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Family Connections

The Helen Bernardy Center for Medically Fragile Children



Dear Bernardy Center Families,
Welcome to our introductory edition of the new HBC Family Connections newsletter! We hope that this newsletter will strengthen our relationship and “connection” with you by providing you with information and resources that are meaningful and helpful. We plan to share information with you via this newsletter on a quarterly basis and invite you to participate by giving us feedback on what you like, what areas you’re interested in having us address and what you would like to see in future newsletters. You are a vital part of the HBC team and we encourage you to share your thoughts and ideas to make this newsletter a vital link in caring for your child here at Rady Children’s.

With warm regards,
Pamela

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You are
welcome to
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What’s Happening!

We are MOVING!!! Within the next few months, we will be moving to the old Hematology-Oncology Department in the Nelson Pavilion/Frost Street entrance! We will be close to three lovely gardens and will have a new “feel” to our facility. Personal space will be at a premium and we hope this means that we will be very organized! This is a huge change for all of us, especially those who have been here for many years (we have gotten used to this old building); however, we are looking forward to our new home.



5th Annual Shamu & You Family Walk Saturday, October 1, 2011-8:00am Please join our team, "Purple Haze"

For More Details: <http://shamuandyouwalk.kintera.org>

Register as an individual or organize a team. Choose our 1-mile OR 4-mile course and grab your friends and family for a fun one-mile stroll - starting at the South Shores boat ramp and crossing through SeaWorld - or enjoy a longer scenic route that continues around Mission Bay. Either way, you'll cross the finish line back at the boat ramp to enjoy games, entertainment, food and fun at a special celebration.

Choose to fundraise to help kids even more! It's easy - your own personal Shamu & You web page will be created automatically when you register. It feels great to know that every dollar raised stays right here in San Diego to help kids at Rady Children's Hospital. All participants will receive a Shamu & You t-shirt, free admission to the post-Walk festivities and a discount coupon to return to SeaWorld after the Walk. And you may qualify for some terrific prizes for fundraising for Rady Children's.

Sponsor a Walker. What a terrific way to support our community's only hospital devoted just to kids.



Question Corner

What is the **Tdap** vaccine? The Tdap vaccine is a booster shot to protect adolescents and adults against tetanus, diphtheria, and pertussis or "whooping cough". The Tdap vaccine is routinely given on or after the 10th birthday. A dose of Tdap vaccine given on or after the 7th birthday meets the new school requirements.

Welcome to MyChart at Rady Children's Hospital

MyChart allows you instant access to your child/family member's medical record online. MyChart will provide you with health and appointment information and allow you to review clinical information. For more information and to sign up for MyChart, please refer to:

<https://www.mychartatradychildrens.org>.

