

**Immediate Release**

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## **Elena Delle Donne to Participate at First State School Camp**

(WILMINGTON, Del. – Dec. 5) Olympic gold medalist and international basketball star Elena Delle Donne will visit the First State School Camp at [Christiana Care Health System](#)'s Wilmington Hospital on Wednesday, Dec. 7<sup>th</sup> from 10 a.m. to 11:30 a.m. to encourage the school's students to make exercise a way of life.

Delle Donne, a Delaware native who serves as a Christiana Care spokesperson, will participate in physical activities with the students that include basketball-related games and fitness tips.

"I personally have dealt with balancing the difficulties of exercising and staying fit while dealing with Lyme disease, a chronic illness," Delle Donne said. "I look forward to sharing my tips and experiences to help the students at the First State School Camp."

Located in Wilmington Hospital, the First State School gives children and adolescents who would otherwise be homebound with serious chronic illnesses the chance to attend school with their peers while they get the medical treatment they need. The First State School offers kindergarten through high-school education to children with diabetes, sickle-cell anemia, severe asthma, cancer and other illnesses that preclude attendance at regular school.

The program – one of only three in operation nationwide – is a collaborative effort by Christiana Care and the Delaware Department of Education through the Red Clay School District. The first school of its kind in the United States, First State School serves as a quality model for the care of chronically ill children and adolescents for the American College of Physician Executives.

The First State School Camp encourages students to adopt healthy lifestyles. Christiana Care Sports Medicine physicians and First State School recreational therapists will be on hand to help the students.

"We are grateful that Elena is so committed to teaching our students new and fun activities that they can do to maintain a healthy lifestyle and achieve optimal health," said Elizabeth Houser, MSN, APRN, First State School program director.

Delle Donne, who was born at Christiana Hospital in 1989, is a former Ursuline Academy and University of Delaware player who became one of the most highly touted women's basketball

recruits. As a Christiana Care spokesperson, Delle Donne serves as a guest wellness blogger for Christiana Care, sharing tips for eating healthy and staying active, as well as promoting the importance of forming active partnerships with your doctors and other health care providers.

Delle Donne, who won a gold medal with Team USA during the 2016 Olympic Games in Rio, was the 2015 WNBA MVP. The league's Rookie of the Year in 2013, Delle Donne is a two-time All-WNBA First Team member and three-time All-Star who holds the WNBA record for consecutive free throws made. The University of Delaware graduate was named the CAA Female Scholar-Athlete of the Year in 2013.

### **About Christiana Care Health System**

Christiana Care Health System is one of the country's largest health care systems, ranking as the 21st leading hospital in the nation and 10th on the East Coast in terms of admissions. The health system includes The Medical Group of Christiana Care, a network of primary care physicians, medical and surgical specialists as well as home health care, preventive medicine, rehabilitation services and patient/family advisors for core health care services. A not-for-profit teaching hospital affiliated with Sidney Kimmel Medical College at Thomas Jefferson University, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services. Christiana Care has an extensive range of outpatient services, and through Christiana Care Quality Partners, Christiana Care works closely with its medical staff to achieve better health, better access to care and lower cost. Christiana Care is home to Delaware's only Level I trauma center, the highest capability center and the only one of its kind between Philadelphia and Baltimore. Christiana Care features a Level III neonatal intensive care unit, the only delivering hospital in Delaware that offers this highest level of care to the most critically ill newborns. Christiana Care includes two hospitals with 1,100 patient beds. For more information about Christiana Care, visit [www.christianacare.org/whoweare](http://www.christianacare.org/whoweare).

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