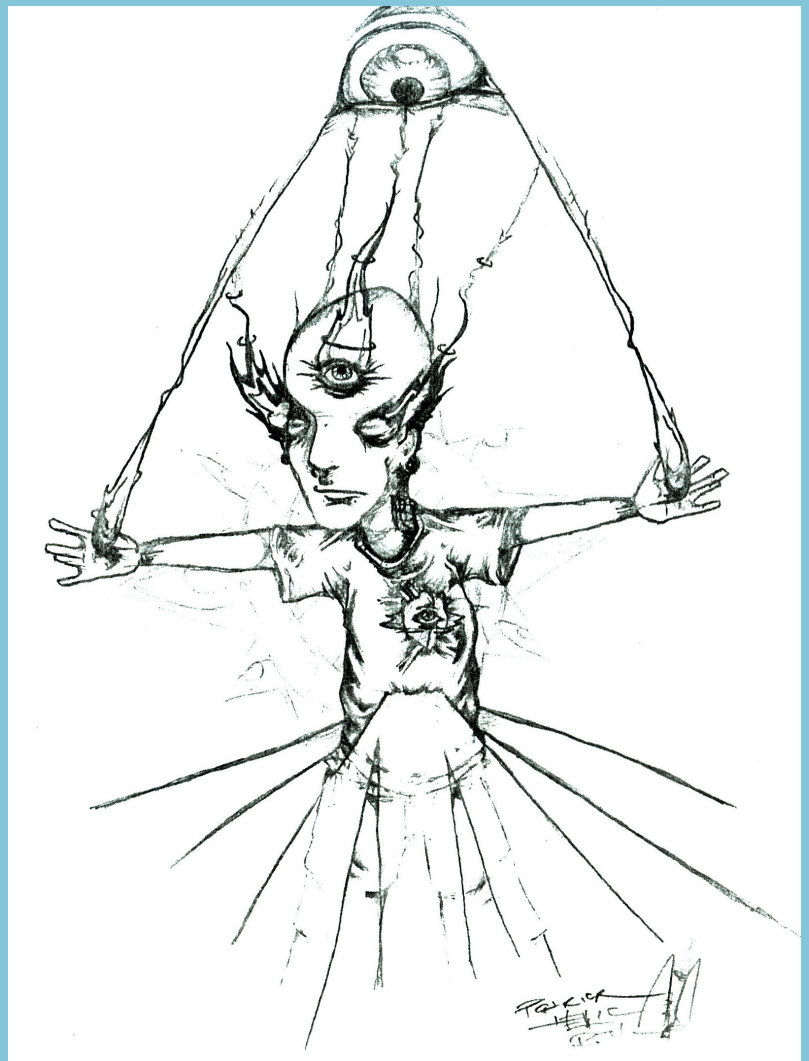
I am a child filled with God's truth  
I have replaced Satan's lies with God's truth  
I fully love and accept myself because I am completely loved and accepted by God  
I am fearfully and wonderfully made



# CONSCIOUSNESS

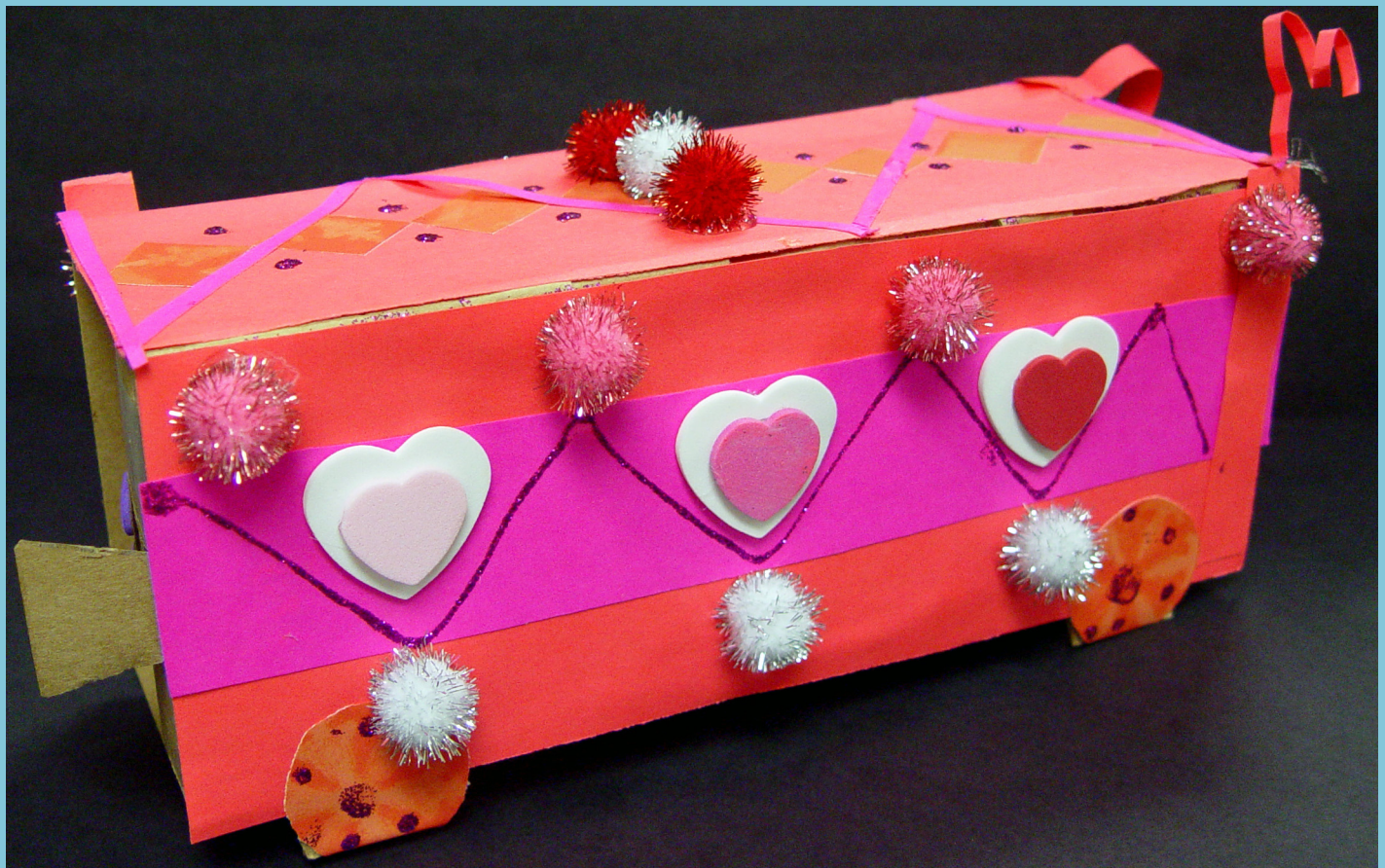
Patrick  
Herrmann, 21

I am a cartoonist and  
tattoo artist. I was  
diagnosed with small  
round blue cell tumor  
out of the blue and  
have been searching  
for a comfort in case  
everything doesn't go  
as planned.



Melissa Wright, 17

I made this bus for Valentine's  
day, the Love Bus, and I like pink.







Yesenia  
Soria, 13

I enjoy art, computers  
and being with my  
friends and family.



Brooke Marsal, 16



Boomer  
Taylor Luce 12



BOOMER

This is my cat Boomer. I miss him when I come to Stanford.

Taylor Luce, 12



Sonja  
Hazelton, 14





# ART WITH CASEY AND MY FAMILY



Lily  
Blanchard, 5



I love anything. I have 3 dogs and a horse. When I come home from the hospital, I am getting a kitten. I love to read stories and make rhymes.



I am a 7th grader that plays the flute and piano, and I'm now learning to play the guitar. I'm an anime artist, and want to be an author. I'm recovering well, and loved my treatment at Stanford. Thanks so much Dr. Edwards for everything you did!





SOCCER BANK

Martin Gomez, 16

I'm planning on becoming a professional soccer player and getting lots of money.



# Ajmer Cabaluna, 13



When I was 5 years old, I was in my room by myself early in the morning, while my Dad and Mom were outside. In my room we have a statue of Sacred Heart of Jesus. I looked at him. Two seconds later, an image came out from the statue. It came to me and hugged me tight, and I believed it wasn't a dream because I was so wide awake! Jesus said, "Ajmer, be a priest." So, God has a plan for me. Even though I have leukemia, I have a strong faith that I'm gonna be okay, because God loves me much!



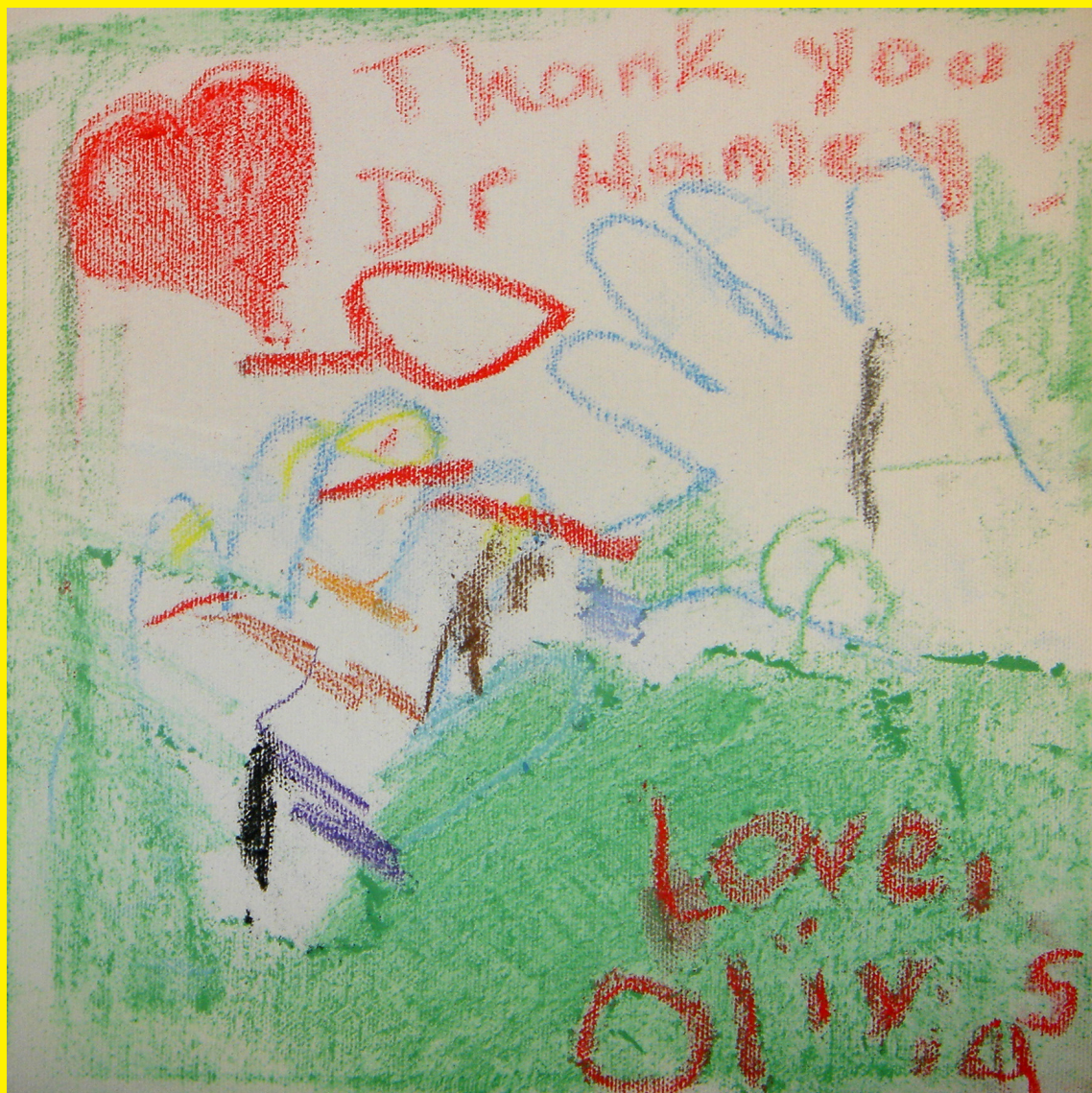
# Theresa Maloafua Leafa, 17



# UNBREAK MY HEART!

Olivia  
Dalton, 6

I love Dr. Hanley.  
I am pink - not  
blue- anymore.  
Thank you!  
Olivia's mother  
says: Thank you  
Dr. Hanley and  
LPCH for giving  
our baby a life.  
We love you!



# POOL TIME FUN

I'm 16 years old  
and really  
enjoy expressing  
myself through  
creativity.

Brittany Ghollson, 16







## THE KIDS' HOSPITAL

Jacqueline Alvarez, 9

Being in the hospital inspired me to paint this picture. I think that my painting is colorful, nice, and appropriate. It reminds me of when I was at the doctor for diabetes. I don't like it when they inject me for the diabetes. I am afraid of the needles, but I know I have to be brave, and I have learned to give myself the injections.



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Healing HeARTs work at Ronald McDonald House is a component of the Healing Arts program.

The Children's Health Council hosts an art therapy program for children who are facing or who have faced medical difficulties. Art therapy is a form of psychotherapy that utilizes art-making as a part of the treatment process. The Healing HeARTs program works closely with CHC art therapist Jo Wallace in coordinating contributions to the project.

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REALITY  
AND  
FICTION  
Raymond  
Alaniz, 11



I drew this when I finished my last round of chemo. I was thinking about having chemo and about my great-grandma and how she passed away, and how that was really hard.

I drew reality on the left side. There I drew a sun, a tree with the sun on it and some shadow, and a normal flower with some grass. I also created a fiction side on the right, where the sun was yellow, wearing glasses and looking goofy, and the sunflower has its tongue sticking out.

I'm in reality right now, I'm not in my other world where things were fiction and everything was just fine. Right now, everything is happening to me: my great-grandma passed away, I got diagnosed with cancer, and it was very hard. That's why I put "reality" and "hard" in the picture.





Hana Vasquez-Stading, 12



I drew this bull from a book about animals. When I left the hospital, I was most looking forward to seeing my friends at home in Nevada.