

JULY 2017

St. Jude is top children's cancer hospital

St. Jude Children's Research Hospital has been named the nation's top children's cancer hospital in the 2016-17 Best Children's Hospital rankings published in *U.S. News & World Report*.

"We are profoundly grateful to the families who entrust their children's care to St. Jude," said James R. Downing, MD, the hospital's director and chief executive officer. "This national ranking reflects the dedication of our employees, who work together

every day to provide the best care for each child. We pledge to continue improving our research and treatment to save more young lives."

The Best Children's Hospitals rankings are posted at usnews.com/best-hospitals/pediatric-rankings.

Parent Exercise Room can help you relieve stress

The St. Jude staff understands that caring for a child with a serious illness can be stressful. Exercise is one proven way to relieve stress. Now that you are in the hospital almost every day, it may be hard to find time to exercise.

To help you stay healthy and relieve stress, St. Jude has a Parent Exercise Room inside the hospital. It is located on the plaza level of the Kay Research and Care Center, room IAP124.

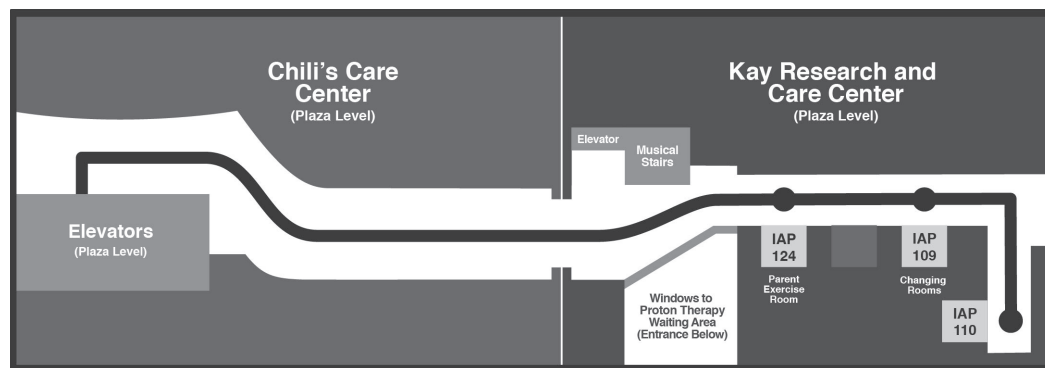
The room is just a few floors below the inpatient care areas, so parents can get back to their children quickly if needed.

Use of the exercise room is limited to parents and caregivers 18 years and older. Teens 13 years and older can use the room if they have a parent or guardian with them. No patients are allowed in the exercise room.

The Parent Exercise Room is open 24 hours a day with secure access. Just press the button outside the door and let the security guard know who you are. Then, the guard will unlock the door for you. Two changing rooms with toilets and showers are available (one just down the hall from the exercise room and another around the corner). For showering, you need to bring your own bath towel and hygiene products.

The exercise room features mats for stretching and floor work, several machines for cardio and weight training, and free weights. Workout hand towels are provided. Security cameras monitor the room for your safety, and a phone is in the room should you need help.

Anyone who uses the Parent Exercise Room must complete and sign a liability waiver first. A drop box with these forms is located in the



To reach the Parent Exercise Room:

On the first floor of the Chili's Care Center, take the elevator located near the lobby information desk and the Diagnostic Imaging Center to the Plaza Level. Push "P" to reach the Plaza level. Follow the map above once you are on the Plaza Level of the Chili's Care Center to reach the Parent Exercise Room and changing rooms.

exercise room, or you may complete a waiver in the Linda R. Hajar Family Resource Center, located on the Patient Care Center second floor, room B2000.

If you would like to use the Parent Exercise Room, but can't leave your child alone in an outpatient treatment area or on the inpatient unit, ask your nurse or social worker about the Helping Hands program. Helping Hands volunteers can care for patients and siblings, so parents can take a break. Helping Hands volunteers are in the hospital Monday through Friday, 9 a.m.–8 p.m. and on weekends as volunteers are available. These volunteers can stay with your child for up to two hours.

To learn more about the Parent Exercise Room ask a staff member for a copy of the handout called "Do You Know... Parent Exercise Room."

You're invited to Survivor's Day

Saddle up for St. Jude Survivors' Day 2017. This year's event will take place Saturday, September 9, from 10 a.m. to 2 p.m. in the Marlo Thomas Center for Global Education and Collaboration. Enjoy a day filled with St. Jude updates, health information and fun with a western flair for all ages.

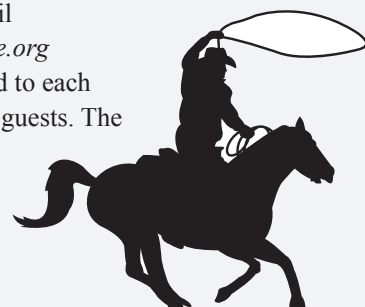
A "survivor" is anyone living with a history of cancer – from the moment of diagnosis through the remainder of life. That means current patients are invited.

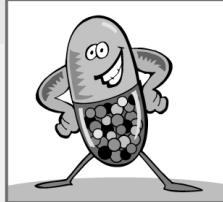
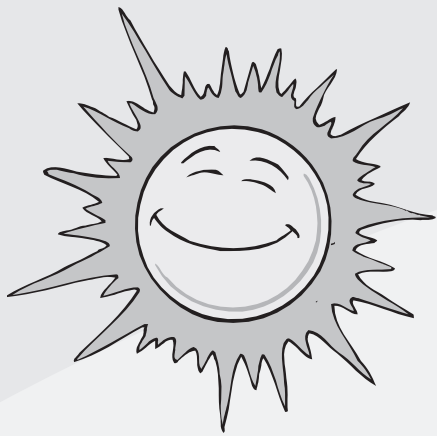
You can look forward to our annual pinning ceremony, guest speaker Wendy Harpham, MD, hospital tours, optional breakout sessions presented by St. Jude faculty and staff, as well as rodeo games, food and live music.

For more information and to register, visit:
www.stjude.org/survivors-day

If you still have questions, call the operator toll-free at 1-866-278-5833 and ask for Communications extension 3306, or email publicprograms@stjude.org

Registration is offered to each survivor and up to four guests. The deadline to register is August 1.





Talking about Medicines

Storing your medicines the right way

By Shane Cross, PharmD, Pharmaceutical Services

We've all heard how important it is to take medicines correctly, but their proper storage can be just as crucial. Medicines can lose their strength and will not work as well if they are exposed to too much moisture, heat or sunlight. So be sure to store them in a cool, dry place away from sunlight. Contrary to popular belief, bathroom medicine cabinets are not good places to store medicines. Bathrooms are too warm and humid.

Some other tips for storing medicines:

- Keep all medicines out of the reach of children.
- Store medicines in child-proof containers.
- If a medicine needs to be kept cold, store it on the top shelf of the refrigerator, out of sight from children.
- Check the expiration dates often, and discard anything that is out of date.

If you have questions about the proper storage of medicines, please ask your child's doctor, nurse or pharmacist.

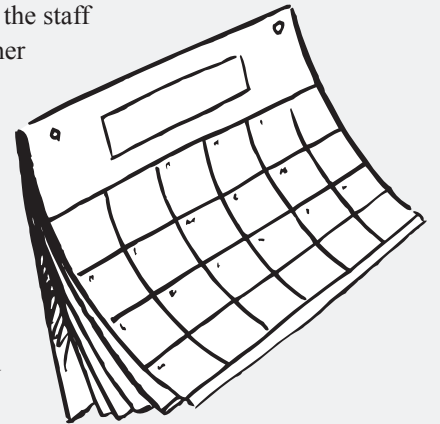
Cancel or reschedule MRIs right away if you can't attend

Please call as soon as you discover that your child will not be able to attend an MRI appointment. There is often a waiting list for MRI time slots. If you call early to cancel or reschedule, the staff can assign your unused MRI time slot to another patient.

When a patient does not show up without calling, it causes other patients to wait longer to get the care they need.

If your child is having cold or flu symptoms, please call and talk to your child's clinic staff to see if the scan should be rescheduled. This will save you a trip to the hospital if the clinic staff feels the scan should be cancelled until your child feels better.

Please remember to call the clinic staff as soon as you know that your child cannot make an MRI appointment. The staff and other patient families will be grateful for your help.



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) or Lois Young (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. 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 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).



St. Jude Children's Research Hospital

ALSAC • Danny Thomas, Founder

Finding cures. Saving children.

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