



# Cancer Care APRIL 2024

Micah Sedillos, CCLS, explains what an MRI (magnetic resonance imaging) is to the children of Seth Cuni.

## Helping Families Talk About a Parent's Cancer

**S**eth Cuni, a single dad, lived with tongue cancer for months without telling his two young children. "I just decided that I'm a big guy. That this is my problem, and I can do this alone. Well, I couldn't."

At the suggestion of his therapist, Cuni turned to Child and Adolescent Life Services, a service offered through Duke Cancer Institute's Patient Support Program that teaches parents and children how to talk about a parent's cancer. Using creative activities, props, and facilitated conversations, Jean Hartford-Todd, a specialist in the program, worked with him and his kids to break the ice.

Hartford-Todd often begins by asking children if it is hard, or easy, to answer the question, "What is cancer?"

She helps younger children answer by having them blow bubbles in a cup to simulate the process of cells dividing as

cancer grows. Then she explains that there are medicines that try to stop the cancer bubbles from growing and even make the bubbles disappear.

Hartford-Todd also encourages parents to talk about the side effects kids are likely to see them experience, such as fatigue, nausea, or hair loss. "It's important to help kids understand that this is a normal, expected part of the treatment," she said.

In addition to helping children understand cancer and cancer treatments, Hartford-Todd works with them on coping. For example, the kids make tranquility tubes filled with water, glitter, beads, and colorful rubber bands.

Cuni's son Roman, aged eight, said that the tranquility tube helped to relieve his stress over his father's treatment. "We made those things that you shake up and the stuff falls

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**Duke Cancer Institute**

[dukehealth.org](http://dukehealth.org)

# Cancer Support Services


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down inside. It helps you take your mind off of worry. I've learned it's okay to worry, but that you don't always have to worry."

Cuni said that the program has made a tough time in his life a little easier. "I can't say cancer has been a wonderful journey, but it's been a lot easier with my kids, and my ex-wife, on board. It was wonderful to be able to have them involved in the whole process," said Cuni.

Hartford-Todd said that only a few hospitals provide Child and Adolescent Life Services for children of adult patients. Specialists like her and Sedillos (pictured on the cover) provide their services at Duke Cancer Institute locations across Durham and Wake counties.

*Donations made to the Duke Cancer Patient Support Program fund Child Life Services at DCI. To learn more or to give, visit [duke.is/8/bu85](https://duke.is/8/bu85).*



Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

## Patient and Nurse Navigation

Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

## Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with emotional and practical concerns. They identify and address specific needs, working to alleviate stressors and financial burdens associated with a cancer diagnosis. Then they connect you and your loved ones with resources such as disability, home health/ hospice, advance directives and end-of-life care. To learn more, contact your healthcare team and ask about Clinical Social Work services.

## Chaplain Services & Education

Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When

requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations. In Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363.

## Therapy and Counseling

Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer, all at no cost. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis. To learn more, visit [DukeCancerInstitute.org/Therapy-and-Support-Groups](https://DukeCancerInstitute.org/Therapy-and-Support-Groups).

## Sexual Health Services

Sexual health services explain the impact cancer treatments can have on sexual health and intimacy. They help you address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/SupportiveCare).

## Quit at Duke

Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit [DukeHealth.org/Quit](https://DukeHealth.org/Quit).

## Survivorship Services

They partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit [DukeHealth.org/Treatments/Cancer/CancerSurvivorship-Services](https://DukeHealth.org/Treatments/Cancer/CancerSurvivorship-Services).

## Teen and Young Adult Oncology Program

They provide teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment, and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit [DukeCancerInstitute.org/TYAO](https://DukeCancerInstitute.org/TYAO).

## Palliative Care

This team helps with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. The team works closely with you, your loved ones, and your doctors to ensure that your medical care reflects what is most important to you. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit [DukeHealth.org/Treatments/Palliative-Care](https://DukeHealth.org/Treatments/Palliative-Care).

## Self-Image Services

Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, call 919.613.1906 or email [cancersupport@duke.edu](mailto:cancersupport@duke.edu). To learn more, visit [DukeCancerInstitute.org/Self-Image-Services](https://DukeCancerInstitute.org/Self-Image-Services).

## Child and Adolescent Life Services

They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions to support parents while they take the lead in helping their children understand a cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit [DukeCancerInstitute.org/SupportiveCare/Child-Life](https://DukeCancerInstitute.org/SupportiveCare/Child-Life).

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### Available Legal Resources

Duke Law School's Health Care Planning Project offers free legal

assistance to prepare important health care documents (Healthcare Power of Attorney; Durable Power of Attorney; Advanced Directive) for DCI patients. Law student volunteers working under attorney supervision will be available for in person consults on Friday, March 29th (register [duke.is/2/4uzx](https://duke.is/2/4uzx)) and other inquiries may be made via email or phone. For more info, please email [xinyan.cheng@duke.edu](mailto:xinyan.cheng@duke.edu) or call 919.908.3508.

# Support Groups

Duke Cancer Patient Support Program's virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what they are going through. Registration is required. To learn more, please call 919.684.4497 or visit [DukeCancerInstitute.org/Therapy-and-Support-Groups](https://DukeCancerInstitute.org/Therapy-and-Support-Groups). Scan the code to register for support groups.



## Art Therapy at Nasher

Wednesday :: April 10  
2 to 3:30 p.m.

Second Wednesday of the month

This **group** is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit [duke.is/nn4gr](https://duke.is/nn4gr).

## General Cancer Support

Thursday :: April 18  
5 to 6 p.m.

Third Thursday of the month

**Patient** and **caregiver** groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## LGBTQIA+ Cancer Support

Wednesday :: April 24  
5:30 to 6:30 p.m.

Fourth Wednesday of the month

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Metastatic Cancer Support Group for Women

Wednesday :: April 17  
3 to 4:30 p.m.

Third Wednesday of the month

The **group** is for patients only. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Breast & GYN Cancers

Tuesday :: April 9  
5:30 to 7 p.m.

Second Tuesday of the month

The **group** is for patients only. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: April 17  
4 to 5:30 p.m.

Third Wednesday of the month

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Caregiver Support Group

Thursday :: April 18  
6 to 7 p.m.

Third Thursday of the month

To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Prostate Cancer

Monday :: April 22  
4 to 6 p.m.

Fourth Monday of the month

The **group** is for patients and caregivers. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Fertility Support Group for Women

Thursday :: April 4  
5:30 to 6:30 p.m.

First Thursday of the month

The **group** is for patients only. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

## Parenting with Cancer Meetup

Tuesday :: April 16  
7:30 to 8:30 p.m.

Third Tuesday of the month

The **group** is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit [duke.is/mhc7m](https://duke.is/mhc7m).

# KidsCan!

**KidsCan!** KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family.



KidsCan! (elementary school) meets virtually on the second Monday of the month, April 8 at 6:30 p.m. KidsCan! Tweens and Teens (Middle & High School) meets virtually on the third Monday of the month, April 15, at 6:30 p.m. Registration is required. For more information, contact us by visiting <https://duke.is/m/wv4y>.



# TYAO

Teen and Young Adult  
Oncology Program

Join us for TYAO virtual meetups this month on Tuesday, April 23rd from 6:30 to 7:30 p.m. for young adults (18–39 years old) and on Thursday, April 25th from 6:30 to 7:30 p.m. for teens (15–17 years old).



Email [TYAO@Duke.edu](mailto:TYAO@Duke.edu) for more information and to register for either event.

# Rest, Relax, Renew

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit [dukecancerinstitute.org/supportivecare](https://dukecancerinstitute.org/supportivecare) or call 919.684.4497.



## Virtual Tai Chi for Cancer

Fridays :: April 5 & 26  
2:30 to 3:15 p.m.

Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual [Tai Chi class](#) for cancer patients and survivors. Visit [duke.is/8mues](https://duke.is/8mues) to learn more and to register.

## Virtual Yoga for Cancer

Tuesdays :: April 9 & 23 & 23, 12 to 1 p.m.

Second and fourth Tuesday of the month

Join certified Yoga for Cancer instructor Laura Woodall in a [class](#) designed specifically for cancer patients and survivors. Visit [duke.is/7jgt3](https://duke.is/7jgt3) to learn more and to register.

## Mind-Body Approaches to Coping with Cancer

Tuesdays :: April 2 & 16  
Noon to 12:45 p.m.

First and Third Tuesday of the month

Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These [virtual sessions](#) teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will

learn to discover how to respond rather than react to life's stressors. For more information and to register, visit [duke.is/gzsvt](https://duke.is/gzsvt).

## Explore the Power of Your Voice for Healing

Mondays :: April 8 & 22  
noon to 1 p.m.

First and Third Monday of the month

In this [workshop](#) you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, encourage mindful attention to one's heart and voice. Experience the health benefits of sound, vibration, and self-expression. Visit [duke.is/mn7m9](https://duke.is/mn7m9) to learn more and to register.

## Exercise Consultations

Mondays :: 2 to 4 p.m.  
Wednesdays :: 8:30 to 11:30 a.m.

Supportive Care & Survivorship Center offers

## [exercise consultations](#)

by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m. To learn more or to register email [DHFCancerExercise@dm.duke.edu](mailto:DHFCancerExercise@dm.duke.edu) or visit [duke.is/g/eak9](https://duke.is/g/eak9).

## Salon Services

Mondays :: April 1 & 22  
First and Fourth Monday of the month

Our volunteer team of expert hair stylists provide private consultations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.



Helping cancer survivors live a healthy, full life while navigating their unique needs.

## Cancer Survivorship Services

Learn more or schedule a visit:

919.668.2122 or [Cancer Survivorship Services](#)



# APRIL 2024

## Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <a href="#">Salon Services</a>	<b>2</b> <a href="#">Mind/Body Coping with Cancer</a>	<b>3</b>	<b>4</b> <a href="#">Fertility Support Group for Women</a>	<b>5</b>
<b>8</b> <a href="#">KidsCan! (4–10)</a>  <a href="#">Explore the Power of Voice</a>	<b>9</b> <a href="#">Yoga for Cancer</a>  <a href="#">Breast &amp; GYN Cancer Support</a>	<b>10</b> <a href="#">Art Therapy at Nasher</a>	<b>11</b>	<b>12</b> <a href="#">Tai Chi for Cancer</a>
<b>15</b> <a href="#">KidsCan! Tweens and Teens (11–18)</a>	<b>16</b> <a href="#">Mind/Body Coping with Cancer</a>  <a href="#">Parenting with Cancer Meetup</a>	<b>17</b> <a href="#">Women’s Metastatic Cancer Support</a>  <a href="#">BMT Survivorship Support</a>	<b>18</b> <a href="#">General Cancer Support</a>  <a href="#">Caregiver Support</a>	<b>19</b>
<b>22</b> <a href="#">Salon Services</a>  <a href="#">Explore the Power of Voice</a>  <a href="#">Prostate Cancer Support</a>	<b>23</b> <a href="#">Yoga for Cancer</a>  <a href="#">TYAO Young Adult Meetup</a>	<b>24</b> <a href="#">LGBTQIA+ Cancer Support Group</a>	<b>25</b> <a href="#">TYAO Teen Meetup (15–17)</a>	<b>26</b> <a href="#">Duke Law School Health Care Planning Project</a>  <a href="#">Tai Chi for Cancer</a>
<b>29</b>	<b>30</b>	<p>For more information and to register, visit <a href="https://DukeCancerInstitute.org/SupportiveCare">DukeCancerInstitute.org/SupportiveCare</a> or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit <a href="https://gifts.duke.edu/cancersupport">gifts.duke.edu/cancersupport</a></p>		