

# Side Effects 6: St. Bernard Village, Ochsner Funding, Superpower Quarantine

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## SIDE EFFECTS!

This week's side effect may include: Trips to new places, Superhero Quarantine, and a wonderful surprise!



**RxBrew: An Evening of Beer and Cheer with Prescription Joy!**

Wednesday, November 6 at 7pm

At Urban South Brewery, 1645 Tchoupitoulas

\$1 of every pint you buy is donated to  
Prescription Joy (that's a win-win-win!)  
Help us raise Funds and Friends with every glass!



### Prescription Joy at St.Bernard Village

*“The residents truly enjoyed it. I have never had all of them out at one time before. To see them laughing and singing made my week. You all were awesome. Thank you all so much.”*

- Tammy White, Director of The St.Bernard Village

*“I have never seen her laugh that hard.”*– resident at St.Bernard Village

**Artistic Director of [The Medical Clown Project](#) in San Francisco, Calvin Kai Ku**, came down to train Prescription Joy clowns in working with older adults.

**[The St.Bernard Village](#)** graciously opened their doors for a few clowns to come learn and play. The experience started with a spontaneous conga line to “The Saints Go Marching In” all down the hallways of the facility to gather residents from their rooms. Doors opened, and so did hearts. When the clowns turned around, they were delighted to see a line of residents behind them happily following the tune all the way to the larger living room area.

As the tune changed to the hokey pokey, one clown turned to find a dancing partner. A 95 year old gentlemen excitedly clasped the hands of the clown and squealed with joy. Seeing the inner child in his eyes, the clown and gentlemen teamed up and gleefully took on the choreography. After that, the residents gathered around the center area and sang songs together: *Tiny Bubbles* (accompanied by bubbles), *Amazing Grace*, *Fly Me to the Moon*, *You are my Sunshine*, *San Francisco Bay Blues*, and *Happy Birthday*...just to name a few.

In between melodies was an impromptu interactive reenactment of Rapunzel, a three humaned–ostrich, a tube that lit up when each resident and clown held hands, an underwear throwing competition, and memorable one–on–one conversations that allowed even the more reserve residents to open up.

The evening ended with a round of hugs and gratitude expressed from both the clowns and residents. It was an honor to share memories with them. We can not wait to go back!

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*“Song provides an emotional consolation without the need for complicated cognitive processes, and alleviates distress without any connection to vocal quality. Singing also enables the practice of breathing which is beneficial to the patient, helping lift of mood and create an experience of normality as well as enhanced self–image. Song creates human contact with others, that of emotional intimacy.”* –Amnon Raviv, *Medical Clowning: The Healing of Performance*

## 24 visits funded at Ochsner!



*Joe and Goe with their dear friend, Diamond!*

Joe and Goe were making their usual rounds at Ochsner's Hospital for Children one fine Friday, when they met a diminutive doctor! Completely decked out in scrubs and a white coat, this pint-sized-doc didn't seem like they'd completed 5th grade yet, but had OBVIOUSLY already completed many, many years of medical school. While in the playroom with their new pre-teen pediatric physician friend named Dr.CC, the janitors met with a dear friend they have seen many times before, Diamond. Play-Dough fishes, and a magic spinning wand were abound, and soon after, Diamond needed to step outside the playroom for a moment.

Unbeknownst to the duo, but "knownst" to the Child Life leaders, she would be coming back into the playroom with a surprise!

When Diamond returned, "Joe and Goe" she said, not taking her focus too far from the very important sculpture she was crafting, "I got somethin' to tell ya"



Whilst traipsing about the halls at Children's Hospital one fine day, the pair came across a new friend who was under an isolation protocol. While this meant Joe and Goe couldn't come inside the room for a visit, that's no huge hurdle for our intrepid janitors!

Fortunately, these doors are equipped with a wonderful, see-through canvas for clown and patient alike to adorn with color and shapes...aka... a big window! Joe and Goe pulled out all the colors of the rainbow in the form of Dry-Erase markers, and wouldn't you know it, their new buddy had his own respectable arsenal of markers himself!

Hand-Turkeys, rounds of Tic-Tac-Joe (see, Tic-Tac-Toe is too unsanitary for a hospital, who wants toe-prints on their windows?) and many jokes exchanged in pictorial form. Suddenly, it was discovered that a secret power was being harbored by the being behind the door. While Joe and Goe had encountered Superheroes before, this was unlike



“Oh yeah? What’s up?” the clowns asked nearly in unison.

“You guys got funded for the year.”

Joe and Goe were as stunned as she was nonchalant, her tower of putty-like material becoming more impressive with each handful. “What’s that now?” the clowns prodded.

“Ms. Katie said you guys got the funding to be here a year.”

Glances were exchanged. A mustache fluttered. An underwear cap nearly flew from Goe’s noggin as they glanced to the Child Life leader, who stood behind her messenger with a sly grin!

“What!That’sAmazingThankYouSoMuchForTellingUsWhatThisIsSoGreatCanWeHaveAHug?!” tumbled from both janitors at once as a small jig took them round the room for hugs and celebration.

Once the dust had settled and the playroom disbanded the kiddos off to their next adventure in the halls of the hospital, Joe and Goe were able to learn about how hard Ms. Katie worked to help Prescription Joy be at Ochsner. Thanks to her, clowns will be able to visit Ochsner’s Hospital for Children 24 times this year (twice a month). How amazing is that?!

Later on, the clowns got to visit with Diamond once more to play with the magic picture frame and thank her for the announcement. What a perfect way to tell good news to healthcare clowns!

any tney’a ever seen! See, ne’a been studying....**The Force!**

With one deft maneuver of this Jedi (Sith? Who knows his motives or allegiances!) Master’s hands, the janitors found themselves plastered to the wall opposite his room, next to a nurse washing up at the sink, who’d barely escaped the blast of power. What immense strength was shown and repeated several times! Truly, his was an ability not to be scoffed at. Between the laughter (certainly not maniacal) of their psionic patient and the giggles of the staff and family around them, the clowns knew they’d encountered something (and someone) special!

Being behind a quarantine was no limit to the imagination this new friend harbored, and the ability to play and discover was only heightened by barriers necessary for healing and safety.

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## And more new locations!

Now that we know we can be at Ochsner for a year and continue our schedule with Children's, we can focus on bringing more joy to more children. With your help we can go where no Joe and Goe have been before: **The New Orleans Women and Children Shelter!**

Starting in January, Prescription Joy will be building a monthly relationship with NOWCS! We are so excited!



A fully grateful thank you to Katie Thibodeaux of Ochsner's Child Life Department for giving her all in helping Prescription Joy!

DONATE

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## Community Resource Spotlight!



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**CENTER FOR COUNSELING & EDUCATION**

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*Quality Mental Health Treatment & Training*

Loyola Center for Counseling and Education (LCCE) is committed to providing effective mental health counseling services on a sliding scale to underserved families, couples, groups, and individuals at every stage of life. In tandem with clinical services, LCCE supervises exemplary training for graduate students in Loyola University New Orleans' Department of Counseling.

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**Our mailing address is:**

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