



# Cancer Care SEPTEMBER 2024

Micah Sedillos and Graham Alexander enjoy bubbles and snow cones with his children at a quarterly in-person meet-up of KidsCAN!

## Program Connects Kids to Talk about Parents' Cancer

By D'Ann George

**T**he KidsCAN! team approached Graham Alexander and his family shortly after his wife, Elizabeth, was transferred to Duke Cancer Institute from another hospital to further her cancer care. At first, Graham felt reluctant to get involved in the program.

Provided free of charge by [the Duke Cancer Patient Support Program](#), KidsCAN! connects kids over zoom and through quarterly in person gatherings, so they can talk about their parents' cancer in a safe environment with their same-age peers, ranging from ages 4 – 18.

“Being the caregiver, my instinct is to protect. I don’t want other people talking to my kids about cancer or guiding them through this process. That was my job,” Alexander said. At the time, he thought his children would be talking only to professionals, away from him and his wife.

Alexander said his wife changed his mind. “She was the one who prepared the kids for different life events. She was the one who said, “this resource is here, we should take advantage of it. We need support.””

### ACTIVITY PACKETS GET KIDS TALKING

Micah Sedillos, CCLS, co-directs KidsCAN! at Duke Raleigh Hospital. She has been a certified Child and Adolescent Life Specialist for 15 years.

“Kids this age tend to not want to be different than their school friends,” said Sedillos. “But they will talk to other kids going through the same thing.”

To help break the ice during monthly meetings, KidsCAN! sends children a packet of materials for therapeutic activities that they do together.

A recent packet featured the book *Invisible Strings*, by Patrice Karst. Kids could also view a YouTube video of the book read aloud. For the activity, the children wrote names of loved ones on paper hearts, then linked them together with colorful ribbons. They showed each other their hearts by holding them up to their screens.

“The idea is that we are all connected, even when we are apart,” said Sedillos.

*Continued on page 2*



# Cancer Support Services

*Continued from page 1*

## PARENTS LEARN BY LISTENING IN

The virtual setting makes it easy for parents to stick around. “We encourage them to listen as the kids talk to each other about their experience, often through the lens of an activity they work on during the meeting,” said Sedillos.

Alexander agreed. “My wife and I would stay in the room with the kids working on our own stuff,” he said. “But we’d also be listening to them. It blew my mind that they knew what the call was about – they knew they were talking about cancer. Yet at the same time, they could have fun playing with Legos, or drawing.”

“I was also surprised by how quickly my kids just jumped in and were ready to talk about cancer, because I wasn’t ready. I felt terrified to talk about cancer with them.”

Alexander said that listening to meetings made him and his wife more comfortable having similar conversations with their children.

In addition to KidsCAN! virtual and in-person events, a virtual Parenting with Cancer group meets monthly.

To learn more about KidsCAN! or to register, visit [DukeHealth.org/KidsCAN!](https://DukeHealth.org/KidsCAN!).

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

[dukecancerinstitute.org](https://dukecancerinstitute.org)

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 by visiting [dukehealth.org/support-services/pastoral-services](https://dukehealth.org/support-services/pastoral-services).

## 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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Scan to learn more or visit [duke.is/n8h92](https://duke.is/n8h92)



**SURVIVORSHIP SPECIALIST**

- ✓ Cancer care
- ✓ Primary care
- ✓ Develop a plan for the whole you

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit [duke.is/wtqpe](https://duke.is/wtqpe).

# 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, call 919.684.4497. Scan the QR code to register for support groups.



## Art Therapy at Nasher

Wednesday :: September 11  
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 :: September 19  
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 :: September 25  
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 :: September 18  
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 :: September 10  
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 :: September 18  
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 :: September 19  
6 to 7 p.m.

**Third Thursday of the month**

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

## Prostate Cancer

Monday :: September 23  
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 :: September 5  
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 :: September 17  
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!** 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! (ages 4 – 10 years) meets virtually on the second Monday



of the month, September 9 at 6:30 p.m. KidsCAN! Tweens and Teens (ages 11 – 18 years)

meets virtually on the third Monday of the month, September 16 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 meetup for young adults (18-39 years old) on the fourth Tuesday of the month,



September 24, from 6:30 – 7:30 p.m. Email [TYAO@Duke.edu](mailto:TYAO@Duke.edu) for more information and to register.

# 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

Fridays :: September 6 & 20  
2:30 to 3:15 p.m.

First and Third Friday of the month

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

## Virtual Yoga

Tuesdays :: September 3 & 17  
12 to 1 p.m.

Typically the Second and Fourth Tuesday of the month

Join certified Yoga for Cancer instructor Laura Woodall in a [class](https://duke.is/7jgt3) 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 :: September 3 & 17

Noon to 12:45 p.m.

First and Third Friday 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](https://duke.is/8mues) 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 :: September 9 & 16

Noon to 1 p.m.

Typically the First and Third Monday of the month

In this [workshop](https://duke.is/mn7m9) 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](https://duke.is/82cne) 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 [DHFCCancerExercise@dm.duke.edu](mailto:DHFCCancerExercise@dm.duke.edu) or visit [duke.is/82cne](https://duke.is/82cne).

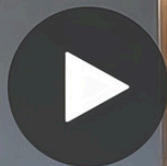
## Salon Services

Monday :: September 26

Typically the 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. To learn more, visit [duke.is/n/8mu6](https://duke.is/n/8mu6).

Duke University Hospital  
Cancer Center



Beyond Cancer:  
Confronting the Challenges of Survivorship



## NEW MEDSCAPE SERIES

This series discusses how our innovative approach of providing onco-primary care, along with collaborative research efforts, has informed improvements in screening, treatment, and post-treatment oncology care.



[duke.is/4/qm9r](https://duke.is/4/qm9r)



Duke Cancer Institute

# SEPTEMBER 2024

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Labor Day</p>	<p>3</p> <p><a href="#">Mind/Body Coping with Cancer</a></p> <p><a href="#">Yoga</a></p>	<p>4</p>	<p>5</p> <p><a href="#">Fertility Support Group for Women</a></p>	<p>6</p> <p><a href="#">Tai Chi</a></p>
<p>9</p> <p><a href="#">Explore the Power of Voice</a></p> <p><a href="#">KidsCan! (4–10)</a></p>	<p>10</p> <p><a href="#">Breast &amp; GYN Cancer Support</a></p>	<p>11</p> <p><a href="#">Art Therapy at Nasher</a></p>	<p>12</p>	<p>13</p>
<p>16</p> <p><a href="#">Explore the Power of Voice</a></p> <p><a href="#">KidsCan! Tweens and Teens (11–18)</a></p>	<p>17</p> <p><a href="#">Mind/Body Coping with Cancer</a></p> <p><a href="#">Parenting with Cancer Meetup</a></p> <p><a href="#">Yoga</a></p>	<p>18</p> <p><a href="#">Women’s Metastatic Cancer Support</a></p> <p><a href="#">BMT Survivorship Support</a></p>	<p>19</p> <p><a href="#">General Cancer Support</a></p> <p><a href="#">Caregiver Support</a></p>	<p>20</p> <p><a href="#">Tai Chi</a></p>
<p>23</p> <p><a href="#">Salon Services</a></p> <p><a href="#">Prostate Cancer Support</a></p>	<p>24</p> <p><a href="#">TYAO Young Adult Meetup</a></p>	<p>25</p> <p><a href="#">LGBTQIA+ Cancer Support Group</a></p>	<p>26</p>	<p>27</p>

30

For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497

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