

The Beach Event of Children with Crohn's and Colitis in Israel

**The Anne and Joe Turner Pediatric IBD Center,
Shaare Zedek Medical Center, Jerusalem
and the Crohns and Colitis Foundation of Israel (CCFI)**

May 31st, 2013

It wasn't just another regular Friday at Ashdod's Beach. It was an incredible end of the year event for youth coping with inflammatory bowel diseases and for their parents that will be fondly remembered by the participants for a long time.



The festive summer event of the Anne and Joe Turner Pediatric IBD Center at Shaare Zedek Medical Center and the CCFI marked the end of another great year of activity. Each month, youth coping with Crohn's and Colitis and their parents from across Israel, gather at Shaare Zedek or in unique nature sites for very special coping workshops, sponsored also by the **IBD Support Foundation (IBD-SF)** headed by **Ms Marci Reiss**. The intimate atmosphere at these meetings enables the discussion of painful topics with an insider's smile and the private jokes of those who share a

common burden. The kids who have been with the group for several years are already a cohesive bunch, close friends who understand one another, share, and look forward to the next opportunity to get together, always welcome in the newest to the group.

Back to the beach... On a summer Friday morning, approximately 250 parents and children gathered at the beach for sign up, t-shirt and hat distribution, and lots of sun block, very important for IBD kids. Participants then stopped by informational booths jointly staffed by Shaare Zedek and CCFI reps, dispensing crucial information and updates on rights at the National Insurance Institute and at school, optimal nutrition and issues pertaining to military service at the IDF.

After an opening session featuring greetings by **Prof. Dan Turner**, Head of Pediatric Gastroenterology and the Pediatric IBD Center at Shaare Zedek, **Eyal Tzur, Adv.**, Chairman of the CCFI, as well as the Director General of the Ashdod municipality, the children set off for an exciting cruise including mid-sea group dynamics. The activities were led by Psychologist **Udi Danker** who has accompanied the groups since their establishment and Art therapist **Judy Reshef**.

In parallel to the children's activities, the parents divided into small circles for heart-to-hearts with top pediatric IBD specialists: **Prof. Dan Turner** of Shaare Zedek who founded the coping workshops, addressed ulcerative colitis; **Dr. Baruch Yerushalmi** of Soroka talked about Crohn's disease with biological drugs; **Prof. Arie Levine** of Wolfson hospital addressed Crohn's disease without biological drugs; **Dr. Raffi Lev-Tzion** of Shaare Zedek led the discussion within the group of parents of youth newly diagnosed with Crohn's disease.

The group activities were followed by an engaging encounter with **Yael Bazak**, Coach and Parent Instructor, and **Osnat Levi-Sokolover**, Emotional Therapist. This session addressed a new perspective for parents handling common everyday situations arising when raising teens with IBDs.



Back on shore, the kids received popsicles and energetically constructed rafts, under the guidance of the cool counselors from **Canaan**. The make-shift raft construction and introduction into the water provided lots of splashes and laughs.

After the kids and parents gathered for a hearty cook-out lunch by **Brunch Ltd.** In parallel, **BaaBua** provided fun with huge bubbles. It was a much needed relaxation after the morning's effort.



The electric atmosphere peaked with the appearance of Israeli The Voice star Yuval Dayan who happily distributed signatures, provided plenty of photo-ops and sang with her excited young fans.



The Facebook Page of the Anne and Joe Turner Pediatric IBD Center at Shaare Zedek has become an instant hit! Youth post frequently, comforting and encouraging one another and posting lots of pictures. They're having a great time! The group is a closed, discrete forum by approval of request only. All invited!

For more pictures of this amazing event click here:

<https://picasaweb.google.com/114661406449362383542/nkJLtE?authkey=Gv1sRgCL2cjO66usmnZw&feat=email#>