

MARCH 2015

Please reserve your stay in advance

Patient Services needs your help to better serve you and become more efficient in preparing for patient arrivals into St. Jude housing. The staff asks that all patient families make room reservations when they make their clinic appointments or air-line reservations. Talk to the staff in Patient Services if you have questions about the following guidelines.

- Before you leave to return home after a visit, go to Patient Services to make your room reservation for your next visit.
- If your appointments are not scheduled before you leave campus, call Patient Services as soon as you receive your new appointment schedule.
- If there is an emergency and you are coming to St. Jude the same day that the clinic calls with your appointment, call Patient Services

as soon as you can to reserve your lodging.

- Remember: The clinic staff cannot make lodging reservations.
- After arriving on campus, check with Tri Delta Place staff for your housing information.

You can make room reservations from 7 a.m.–6 p.m. Monday–Friday by calling 866-278-5833 (toll-free) or 901-595-4501 (local).

Thank you in advance for helping the St. Jude staff be more efficient and better stewards of donor dollars.

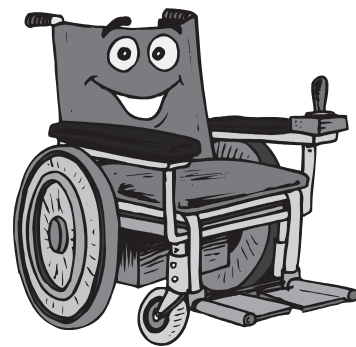
Help keep leg rests on wheelchairs

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.



Waiting Room Blues

By Benita Lewis

**Do you have the waiting room blues?
Hope you put on comfortable shoes
Since you'll probably end up in a bad mood.**

**Is your child NPO, hungry, grouchy and ready to go?
What do you do but just sit there,
Twisting and turning in your chair.**

**How long has it been?
1, 2, 4, 6 hours today.
By now you're wishing, "Calgon, take me away."**

**Yes, you've been diagnosed,
With the waiting room blues.
Your sanity you could lose.**

**But, don't let the waiting room blues
Get you all bent out of shape.
You'll see at the end of the day
The benefit outweighs the wait.**

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Benita Lewis is a St. Jude parent. She was an original member of the St. Jude Family Advisory Council and an adviser for the St. Jude Parents newsletter. Her daughter Lauren was diagnosed with neuroblastoma in July 2005 at 16 months old and completed therapy in February 2006. She is cancer-free and doing well. Lauren is currently an A/B honor student in the 5th grade (10 years old). She enjoys playing the piano and is learning to play the flute in the homeschool band. Lauren loves gymnastics and playing with her sister Kennedy and other friends. Benita says, "We are grateful for and love our St. Jude family."

Volunteer tutors now available

The St. Jude School Program started a new volunteer tutoring program in January for those patients who are here for a short time and need help with their schoolwork. Some patients who are here for follow-up appointments are still in school back home and need to bring their work with them to complete while they are at St. Jude. They might need tutoring help to get the work done, and they might want a quiet environment in which to work while waiting for clinic appointments.

The tutors will be in the School Program suite on the Patient Care Center Plaza Level for up to 4 hours on specific days. This will be a "walk-in" service—no need to schedule an appointment.

The schedule of tutor days and times is posted on the door to the School Program suite and is also available from the Guest Services representatives in the Patient Care Center and Chili's Care Center lobbies.

Please call School Program Director Laurie Leigh at 901-595-3346 if you have questions.



Talking about Medicines

What you should know about herbal products

By Shane Cross, PharmD, Pharmaceutical Services

Herbal products are extracts that are usually taken from the roots and leaves of plants. They have been used for centuries in some cultures and are becoming more and more popular in the United States. Even so, herbal products are not the same as medicines or vitamins and minerals.

Here is an important point to remember about herbal products: Unlike medicines, herbals do not need approval from the US Food and Drug Administration (FDA) before they can be put on the market. This means that the producers can sell a product without proving how well it works or how safe it is. Unfortunately, many people believe that because herbals are “natural” they are also safe. This may or may not be true, and it depends a lot on the specific herbal product.

There also might be potential drug interactions between herbal products and the medicines that your child takes. Some herbals can change the way certain medicines work in the body and can cause unexpected side effects. So, be sure to check with your doctor or pharmacist before taking any herbal products or giving them to your child.



Celebrate National Nutrition Month and Child Life, Music Therapy Week

Clinical Nutrition Services will present “Under the St. Jude Big Top: Nutrition Matters” for their National Nutrition Month celebration March 30 through April 2. Come join the registered dietitians from 11 a.m.–12:30 p.m. each day at the ABC Wall. Planned activities include:

- Tuesday, March 30 – Meals Matter;
- Wednesday, April 1 – Power Up with Exercise; and
- Thursday, April 2 – Snacking Done Right.

Come celebrate Child Life and Music Therapy Week March 2–6. Fun activities for patients will be offered Monday and Wednesday, 9:30–11 a.m. at the ABC Wall.

To learn more about Child Life and music therapy, please join us for a reception Friday, March 6, from 11 a.m. to 1 p.m. in the Kay Kafe Corner. Snacks and punch will be provided.



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

St. Jude Parents is published on the first of each month by Patient Education and Bio-medical 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) or Lois Young (lois.young@stjude.org). To subscribe to an online version of this newsletter, visit www.stjude.org/parents-newsletter.

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