

FACING THE FUTURE



FFC recognizes that children with craniofacial differences are at greater risk for bullying. Plus, they must endure surgeries and procedures – an experience that most other children don't share. Both these factors can result in low self-esteem and anxiety. Over the past year, FFC has been exploring how we as parents and professionals can foster resiliency in our children. On October 25, 2014, we made our first step toward this goal by hosting a new educational program for craniofacial families: "Facing the World: Optimal Strategies for Children & Families with a Facial Difference." The meeting began with a lecture by Dr. Elisa Bronfman, PhD, who laid the groundwork for promoting a positive identity as well as strategies for dealing with bullying, staring and coping with anxiety. The participants then split into smaller break-out sessions led by Laura Gray, PhD, Melissa Cousino, PhD, Kiara Alvarez, PhD, and Eric Riklin, BA.

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Stepping Out for Our Children and Their Families

This year, close to 500 family members, friends and Boston Children's Hospital staff turned out for the 18th annual FFC Walk and Family Picnic on Saturday, September 13, 2014. Supporters raised more than \$65,000 through donations, a raffle and the silent auction that was introduced this year. These funds will be used to further FFC's educational outreach through free publications, videos, informational programs, the Foundation's website and the annual student scholarship awards.

The event kicked off with registration, mingling and breakfast provided by Erik Lania. Following the 3.5 mile loop walk around Lake Quannapowitt in Wakefield, everyone enjoyed a family picnic under the big tent featuring a delicious and nutritious lunch provided by Whole Foods Market Lynnfield.

"We are so appreciative of the time and commitment that Whole Foods put into planning such a wonderful picnic lunch for our walkers" says Monir Sakha, Food Chair for the Walk, "and the walk participants definitely seemed to enjoy it!" Following lunch, festive music played while children enjoyed activities including clowns, face painting, tattoo art, coloring, a scavenger hunt and a soccer clinic.

For a third year, Smile Striders, individuals who raised over \$750 online by August 31, were recognized for their extraordinary commitment to FFC fundraising. Our deep gratitude goes to each of this year's Smile Striders: Brianna Bedard, Aimee Bellew, Hailee Bergeron, Kerri Chatten,

Olivia Chaves, Maggie Connor, Melissa Doucette Clericuzio, Tara Greiner, Michael Greiner, Diann Hall, Brenda Lee, Owen Murphy, Meera Oliva, Jared Popkin, Michelle Riley, Devon Sorrentino, Monica Trivedi, Sue Underwald, Paul Ward and Brenda Yorba.

"Overall it was a wonderful event and day," says Ursula Costigan, 2014 Walk Chair. "Our goal is to create a positive experience for all of the families and friends that participate so people will make this an annual tradition and return for next year's event." Plan ahead and mark your calendar for our 19th Annual Paces for Faces Walk and Family Picnic, scheduled for Sunday, October 4, 2015!

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Congratulations and thank you to this year's Walk Committee for their tireless work before, during and after the walk. It takes a strong, committed

team of individuals working together to put on the walk each year—from registration and food, to raffle and auction donations, to planning the various children's activities, and more. This year's team of volunteers included Ursula Costigan (chair), Patricia Connery, Monir Sakha, Liz and Logan O'Keefe, Jennifer Dodwell, Tara Greiner, Leah Dion, Jeremiah Gordon, Jane and Lauren Dausch, and Julie O'Neil. Thank you also to the members of the FFC Board of Directors who worked alongside committee

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2014
Paces
for **Faces**
Walk Family Picnic

Inside:
More Walk
Photos!





In Your Own Words

By Jennifer Dodwell

As someone who was born with hemifacial microsomia, I certainly had my fair share of surgeries and doctors appointments growing up. By the time I was fifteen, I had been through thirteen surgeries, or roughly one per summer. As I'm sure almost everyone reading this can relate to, surgeries are

never pleasant or fun. However, when I was in middle school—and especially in high school—I experienced a much greater pain from time to time than the physical pain of surgery. A hopeless romantic, I had always wanted to experience what it was like to be in a relationship and to fall in love. Yet, I often felt as if fate had slammed a giant, bolted door in my face that would forever keep me out from that beautiful world on the other side. I often felt that world could only be accessed by those whose faces were symmetrical. By those who turned heads in a crowd not out of curiosity and occasionally even fear, but out of admiration for their physical conformity to advertising industry and Hollywood standards.

To make matters worse, these feelings were validated by actual life experiences. I would ask guys to dance at school dances, or express my interest, only to have them convey that they didn't find me attractive. Yet, as mean as what they told me felt, I knew that they weren't actually trying to be mean. They were just being honest. Nevertheless, after a while, I started to feel very dejected and helpless in this one area of my life. It felt like, since I had only ever been rejected thus far, that was how it was always going to be. I started to think of all the voices that told me "no" as the authorities on the subject. That their opinions about whether I was likeable were not opinions, but rather fact. And why wouldn't I think that? Wasn't it backed up by every magazine article I read on the subject; every movie; every TV show, every billboard, every website? In my mind, the verdict had been read. The world's vote was unanimous.

And yet—life is full of wonderful surprises. It has a strange way of sneaking up behind us, tapping us on the shoulder, and saying, "hey, why don't you look over here, I think you may have missed something?" As I look back now from my new vantage point—that of a woman who will be married to the love of my life in less than five days—I indeed realize that I

had been missing a lot during those high school years when I thought I'd never find anyone. At the time, I had believed (in my limited life experience) that the particular points of view that just happened to be the loudest and most accessible to me at the time were the only points of view out there. However, that could not have been further from the truth.

The truth is that there are over 6 billion people on this planet, plenty of whom will look deeper than narrowly-defined beauty conventions to discover something more lasting and meaningful. My fiance, who is one of the most generous, loving, kind and worldly people I have ever met, is one of them. The truth is also that—once you believe you can find them—and that you are worthy of finding them—you are infinitely better positioned for the quest. In my own experience, it was once I had internalized these truths that I had the courage to put myself out there until I had found true love. ❤️



Photography: Briana Moore, www.brianamoore.com



Ursula Costigan, Walk Chair, and Monir Sakha, Food Chair, accept bouquets of thanks from the FFC board.

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members on the day of the event and to all those who volunteered that day to ensure the walk's success. Let us know if you are interested in serving on next year's walk committee or volunteering in any way to help on the day of the walk. You can email us at walk@facesofchildren.org or call us at 617-355-8299.

Last, many thanks to the individuals, families and businesses who donated to this year's raffle and silent auction which raised \$2,500. Visit www.pacesforfaces.com for a full list of this year's patrons. A special thank you also goes to Depuy Synthes (\$1,000 bronze level corporate sponsor), for supporting the 2014 Paces for Faces Walk and Family Picnic.

Looking forward to seeing you all next year! 🍷

On Saturday August 23, 2014, FFC friends and supporters Brianna Bedard and her mother Stephanie Letendre Bedard, along with their family and friends, held a

FROZEN in Support of FFC

“Frozen Family Fun Night” fundraiser for the 2014 Paces for Faces Walk and Family Picnic. Bev and Jim Simcock, owners of Simcock Farm in Swansea, Massachusetts, donated the space for the event as well as ice cream to serve more than 200 people. Numerous local businesses and volunteers donated their time and services which featured free massages, Reiki treatments, raffles and face painting. These businesses included Waves in Motion, Peace and Love Light Reiki, and Teamworks (Somerset, Mass.) as well as A Piece of Cake Parties, The Amazing Dog Trainer and Grandma Cupcake (Swansea, Mass.). Children had the opportunity to be photographed with the characters “Anna” and “Elsa” from the family-favorite movie “Frozen.” FFC is grateful for the support and the terrific night of fun that the event provided. All proceeds were donated to the 2014 Paces for Faces Walk and Family Picnic.



2014
Paces for Faces
Walk Family Picnic





Pictured from left to right are Olivia Oppel, RN and Mary Lania, RN, program organizers; Dr. Elisa Bronfman, PhD, lecturer; and the break-out session presenters -- Kiara Alvarez, PhD; Laura Gray, PhD; Melissa Cousino, PhD; and Erik Riklin, BA.

Groups discussed the psychological and social impact resulting from facial differences as well as strategies for healthy coping through relaxation of mind and body. The interactive sessions centered around identifying and adapting to stressful situations, fostering parental support and learning techniques to elicit a relaxation response and build resiliency. The program serves as a starting point toward offering better psychological support to our craniofacial families. Participant evaluation of the program revealed that it was helpful, informative

and supportive. Attendees wished for future programs built on many of the same themes. We hope to be offering a spring program focusing on mindfulness and the relaxation response as the key to building resiliency. Watch for details in the coming months. 📺

FFC Welcomes Dr. Resnick to the Team!

Cory Resnick, DMD, MD, is the newest addition to the Boston Children's Hospital Craniofacial Team. The son of a general dentist, Dr. Resnick was born and raised in St. Petersburg, Florida. He followed in his father's footsteps, attending college and dental school at the University of Pennsylvania. He then moved to Boston to earn his MD from Harvard Medical School, afterwards completing his residency in Oral and Maxillofacial Surgery at the Massachusetts General Hospital.

During his residency, Dr. Resnick was mentored by Dr. Leonard Kaban, a pediatric oral and maxillofacial surgeon, and Chief of Oral and Maxillofacial Surgery at Massachusetts General Hospital. Dr. Resnick also rotated to Boston Children's and worked closely with Drs. Bonnie Padwa and John Mulliken. It is during this time that Dr. Resnick fell in love with craniofacial surgery. Following residency, Dr. Resnick spent two years in private practice before returning to Children's in November, 2013 as full-time staff. With his special interests in patients with Robin sequence, hemifacial microsomia, Crouzon and Apert syndromes, Dr. Resnick is excited to be a member of the Craniofacial Team.

On a personal note, Dr. Resnick is married to Dr. Anthea Resnick, an orthodontist in Newton. Drs. Resnick have 3 children: twin boys Joshua and Jayden (3 years old) and Natalie (3 months old). They recently moved to Newton, where, coincidentally, they now live across the street from Meera Oliva (former VP of Fundraising for FFC). 📺



Drs. Resnick are settling into their new home with baby Natalie and sons Joshua and Jayden.



FOUNDATION FOR Faces of Children

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Connect Online

The Foundation for Faces of Children is dedicated to improving the lives of children with craniofacial differences, including cleft lip, cleft palate, and other head and facial conditions.

Our mission is to:

- Provide patients and families with the most accurate, up-to-date, and accessible information about facial differences.
- Advocate for the best care possible for children with facial differences.

We achieve this by:

- Collaborating with leading specialists.
- Endorsing the team approach to care.
- Partnering with individuals and organizations with similar goals.

We are a not-for-profit organization entirely supported by private donations, grants, and fund-raising initiatives. Please contact us if you would like to participate in or sponsor a fundraising event.

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