

# The Community Counts

A monthly newsletter for Duke Pediatric Blood and Marrow Transplant patients, families and supporters



The volunteer-based Family Support Program is dedicated to caring for, serving, and lightening the burden of the Duke Pediatric Blood and Marrow Transplant Community through a comprehensive array of services and resources.

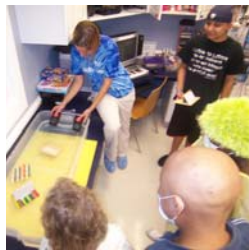
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## 5200 Goes Camping



For the month of September, patients and families were able to see the unit magically transform into "Camp 5200." Nurses, staff, patients, and caregivers all contributed to the amazing camp decorations. As people ventured down the halls they were able to see forest animals, tents, canoes, campfires, stars, and so much more. To add to the camp atmosphere, Katie Vogel and Caroline Sweezy created an afternoon of camping activities for the patients to participate in during science.



Each "camper" began their camp experience by singing a song about squirrels and tracking an animal's footprints along the 5200 hallway. The animal tracks lead them into the Connection where they found a glowing "indoor campfire" and pictures of their animals. Kayla (8 years old), ended up with the black bear and she along with the other campers were able to make plaster molds of the animal footprint they had discovered. Other camping adventures included creating rafts and boats out of craft sticks, glue, and twine to race in "Lake 5200" as well as creating colorful tie dye bandanas. Camp 5200 concluded with the traditional experience of making smores. It has been a



month full of silly fun and surprises. Happy Camping to All!

*Top: Nurse Crystal hides out, the group gathers to watch the boat race, Dylan and Saul find tracks in the hall, Kayla and her Mom make bear tracks*

## Rockin' with Guitar Hero

The PBMT unit has been "Rockin' the 80s" this past month with a popular Playstation game called Guitar Hero. Many of the patients on 5200 have played Guitar Hero and some even brought their games and guitars with them onto the unit. Dylan and Saul (both 13 years old) are two of our famous 5200 rockers. These boys spent a lot of time in the Connection Lounge challenging each other in Guitar Hero which led us to having an actual Guitar Hero concert. Tray (our music therapist) helped facilitate this totally rockin' concert experience. Audience members were able to hear songs such as I Wanna Rock, Heat of the Moment, The Warrior, and Ballroom Blitz. Dylan and Saul performed an entire list of songs that they had been practicing and even showed off some fancy tricks as they played with the guitars behind their backs. It was definitely a rockin'-good time!

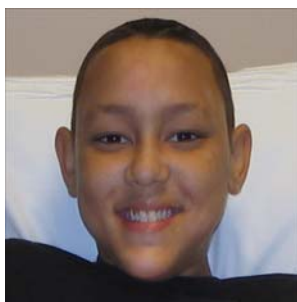


*Saul, Tray (Music Therapist) and Dylan "rock out" to Guitar Hero*

# New Kids on the Block



*Austin, age 2  
Bakersville, NC*



*Jalen, age 13  
Hickory, NC*



*Kayla, age 8  
Winchester, VA*

“New Kids on the Block” features the patients on the 5200 unit who were admitted in the past month. It is our way to honor them and help the other families get to know them.



*Eric, age 6  
Jenison, MI*



*David, age 21  
Royal Palm Beach, FL*



*Leigha, age 13  
Conway, SC*

## Happenings over the Past Month



*Saul gets covered with silly string and confetti*



*Jalen shows off his marshmallow creation*



*Bryan poses with Elmer for a picture*



*Marquise made an aquarium to hang in his room*



*Mary and one of the guys from Hendrick Pit Crew for Kids*



*Eric loads his new toy*



*David makes a “H” for Hendrick*



*Amber smiles with her new friend*

# Live, Love, Laugh and Listen to your Nurse

This is a new monthly feature written by a 5200 staff nurse.

## Why should I do mouth care?

The chemotherapy and radiation therapy can cause your blood counts to become extremely low, putting you at the risk for developing mouth sores (mucositis of the mouth). Tissue of the mouth and tongue become red, swollen and blistered. You may experience discomfort, bleeding or infection.

Proper mouth care can prevent or lessen the chance of mucositis of the mouth or mouth infection. So, it is very important for you to begin good mouth care early and to continue it throughout your hospitalization and to stop when your doctor or nurse say so.

Your proper mouth care includes:

1. Brushing your teeth with soft sponge brushes called “toothettes” three times a day.
2. Rinsing your mouth with soda bicarbonate (white liquid) three times a day.
3. Rinsing with Peridex (aqua green liquid) three times a day.
4. Nightly rinses with fluoride (pink liquid).

## How smart R U?

Instructions: Match the following contents from column Y to Z

Y	Z
1. Peridex (green liquid)	A. Three times a day
2. Fluoride (pink liquid)	B. As often as you can
3. Soda bicarbonate	C. Three times a day
4. Smiling	D. Nightly rinses

Article written by Nurse  
Ranju Jha Singh

## Newest Members to the Club

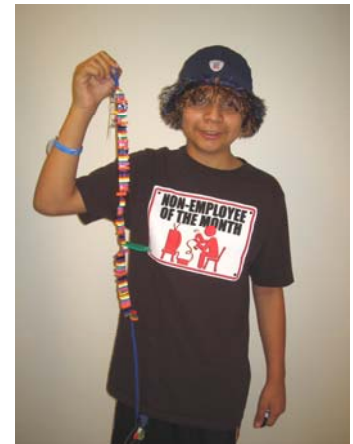
The patients on the PBMT unit have been getting a lot of exercise lately. Patients have been earning a record amount of feet by walking the halls, riding bikes, and even walking on a treadmill. This month we are happy to announce that two patients have “walked” their way into the Super Stepper Club. Patients can earn their way into this elite club by earning more than 50 feet.

Our two newest Super Steppers are Saul who has earned 270 feet, a total of 654 laps and Leigha who has earned 50 feet, a total of 250 laps.

All patients work very hard to earn each of their feet. Great job to all of our courageous and determined walkers! Keep up the great work. We are very proud of you!



Leigha



Saul

## New Faces Join the Team

Fall is here (well, almost!), which means that it's time for volunteer training! Last month, we trained a new class of 14 Best Buddies, who are matched one on one with a patient and his/her family throughout their time in Durham.

Our Rainbow Volunteer program is also back up to full capacity as 9 new volunteers trained in September. This program provides PBMT families an array of support on 5200: bedside activities with the kids, respite for caregivers, and assist with general Connection upkeep. Rainbow Volunteers are available on the unit in three hour shifts, from 12 to 9 pm, every day. They are recognizable by the white t-shirts that say PBMT Rainbow volunteer on the back. We are grateful to all of the PBMT staff and Duke professionals who volunteered their time to prepare our volunteers for their experiences on the PBMT unit! Please welcome our new volunteers when you see them!

## Winner's Circle

We are very grateful to all of the people who help support PBMT families through contributing their time, energy, and resources. We would like to thank:

- \* Rocky Mount employees of RBC Centura Bank for underwriting the cost of fleece material for blankets for patient welcome bags
- \* Prayer Shawl Ministry of Englewood United Methodist Church in Rocky Mount, who partnered with RBCC for making fleece blankets for patient welcome bags
- \* Dr. Ron and Joyce Snyder for their donation of quilts and pillow cases for patient welcome bags
- \* Project Linus for their donation of quilts for patient welcome bags
- \* Pilgrim Sunday School at Apex UMC for their donation of multiple items from our Target.com wish list
- \* The Ryan Kishbaugh Foundation for their donation of multiple items from our Target.com wish list
- \* Melanie Taylor for her donation of 15 new DVDs
- \* The Saunders Family for their donation of treasure box goodies
- \* The Takvorian family for their monetary donation and for the toiletry items for the "In Case You Forgot" Basket
- \* Duke Hospital Auxiliary for their donation of toiletry items for the "In Case You Forgot" Basket
- \* Chris Sundberg for her donation
- \* Steve Kearney for his donation

For those who contributed to our Community Meals program for the month of September:

Apex United Methodist Church  
Little Red Foundation  
Macedonia Baptist Church

St Luke's Episcopal Church  
Trinity Ave Presbyterian Church  
West Raleigh Exchange Club

If we have inadvertently left you off our Winner's Circle, please let us know!

## Wish List

We are in need of the following items:

- \* Hardees Coupons
- \* Gift cards: Wal-Mart, Food Lion, and BP gas cards
- \* Photo Paper
- \* We have specific toys, DVD's, and games listed on our [Target.com](http://Target.com) Wish List. Enter "Duke PBMT" in the "find a wish list" search engine and go from there.

Many thanks for your support!!

**The Community Counts** is a monthly newsletter produced by the Duke Pediatric Blood and Marrow Transplant Family Support Program, distributed free to patients, their families, volunteers, and staff.

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