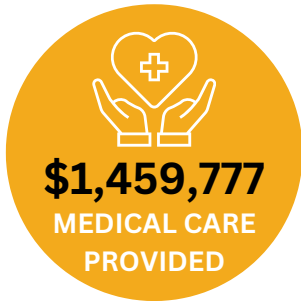




Fresh Start *Surgical Gifts* Quarterly Impact Newsletter

2025

In July, August, & September:



Join Us November 15th at the Gala and Welcome Fresh Start Patient Adele

Adele was diagnosed with a rare form of childhood eye cancer, and had her eye removed at a very young age. Growing up, she faced not only medical challenges but also bullying from her peers.

Thanks to Fresh Start's volunteer medical team, Adele received a prosthetic eye that restored her confidence and helped her embrace life with joy and strength.

We're honored to have Adele as our patient speaker at the 34th Annual Butterfly Ball on November 15th — a night of celebration, inspiration, and impact.

🎟 Tickets are still available — [Click here to join us!](#)
Help make more stories like Adele's possible.



BEAUTIFUL OUTCOMES



Honoring Dr. Mitchell: 2025 Weezie's Angel Healthcare Hero

We're proud to celebrate Fresh Start volunteer Ian Mitchell, M.D., who has been honored as the 2025 Weezie's Angel Healthcare Hero by the Batz Patient Safety Foundation. Recognized for his leadership in Patient and Family Advisory Committees and advocacy for patient-centered care, this award also reflects his exceptional work with Fresh Start.



Ian Mitchell, M.D.



Dr. Mitchell played a key role in launching our San Antonio program with University Health, helping bring life-changing reconstructive care to more children. Inspired by his own surgical experience as a teenager, he lives by the philosophy "What if this was my kid?" — a mindset that guides every interaction with families. Thank you, Dr. Mitchell, for leading with compassion and helping shape a safer, more caring future for patients everywhere!

Unbranded for a Fresh Start: Healing Through Strong Community Partnerships



The [Unbranded for a Fresh Start](#) program continues to grow through powerful collaborations across San Diego. While we provide one vital piece of the healing journey—restoring confidence through tattoo removal and scar revision—we know true recovery requires a network of support. That's why we're proud to partner with organizations who walk alongside survivors every step of the way. We're proud to work alongside [One Safe Place \(North & South\)](#), [Your Safe Place](#), [GenerateHope](#), [Alabaster Jar](#), [San Diego Youth Services](#), [CIH](#), and the [San Diego District Attorney's office](#), and [You Can Stop Human Trafficking campaign](#) — and more. Together, we're helping survivors heal with dignity.





Tanmay Shivananda, M.D.



Volunteer Highlight: Tanmay Shivananda, M.D.

We are grateful for Dr. Tanmay Shivananda, a board-certified pediatric anesthesiologist who volunteers his expertise to support our Surgery Weekends.

A graduate of Georgetown University School of Medicine, Dr. Shivananda completed his residency at UC San Diego and fellowship at Children's Hospital Los Angeles. He currently practices at Rady Children's Hospital San Diego.

Thank you, Dr. Shivananda, for helping our patients receive safe and compassionate care.

San Diego Surgery Weekend July & September 2025



Our July and September Surgery Weekends at Rady Children's Hospital brought powerful transformation to children and families across San Diego. From cleft repairs and scar revisions to hand reconstruction, eye muscle correction, and microtia ear reconstruction, every procedure was provided at absolutely no cost — and every child walked away with renewed confidence and a fresh start.

These weekends were made possible by the extraordinary generosity of our medical volunteers. Our surgical teams included **Greg Ostrow, M.D., Katherine Hinchcliff, M.D., Michael Brucker, M.D., Janet Chao, M.D., Jodi McGrady, D.D.S., Melissa Kanack, M.D., Victor Chung, M.D., Madeleine Jackson, M.D., Asa Morton, M.D., Grant McGann, M.D., and Ritvik Mehta, M.D.** We are also deeply grateful to the anesthesiologists who ensured each child received safe and compassionate care, including **Steve Yun, M.D., Travis Baker, M.D., Gloria Hwang, M.D., Anna Jackson, M.D., Alyssa Brzenski, M.D., Tanmay Shivananda, M.D., and Mark Landon, M.D.**



Thanks to these dedicated providers, children are now seeing more clearly, breathing more easily, using their hands with confidence, sleeping without pain, and stepping into life with newfound self-esteem. From all of us at Fresh Start, thank you for turning surgery weekends into life-changing beginnings.



Welcome, Traci — and Congratulations!

Fresh Start Surgical Gifts is thrilled to welcome **Traci Balandran, BSN, RN, NE-BC, CLEC, LNC**, as our new Chief Medical Programs Officer!



Traci Balandran
BSN, RN, NE-BC, CLEC, LNC
Chief Medical Program Officer

Traci joined us this summer and has already brought tremendous leadership, compassion and vision to our medical programs. With decades of experience in clinical operations and patient care excellence, she is helping guide Fresh Start into an exciting new chapter of growth as we expand services across the U.S. and beyond.

We are also proud to announce that Traci has been nationally recognized as a **Top Chief Medical Programs Officer for 2025 by Today's Nurse**. She will be featured in their upcoming **Worldwide Leaders in Healthcare publication** — a well-deserved spotlight on her dedication to the patients and communities she serves.

Please join us in congratulating Traci on this achievement and officially welcoming her to the Fresh Start family. We are honored to have her leading our medical mission — and the best is yet to come!

Class for a Cause — Fitness with Purpose!

This fall, Fresh Start teamed up with [Affirmations of Wellness Yoga Studio](#) and [Coastal Core Pilates](#) for our Class for a Cause series in San Diego. Participants enjoyed uplifting fitness sessions while giving back — with every \$10 donated directly supporting Fresh Start kids. It was a fun and meaningful way to stay healthy, build community, and make a real difference in a child's life.

Know a fitness studio that would like to host a Class for a Cause?

Email Kendall@FreshStart.org to get involved — because working out feels even better when it helps kids heal!



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