



**P**atient Education Services at St. Jude wants everyone to be empowered with knowledge. The more you know, the more help and comfort you can offer your child. For the past year, the Linda R. Hajar Family Resource Center has offered patients and families a quiet place to research medical topics, check e-mails, send faxes, read magazines, obtain books or just escape for a little while.

The Family Resource Center was dedicated in January 2003 and named in memory of Linda Hajar, wife of Board member Paul Hajar and mother of Laura Hajar, Biomedical Communications.

The center has continued to develop and grow based on input from the families and patients who use it. Additional volunteers have come on board as the number of center patrons has increased. Volunteers are available to help you use the computers, photocopier or fax or find reference resources within the collection of books and other materials. The center has also added audio books that include children's classics and several non-fiction best sellers for adults.

The St. Jude Women's Club donated several gifts throughout the year. In addition to requested books on such topics as parenting, stress, coping and grief, the group added books related to Memphis and local history. The club also established a wonderful selection of books on art and artists.

The Women's Club also generously donated an additional computer

## Center Scope Anniversary brings new resources

for the center, bringing the total available to five. Through the year, computer use has increased significantly, frequently causing parents to have to wait before being able to sit down and log on. The addition of another computer allows more parents and patients to stay connected to friends and family at home or to research any topic, day or night. The availability of computers to travel the Internet for fun, do research or e-mail friends and family has proven to be a highly valued resource.

Many friends of St. Jude,

including local and extended area schools, have presented other gifts. Some people have donated books in honor of specific people and in honor of the children of St. Jude. Each donated book is given a special bookplate to indicate the honoree.

Employees in the Family Resource Center welcome your thoughts and suggestions at any time.

*Center Scope* will appear regularly in *St. Jude Parents* and will feature information about new books, materials and services in the Family Resource Center.

## March is Nutrition Month

Each year the American Dietetic Association sponsors National Nutrition Month, a nutrition education and information campaign. This event is designed to raise awareness on the importance of making informed food choices and establishing sound eating and exercise habits.

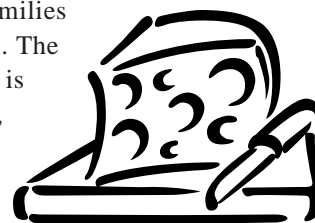
National Nutrition Month is also a way to promote the American Dietetic Association and its members to the public and the media as "the most valuable and credible source of timely, scientifically based food and nutrition information."

At St. Jude, National Nutrition

Month is recognized through various educational activities for patients, families and employees. The focus this year is milk and dairy, and several festive activities are

planned. Check the calendar listings on page two for all the fun and informative Nutrition Month festivities.

Clinical Nutrition Services and Patient Food Services look forward to your participation as St. Jude celebrates National Nutrition Month in March.



## Stacking the logs for success

Frank Lunn, the father of a St. Jude patient, has written a motivational book called *Stack the Logs!* Ten percent of the book's total proceeds go to programs and activities for the children at St. Jude.

The idea for the book was born from the wisdom of Lunn's father and came to fruition while his 9-year-old son battled—and defeated—cancer. "*Stack the Logs!* is not about cancer or death. Rather it is about life and living it to the fullest. It is about learning to take control of your life and discovering success in your own terms," says Lunn.

Find out more about this book at <http://stackthelogs.com>.

# Just for St. Jude families

## Teen and Young Adult Support Group for HIV-infected Patients

– First and third Tuesday of each month (March 16 and April 6); 3:30-5 p.m.; Translational Trials Unit (TTU).

**Clifford Cares** (a read-to-me project sponsored by Hands on Memphis) – Second and fourth Thursday of each month (March 25 and April 8); 12:15-1 p.m.; north and south outpatient waiting areas.

**CPR for Family and Friends** – Classes will be arranged at a time convenient for you. To register, call 495-4765 or 495-4639.

**Scrapbooking Class for Parents** – Third Wednesday of the month (March 17); 6-8 p.m. Ronald McDonald House, front dining

room and hospital, inpatient unit. First Wednesday of the month (April 7); 6-8 p.m. at Target House II, Arts and Crafts Room and hospital, inpatient unit.

**Parent Discussion Group; arts and crafts for children** – Fourth Tuesday of the month (March 23); topic and speaker TBA; 6:30 p.m.; Target House I, Amy Grant Room. For information, call Fran Greeson at 495-3314; for transportation from Ronald McDonald House, call 545-0606.

**Animal Visitation** – Tuesdays, Integrated Research Center (IRC) lobby; 10:30 a.m.; Helping Hounds will visit the first and third Tuesday (March 16 and April 6); Pet Partners will visit the second and fourth Tuesday (March 23 and April 13).

Consult your child's physician before visiting the animals.

**Daisy the Cow** – Thursday, March 18; 11 a.m.; In celebration of Nutrition Month, learn about the milking process from Daisy the Cow who comes with her own mobile dairy classroom.

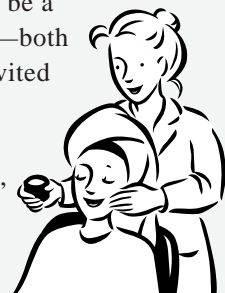
**Milk Mustache Mobile** – Tuesday, March 23; 11 a.m.; Have your picture taken with the National Milk Mustache team and enjoy special Milk Mustache treats.

**Nutrition Month Display** – Don't forget to visit the display located at the back of the cafeteria and enter your name in the weekly drawing conducted each Thursday of the month.

## Look Good...Feel Better for teens

Looking and feeling good about yourself can definitely be a morale booster. Teens—both boys and girls—are invited to come to a Look Good...Feel Better class, Monday, April 5, from 3-5 p.m. at Target House.

A national program sponsored by the American Cancer Society, Look Good...Feel Better offers hands-on advice to kids and adults with cancer on how to wear wigs and head coverings, use make-up and take care of their skin. The team from Look Good...Feel Better will give a presentation in conjunction with staff from St. Jude who will offer tips on good nutrition, health and social issues. Consent forms from parents are required beforehand. Call 495-3670 for more information.



## Medication Station



## Information about herbal products

By Shane Cross, PharmD, Pharmaceutical department

Herbal products are extracts that are usually obtained 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. Herbal products, however, are not the same as medications or vitamins and minerals.

Here is an important point to remember about herbal products: unlike medications, herbals do not need approval from the 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 depends a lot on the specific herbal product.

Be sure to check with your doctor or pharmacist before taking any herbal products and look for more information in next month's issue of *St. Jude Parents*.

## Hospital Gift Shop hours

The Hospital Gift Shop hours have changed: Mon-Thurs, 8:30 a.m.-4:30 p.m.; Fri, 7 a.m.-4:30 p.m.; and Sat-Sun, closed.

## Double-check schedules

Because the schedules for appointments mailed to you in advance can change, pick up your schedule each day before your appointments to avoid any confusion.



332 N. Lauderdale  
Memphis, TN 38105-2794

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