

AUGUST 2017

## Summer vacation right here in Memphis

The words “summer” and “vacation” just seem to go together. Kids are out of school and everyone wants to do something together as a family. While you are at St. Jude, going away on a summer vacation might not be possible. Luckily, there are plenty of fun, family-friendly places to visit in the Memphis area. Many, like the ones listed here, offer free admission for St. Jude patients and their close

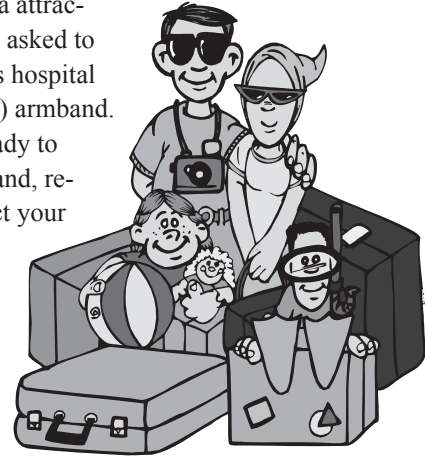
family members:

- Brooks Museum of Art
- Center for Southern Folklore
- Children’s Museum of Memphis
- Dixon Gallery and Gardens
- Golf and Games Family Park (Putt Putt, lasertag and more)
- Graceland
- Memphis Botanic Garden
- Memphis Pink Palace Museum
- Memphis Zoo
- Mud Island River Park

- Overton Park
- Stax Museum of American Soul Music
- Tunica River Park

To learn more about Memphis-area attractions that offer free or discounted admission for St. Jude families, ask for a *Patient and Family Recreation Directory* at the Guest Services information desk in the Patient Care Center lobby or the Chili’s Care Center lobby.

To receive discounts or free entry at some area attractions, you will be asked to show your child’s hospital identification (ID) armband. When you are ready to discard the armband, remember to protect your child’s personal health information by cutting up the part of the band that has the name and patient number.



## Do you need help with errands?

The to-dos of life didn’t stop the moment your child arrived at St. Jude. That’s why St. Jude has partnered with a national company called Best Upon Request (BEST) to serve your family. BEST offers concierge services, which means they can run errands and make arrangements for you.

Beginning in early August, you will have access to on-site concierge services every weekday from 8 a.m. to 7 p.m. The team can run general errands, order and pick up tickets to local events, help prepare and mail packages, coordinate food deliveries, pick up groceries, take and pick up laundry, help plan birthday parties or take on any non-medical task you and your family may have.

“Words will never truly express my thanks for all the wonderful services [BEST] provides,” said a patient’s mother, who was served by BEST at another hospital. “It’s a great feeling knowing if we needed or wanted anything, you were there!”

Email the BEST team at [stjudeconciierge@bestuponrequest.com](mailto:stjudeconciierge@bestuponrequest.com) to learn more. You can also ask for more details about BEST at the Guest Services desks in the Patient Care Center and Chili’s Care Center.

BEST looks forward to easing your day so your family can focus on healing.

## Five St. Jude nurses receive DAISY Awards

Five extraordinary nurses were recognized with DAISY Awards in July. Congratulations to **Justine Rodriguez, RN**; **Kristin Nilsen, RN**; **Shelia Dalrymple, RN**; **Shae Myers, LPN**, and **Maggie Ho, RN**.

These nurses were honored for their compassion and skill in how they care for patients and their families. They were nominated by patient families or by their co-workers to say thank you for the amazing things they do every day.

DAISY stands for diseases attacking the immune system. The DAISY Foundation was formed in 1999 by the family of J. Patrick Barnes, who died of an immune disorder. The extraordinary care of the many nurses who worked with Patrick inspired his family to start the DAISY Award program as a way of saying thank you.

Today, more than 2,000 health care facilities in all 50 states and 15 other countries honor nurses with the DAISY Award.

Any nurse can be nominated by patients, families, employees, volunteers or visitors.

To nominate a nurse for the DAISY Award, pick up a nomination form from any inpatient unit, your child’s clinic waiting area, the Linda R. Hajar Family Resource Center (located on the second floor of the Patient Care Center), the Blood Donor Center or Chili’s Care Center lobby.

You may also nominate a nurse online. Visit [www.stjude.org/daisyaward](http://www.stjude.org/daisyaward) and click on “Nominate a Nurse” located under Related Topics.

If you have questions about the DAISY Award, email [DAISYAwardRecognitionCommittee@stjude.org](mailto:DAISYAwardRecognitionCommittee@stjude.org).

## Neon Night of Fun for ages 10–14

Patients, siblings and guests ages 10–14 will enjoy a Neon Night of Fun with a magical twist Thursday, August 17, from 5–7 p.m. in the Kay Kafe Rotunda. Each patient can bring one guest between the ages of 10 and 14. Siblings in that age range are also invited, but siblings may not bring guests for this event.

Activities will include a neon dance with an awesome DJ, a magician, neon face painting and fun neon games. The famous chefs of St. Jude will cater the event with food that is sure to make your child glow.

Since this event is for pre-teens only, we will have something special for parents to do as well.

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



# Talking about Medicines

## Discarding unused and expired medicines

By the St. Jude Pharmacy staff

Medicine cabinets across America are bursting at the seams with unused and expired medicines. Many people do not know what to do with them, so they just toss them in the trash, pour them down the sink or flush them down a toilet. This is no longer considered the correct way to dispose of most medicines because our drinking water and our environment can become contaminated. It is also important to properly dispose of medicines to keep your family safe from accidental poisoning.

Here are a few tips on how to properly and safely dispose of your medicines.

**Prescription Drug Take-back Events.** These events are held by law enforcement agencies around the country. They allow the community to turn in any unwanted prescription and over-the-counter medicines. To learn about the next event date and locations in the Memphis area, visit the DEA's website at [www.dea diversion.usdoj.gov/drug\\_disposal/takeback/](http://www.dea diversion.usdoj.gov/drug_disposal/takeback/). If you miss the next drug take-back event, see below.

**Most medicines can be thrown in the household trash after following a few steps.** In most cases do not flush medicines down the toilet or pour them down the sink. There are a couple of exceptions to this rule for opioid pain medicines and other controlled substances. The FDA recommends flushing these to reduce the risk of children and household pets accidentally swallowing these drugs.

To dispose of other prescription and over-the-counter medicines, remove the medicines from the original containers and place them in a sealable bag or container. Mix wet coffee grounds or used kitty litter with the medicine to make it unappealing to anyone who might find it in the trash. Then, seal the bag or container and toss it in the trash.

To learn more about how to dispose of medicines, visit the FDA's website at [www.fda.gov](http://www.fda.gov).

## Shipt grocery service free to St. Jude patient families

Shipt, a national grocery delivery service, is offering free annual grocery delivery memberships to St. Jude families. You can get a special access code from St. Jude Patient Services to use Shipt free for a year. The normal annual fee is \$99.

In Memphis, Shipt offers same-day grocery delivery from Kroger. Shipt grocery prices are a little higher than the regular in-store prices, averaging about \$5 more on a \$35 order. Shipt customers are willing to pay extra so they can save the time of going to the

grocery store. You can place your orders online by computer or using the Shipt smartphone app.



SHIPT

Shipt will deliver to St. Jude housing, and they accept St. Jude ClinCards (given to families who are staying in Ronald McDonald House, Target House and Parcels).

To find out more about this service, ask for a Shipt postcard in Patient Services.

*St. Jude Parents* is published on the first of each month by Family-Centered Care Services 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 or to learn more about *St. Jude Parents*, visit [www.stjude.org/parents-newsletter](http://www.stjude.org/parents-newsletter). St. Jude is an Equal Opportunity Employer.

St. Jude complies with health care-related federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak another language, assistance services, free of charge, are available to you. Call 1-866-278-5833 (TTY: 1-901-595-1040).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث بلغة أخرى، فيمكنك الاستعانة بخدمات المساعدة اللغوية المتوفرة لك بالمجان. يرجى الاتصال بالرقم (الهاتف النصي: 1-866-278-5833) (1-901-595-1040).



## St. Jude Children's Research Hospital

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*Finding cures. Saving children.*

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