

# St. Jude Parents

FEBRUARY 2014

## Free library cards for St. Jude families

**A**re you an avid reader or just want to be able to do some research? All St. Jude patients and their parents, siblings and other caregivers may obtain free Memphis Public Library cards.

A library card allows you to check out books and other items at all locations of the Memphis Public Library and Information Center. You can find a locations map online: [www.memphislibrary.org](http://www.memphislibrary.org).

To obtain a library card, you must show proof of local residency, even if it is just temporary residency. Proof could be as simple as a piece of mail with your name and the address at either Ronald McDonald House, Target House, St. Jude Children's Research

Hospital or another local address.

Based on the amount of time you expect to be staying in Memphis, you will be given a regular library card or a visitor card. A visitor card is good for three months. If you are staying longer, then the regular library card might be better. It is good for one year.

### Applying for a library card

You can pick up a special library card application for St. Jude patient families in the Linda R. Hajar Family Resource Center on the second floor of the Patient Care Center. Children 17 years of age or younger will need a parent to sign the application. Once you fill out the form, take the application and your proof of temporary residency to one of the

library locations.

The library staff will issue you a free card.

If you want to learn more or have questions, talk to the staff in the Family Resource Center or call 901-595-4639.



## Please do not remove wheelchair leg rests

If your child uses a wheelchair, please do not remove any parts from it, such as leg rests. When you finish using a hospital wheelchair, it is important to have all the parts in place for the next patient.

St. Jude has many teen and young adult patients who need the leg rests. Riding in a wheelchair without the leg rests causes unnecessary discomfort, especially when these patients are not feeling well.

Lost parts and damaged wheelchairs also cost the hospital money that could be spent on patient care.

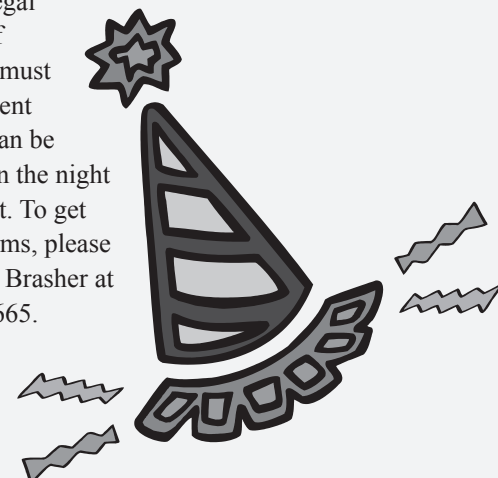
Thank you in advance for helping St. Jude provide complete wheelchairs to all patients who need them.

## Preteen party will be a Neon Night of Fun

Attention parents of preteen patients: Wednesday, February 19, from 5–7 p.m., Child Life will host a Neon Night of Fun for preteen patients, siblings and guests in the Kay Kafe Rotunda. Preteen patients can bring one guest between the ages of 10 and 14. Siblings, ages 10–14, are also invited, but siblings are not permitted to bring guests for this event.

Activities will include a Neon Dance with an awesome DJ, Neon arts and crafts, and Neon games such as ping pong. The famous chefs of St. Jude will cater the event with fun food that is sure to make your child glow. Parents, please plan a little activity for yourself, as this is an event for preteens only!

Pre-registration is required for guests. A legal guardian of each guest must sign a consent form that can be turned in on the night of the event. To get consent forms, please call Shawn Brasher at 901-595-4665.



## Call St. Jude with concerns, call 911 in emergencies

### Always call with concerns

Anytime you have questions or concerns about any aspect of your child's care or condition, please call St. Jude right away. During normal clinic hours, call your clinic number. If you cannot reach the clinic or it is after regular clinic hours, call the main hospital number at 901-595-3300 or toll-free 1-866-278-5833 (press 0 when the call is connected). A doctor is always on call and a nursing coordinator is always on duty to help you.

If your concern involves a medicine your child is taking, you can call the pharmacy's toll-free number, 1-866-820-2442. A St. Jude pharmacist is here to speak with you 24 hours a day.

### In an emergency

When your child is outpatient, always call 911 in a medical emergency (such as the child is not breathing or has been seriously injured in an accident).

You should always call your child's St. Jude doctor right away if you take your child to a local hospital or doctor for any unplanned or urgent medical treatment. If you are calling after regular hospital hours, dial 901-595-3300 and ask for the doctor on call.

To learn more about when to call St. Jude about a change in your child's condition, ask for a copy of the Do You Know handout titled "Who to call? When to phone?"



## Talking about Medicines

### Keeping up with your child's medicines

By Shane Cross, PharmD, Pharmaceutical Services

How many times have you looked at your child's medicines and said, "How am I going to keep up with this?!" Whether your child is taking two medicines or 10, keeping up with it all can become confusing. Some doses must be given multiple times in a day or only on specific days of the week. Sometimes they need to be taken with food and sometimes on an empty stomach. Although it can be hard to stay organized, giving medicines as prescribed by the doctor is critical for your child's health and safety.

There are many ways to keep up with your child's medicine schedule.

**Technology can be your friend.** Most cell phone devices have the option of setting one or several alarms. You can use these to help you remember when your child's medicines are due. Some watches also have alarms that can be set to remind you of important medicine doses.

If technology isn't an option, a **paper medicine chart** works well for some parents. List the medicines by the time of day they should be taken as well as by days of the week or even by meal times. With a paper chart, you check the box next to each dose as it is given. To help your child feel a part of the process, have the child place a sticker on the check box when a dose is taken. Be sure to post the chart where the whole family can see it or carry it with you to keep it handy. If you need help setting up a paper schedule, your clinical pharmacist can show you examples of these and help you get started.

**Pill boxes** are another great tool that allows you to organize medicines by days of the week or times of day. At the beginning of the week, place all the meds into the pill box. When it is time to give your child a dose, find the right day and time on the pill box. While helping you remember doses, pill boxes also serve as good storage spaces for some medicines. If you want to try a pill box, ask for one in the Pharmacy or in your child's clinic.

Remember, St. Jude staff members are always willing to help you find the best system for keeping up with your child's medicines. If you have questions about your child's medicines or about ways to keep up with a medicine schedule, please ask your doctor, nurse or pharmacist.

### Cowork Memphis offers free services

Cowork Memphis is an open, collaborative coworking space in the Cooper-Young district. St. Jude parents and caregivers can use Cowork Memphis for free. Services include free coffee, Wi-Fi, printers, copiers and meeting space from 7 a.m. to 6 p.m. weekdays.

If you are interested in these services, call Katie Maxwell at 901-334-7651 or email [work@coworkmemphis.com](mailto:work@coworkmemphis.com).

To find out more about Cowork Memphis check them out online at [www.coworkmemphis.com](http://www.coworkmemphis.com).



## St. Jude Children's Research Hospital

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*St. Jude Parents* is published on the first of each month by Patient Education and Biomedical Communications. Your questions and comments are important to us. **We want to print advice and tips from St. Jude parents to other St. Jude parents.**

To share your ideas or to receive this newsletter by email, please call or email Alicia Huettel, RN, MSN, at 901-595-5453 ([parents\\_newsletter@stjude.org](mailto:parents_newsletter@stjude.org)) or Lois Young ([lois.young@stjude.org](mailto:lois.young@stjude.org)). To subscribe to an online version of this newsletter, visit [www.stjude.org/parents-newsletter](http://www.stjude.org/parents-newsletter).

If you have a smart phone, learn more about *St. Jude Parents* with this QR code. St. Jude is an Equal Opportunity Employer.



For the latest details on upcoming events, see the bulletin board in the Patient Care Center lobby near Patient Registration.