

Welcome to THE ZONE

Young patients at Mount Sinai—and their families—now have a place of their own to play, learn, laugh and relax. The Zone is a state-of-the-art environment that meets the special needs of children coping with illness and hospitalization.

Open seven days a week during flexible hours, The Zone is available to all children (ages four and older) that receive care within the Department of Pediatrics at the Kravis Children's Hospital at Mount Sinai. Medical clearance is required.

The Zone is staffed by full-time Child-Life Specialists, Child-Life Assistants, graduate interns, and a full time pediatric librarian. Numerous consultants and volunteers share their talents in art, music, cooking, knitting, and more. A CPR-certified staff member is on the premise at all times.

For more information about The Zone, please call 212-241-0565.



How You Can Help

Volunteers help make The Zone programs and activities available to as many children and families as possible. You do not need to have a special skill or talent to be a valuable member

of the team. If you are interested in volunteering, please contact:

Cheryl Strauss

The Zone Clinical Coordinator

212-241-0565 or cheryl.strauss@mountsinai.org.

For information on making a financial contribution to The Zone, please contact Ms. Strauss (see above) or:

Diane Rode

Director, Child Life and Creative Arts Therapy Department

212-241-8024 or diane.rode@mountsinai.org



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Mount
Sinai



THE ZONE



A therapeutic and educational play environment for pediatric patients and their families at the Kravis Children's Hospital at Mount Sinai



Photos: Thomas Rollo, Grace Studio

The Story Behind The Zone

The Zone at the Kravis Children's Hospital at Mount Sinai is the fifth facility of its kind to be created and funded by the Garth Brooks Teammates for Kids Foundation and The Troy Aikman Foundation. Under the leadership of country music star, Garth Brooks, and Hall of Fame legend, Troy Aikman, these organizations have made possible a unique therapeutic space in New York City with an enduring legacy. Additional support for The Zone comes from the Starlight Starbright Children's Foundation and The Mount Sinai Children's Center Foundation, as well as individual donors committed to helping seriously ill children and their families.

What Will I Find at The Zone?

KIDZONE TV: KidZone TV is the first live, interactive broadcast studio in a children's hospital in the world and offers live and pre-recorded programming for viewing within the hospital. Children in The Zone can participate in program production behind and in front of the cameras, learning new skills and sharing them with others. Those who are confined to their room can participate in a range of activities broadcast on KidZone TV, such as games shows and question and answer sessions with musicians, actors, magicians, and sports stars.



THE ZONE PLAYBOOK: This comfortably-furnished lounge is a great place to relax with a good book, or share a quiet conversation, away from the medical units.

THE ZONE THEATER: Children and their families come to The Zone Theater for first-run movies and live entertainment. This space is also used for other group activities including music therapy, pet-assisted therapy, and parties of all kinds. The Zone Theater also houses fun centers, where patients can play Nintendo games, and the Starlight Starbright computers, where patients can go online to connect with other hospitalized children across the country through a special Starbright World network.



THE ZONE FAMILY RESOURCE CENTER: Children and their families can learn more about their condition and their treatment with the help of The Zone's full-time pediatric medical librarian in this state-of-the-art library. The Center faces Central Park and is also available for other activities such as support groups meetings and school sessions.

THE HUDDLENET: This open, airy, recreation area is the setting for organized and informal play and art activities. Facilities include The Kids Zone, The Teen Zone, a full kitchen, the Garth Brooks Stage (a performing space for children and celebrity guests), computers, and game tables. A printed schedule of activities is available in The Zone.



THE QUIET ROOM: In this special room, certified practitioners provide healing services such as massage, meditation, and yoga. In addition, the Pediatric Chaplain at Mount Sinai conducts weekly healing circles and open chaplaincy consultation sessions, non-denominational sessions that help address the spiritual needs of patients and families.

LEARNING AT THE ZONE: To help hospitalized children keep up with their schoolwork, New York State-certified teachers conduct lessons in The Zone every weekday during the academic year. This program is funded by the New York City Department of Education.