

# RESILIENCE NEWSLETTER

PSYCHOSOCIAL ONCOLOGY &  
CANCER PATIENT SUPPORT PROGRAMS

## THE BOUNTIES OF SUMMER

ISSUE 05  
JULY 2023

BY POP/CPSP DIRECTOR KATIE DUCKWORTH, PHD

Thank you for taking the time to read our summer edition of *Resilience* during this season of long days of light. It is a season ripe with sunshine followed by unexpected downpours, freshness, long awaited visits, and the exploration of new horizons. New schedules complemented by school breaks and summer travels shake up former ways of thinking and encourage us to explore and connect with nature in much needed ways.

In parallel fashion, this season's energy prompts us to consider new means of expansion, growth, activity, and creativity within our Psychosocial Oncology and Cancer Patient Support Programs. With attention to growth and fresh energy, I am excited to share updates on the incredible work that our team members and others are performing around the institution. It is our hope that this newsletter informs you about the offerings available to patients and their families and simultaneously builds broad-base team cohesion, as we share more about the endeavors of multidisciplinary colleagues.

One fine example is a new and exciting collaborative virtual **Employee Book Club**, which kicks off August 11th. All cancer-related employees from Atrium Health Levine Cancer are invited to come together once a month to broaden our understanding of the cancer patient experience outside exam rooms, as we discuss books written by cancer survivors and their caregivers. POP/CPSP's Lisa Rainwater will lead the book club. (Read more on page 16).

The CPSP/POP family kicked off our summer season with the second annual Summerlark in Bailey Park—our program's annual philanthropic fundraising event. Once again, Allegacy Federal Credit Union served as the Presenting Sponsor. We are so grateful for the corporate and individual support of this formerly Winter-turned-Summerlark! This year, attendees enjoyed music performed by local musicians The Dryes and Chris Lane. We gained some momentum with attendance and, fortunately, the rain cooperated with us. The firework celebration was a beautiful culmination to a wonderful weekend of community celebration and fundraising to support the psychosocial needs of patients and families navigating cancer care.

Thank you to all who attended or volunteered and to the philanthropy office for their tremendous

## THIS ISSUE

- Summer Bounties
- Healing Arts
- Survivorship: Living Post-Treatment
- Cancer Services Transitions Program
- Volunteer Feature: Pat Stoeber
- Dr. Anne Wofford on CPSP Support
- What is ACT, Pt. III?
- The Many Benefits of Tai Chi & Qigong
- An Interview with Dr. Reginald Charlestin
- Meet Holly Hallman, LCSW—Our newest CPSP Clinician
- Summerlark 2023!
- NEW: Book Club for cancer-related employees
- Tips for Caregivers
- CPSP Support Groups

CONTINUED ON PAGE 11

# HEALING ARTS SPECIALITY CLINIC CALENDAR



**Wednesdays, 10:00-11:00 am  
Art Therapy in the PODS, 3rd floor  
Comprehensive Cancer Center  
(CCC)**

Guided breath work, art making, and therapeutic conversation made available to patients and caregivers present during infusion treatments.

**1st & 3rd Mondays, 1:00-2:30 pm  
Provider Wellness Art Therapy  
Process Groups**

Providers of various disciplines gather in small groups to engage in art therapy experientials and supportive conversation to support overall wellness, process grief, foster healing, reduce compassion fatigue, and enhance personal/professional development.

**3rd Wednesday of the month, 1:00-2:00 pm**

**Inpatient Art Therapy Group, 6th floor inpatient resource room, CCC**

Patients and caregivers are invited to participate in a mixture of guided breath work, art making, and therapeutic conversation with others facing similar experiences during inpatient hospital care.

**Fridays, 1:00-2:30 pm**

**Open Art Therapy Studio -3rd floor hospitality room, CCC**

Individuals are invited to gather, connect, and share with others on their wellness journey through art making and therapeutic conversation. All supplies included.

**4th Friday of the month, 11:00-12:00 pm**

**Virtual Art Therapy Group for Young Adults (AYA)**

Young adults are invited to participate in a virtual art therapy experience to connect with others on a similar health journey while exploring meaning in personal experience when faced with cancer.

**Mon-Fri, 8:00am-4:00pm**

**Inpatient Art Therapy Assessments**

Art therapy is offered to patients and caregivers receiving inpatient hospital care to help process the emotional, psychological, and physical effects of cancer and treatment side effects. Formal art therapy and psychosocial counseling consultations and assessments are completed within 24-48 hours during CPSP clinic hours.

## Visual Journal Exercise

by Erica Fox, MA, LCMHC, NCC, ATR



Visual images have the ability to invite an array of emotional and physical sensations. Looking at soothing images is one simple tool we can use to manage distress. Take a moment and gather 6-8 calming images or photos. Additionally explore the use of written mantras or encouraging statements throughout your flipbook for added comfort. Using materials such as tape, needle and thread, or glue, find a creative way to connect your images. Smaller flipbooks can be stored in a pocket or small tote, providing easy access in those stressful moments.



**The CPSP Healing Arts Specialty Clinic** offers art therapy for patients and caregivers receiving inpatient and outpatient care to process physical, emotional, and psychological experiences when faced with cancer. CPSP strives to ensure that no one faces cancer alone and understands that everyone processes the impact of cancer in different ways. Art therapy requires no previous artistic skill and provides individuals with a unique opportunity to process experienced thoughts, emotions, and physical sensations while making art, and discover ways created art products can guide awareness, healing, growth, and connection on their personal journey. Healing arts therapy services are also made available for providers on their wellness journey to process grief, foster healing, and reduce compassion fatigue as they continue caring for others.

Example of soothing images from Collage Imagery: A collection of photographic images for use in personal art by Catherine Anderson, 2014 & a small flipbook.



## LIVING IN SURVIVORSHIP: POST-TREATMENT.

By Lisa A. Rainwater, PhD, MA (couns), LCMHC, CCMHC, GCP, CT

In our last issue, I identified five different survivor branches and discussed the second, “Treatment.” It is important to keep in mind that not everyone will go through each of them, and they are not necessarily linear. The majority of my survivor clients are walking the path of at least one of the following branches:

- New diagnosis
- Treatment
- Post-treatment
- Remission and/or cured
- Recurrence and/or metastases.

Depending on your type of cancer and the staging of your cancer, you may have undergone chemotherapy, radiation, immunotherapy, surgery, and/or a combination of these treatments. In this issue, I review the branch of post-treatment and offer tips on how to improve quality of life on your cancer journey.

It’s quite common to form deep bonds with your oncology team during your initial diagnosis and treatments. Any time you have a question, they were there to respond; and during treatments you may have received an understanding of your struggles unlike the support you received from anyone else. Once treatment is finished, the bond may feel distanced. Phone calls, frequent visits, and portal messages drop off. Subsequently, you may feel a sense of aloneness—or even abandonment—by your medical team. These are natural feelings, experienced by many cancer survivors, often based on anxiety of cancer recurrence.

It’s okay to miss your team, but, there’s more to life than coming to the Cancer Center! Trust that your oncology team will always be at the ready, should you need them. Re-focusing your attention on your physical, emotional, and social wellness post-treatment can be rejuvenating. Your life may have changed forever, but post-treatment can be a time for re-evaluating your life and re-engaging in what is important to you.

### REGAIN SELF-EFFICACY THROUGH PHYSICAL WELL-BEING POST-TREATMENT

Dr. Albert Bandura described self-efficacy as one’s belief in their ability to act in ways to meet specific goals. During cancer treatment, your belief in self may have faltered. Post-treatment is a time to regain self-confidence through conscious choices that improve your physical well-being:

- Engage in mindfulness walking
- Maintain a healthy diet
- Practice mind-body traditions, e.g., yoga, tai chi, qigong (see page 9!)
- Keep medical appointments and scheduled scans
- Keep your oncology team informed of any health changes
- Be mindful of hyper-sensitivity to bodily sensations

### LIVING WITH UNCERTAINTY

Post-treatment, your oncology team will determine how frequently you return for scans, lab work, etc. to monitor your health. While such advancements in medicine help detect cancer recurrence and increase life extension, ongoing maintenance can lead to “Scanxiety.” Joshua Bauml, MD described scanxiety as “the often-debilitating anxiety patients with cancer experience in the period surrounding imaging studies for their cancer.” Scanxiety can be severe and significantly decrease quality of life. This uncertainty can be managed by regaining control over your life.

“WELLNESS SEEKS MORE THAN THE ABSENCE OF ILLNESS; IT SEARCHES FOR NEW LEVELS OF EXCELLENCE. BEYOND ANY DISEASE-FREE NEUTRAL POINT, WELLNESS DEDICATES ITS EFFORTS TO OUR TOTAL WELL-BEING – IN BODY, MIND, AND SPIRIT.”

~ GREG ANDERSON

# Transitions Program

Call 760-9983 for the next  
available dates/times!



Our *Transitions* Program  
is a virtual 4-topic workshop  
designed to help survivors make  
the transition from active  
treatment to post-treatment care.

Experts will discuss exercise,  
medical management, emotional  
recovery, and nutrition tips.

[CancerServicesOnline.org/Transitions](https://CancerServicesOnline.org/Transitions)

"I would like to tell you how  
much I have enjoyed this  
month of transitions program  
information. Your speakers  
have been amazing, and left  
us with many worthwhile  
suggestions to think about or  
implement. And, as a  
caregiver, we need this  
education as much or more  
than the cancer survivor."

Cancer Services  
3175 Maplewood Ave Winston-Salem, NC  
27103 [CancerServicesOnline.org](https://CancerServicesOnline.org)  
336-760-9983

# PAT STOEBER: VOLUNTEER, BAKER & RUNNER.

By Emily LaFontaine, LCSWA



Pat Stoeber has been described as kind, caring, compassionate, a “re-definer” of boundaries, an angel, and an asset to Atrium Health Wake Forest Baptist.

She has been a volunteer with the Cancer Patient Support Program (CPSP) ever since she retired from a career in real estate. Her husband was a patient at the hospital, and her coworker suggested she volunteer here.

Pat has since helped CPSP create a warm, welcoming environment by serving coffee and snacks to individuals with cancer and their caregivers, while they wait for their appointments. She keeps refreshments cool by loading waters and sodas into the Hospitality Room refrigerators on the

first and third floors.

During the time she spends outside of the hospital, Pat enjoys meeting new people and talking to those who find comfort in conversation. She also enjoys gardening, cooking, singing in her church choir, and running in races.

Pat started running regularly after she entered into a 5K race and placed first in her age group. This sparked her initial interest in running, prompting her to continue training and enter into even more running competitions. Pat has since been awarded the “first place finisher” in four races; she has also completed a half-marathon.

Pat is currently training for a 5K race in Kernersville in July and is looking forward to not only running, but socializing. She stated that she has been told by other women that she has encouraged and inspired them to exercise and/or participate in races, and this provides Pat with a meaningful and purposeful reason to run.

Although Pat is known around the Comprehensive Cancer Center for her love of running and racing, she is known, too, for her banana bread. She uses a family recipe with a secret ingredient, and anyone who tastes it raves about it.

## Pat, the Cancer Patient Support Program thanks you for your service!

### ***Running tips for beginners, according to [runnersworld.com](http://runnersworld.com):***

- Find safe, traffic-free routes
- Start each run slowly
- Keep the pace nice and controlled
- Slow down on hills
- Walk breaks aren't cheating
- It doesn't matter how far you go
- Don't run every day at first
- If you're struggling, try relaxing
- Feeling a bit sore is normal
- Make sure you warm up and cool down
- Get some decent running shoes and/or a good sports bra

## INTERVIEW WITH A PROVIDER.



## DR. ANNE WOFFORD.

Interviewed by Carrie Madsen, MS, LCMHC, NCC

### What is your oncology specialty and how long have you been practicing at AHWFB?

Dr. Anne Wofford is Assistant Professor of Hematology/Oncology and Medical Director of the Adolescent and Young Adult Oncology Group at Atrium Health Wake Forest Baptist. Dr. Wofford went to medical school and completed both her residency and fellowship at Wake Forest University. She has been in her current position with AHWFB since August 2022.

Dr. Wofford specializes in treating diseases of bone marrow failure, including Myelodysplastic Syndrome (MDS), Aplastic Anemia, and Paroxysmal Nocturnal Hematuria (PNH). Her clinical time is divided between inpatient and outpatient work, treating patients pursuing allogeneic stem cell transplant, lymphoma and multiple myeloma patients admitted to the hospital for illness, and patients receiving cellular therapies (like Car-T or BiTE). In addition to her clinical work, Dr. Wofford is the Medical Director of the Adolescent and Young Adult Oncology Group, which specializes in offering holistic support to cancer patients diagnosed between the ages of 18-39. Dr. Wofford has a personal connection to this work and feels passionately about helping young patients who have been “kneecapped by diagnosis and treatment just as they are starting their adult lives.” She hopes that this position will enable her to facili-

tate better care for AYA patients “through improving fertility preservation, sexual health, survivorship and increasing clinical trial opportunities,” so that young survivors can “move beyond cancer into the healthy part of their lives.”

### How have you utilized CPSP services?

Dr. Wofford expressed appreciation for the range of services CPSP offers for the patients she treats, including biopsychosocial assessments prior to stem cell transplant, inpatient counseling while patients are in the hospital, and outpatient therapy after discharge. She noted that the pre-transplant evaluations are particularly “invaluable for the team, as they allow us to see patients’ healthy coping mechanisms as well as areas where patients need additional help.” Dr. Wofford explained that “patients often don’t anticipate how difficult [stem cell transplant] is going to be, and this can be very disheartening for them.” She expressed gratitude that CPSP is there to help patients navigate the emotional component of long and often challenging hospital stays.

### How do your patients benefit from working with one of our psychosocial oncology counselors?

Dr. Wofford takes a holistic view of patient well-being and believes both personally and professionally that “sometimes we need someone to teach us new ways of thinking and help shift our perspective.” She believes her patients benefit from working with CPSP counselors during transplant because it creates an opportunity for patients to be honest: “Many times patients don’t want to let the medical team down or worry that we will take it personally if they struggle or start having second-thoughts about the transplant process; therefore, it’s important for them to have a safe place to voice their concerns.” She understands that it is “natural to feel negative emotions while you’re sick” and expressed gratitude that CPSP is there to provide support and understanding at all stages of the patient’s journey.

### Would you like to join a group of committed, passionate, lively, and kind individuals who volunteer at the Cancer Patient Support Program?

Consider contributing your time and talents to our patients and their loved ones, while experiencing meaningful engagements and enjoying excellent benefits:

Learn more -->

<https://www.wakehealth.edu/about-us/volunteer-services>



## A NEW SERIES: WHAT IS ACT & HOW IS IT RELEVANT TO CANCER CARE?

By Carrie Madsen, MS, LCMHC, NCC

### Psychological Flexibility in ACT, Part III: The Observer Self.

In a previous issue of *Resilience*, we began our exploration of Acceptance and Commitment Therapy (ACT) and its relevance for cancer care. ACT (pronounced like the verb “to act”) is an evidence-based model of mental health counseling that has been shown to be effective for cancer patients (Johnson et al, 2021). In its broadest sense, ACT promotes “psychological flexibility,” which is the capacity to respond flexibly to what is happening in life, so that we can make intentional choices and move towards being the person we want to be (Hayes et al, 2012). Therapeutically, ACT divides psychological flexibility into six different, but coordinated components, the first of which (Present-Moment Awareness) was previously discussed. The second of these components is about perspective-taking and is called the “Observer Self.”

The Observer Self is hard to define because there is no word or phrase in the English language directly associated with it. Essentially, the Observer Self is the part of our awareness that not only notices what is going on but “notices that it is noticing.” In the external world, the Observer Self is what lets us shift perspective and appreciate that we are part of something larger than ourselves, such as when we listen to the ocean or stare up

into the night sky. In the internal world, the Observer Self allows us to “step back” metaphorically and view thoughts as temporary mental experiences separate from the person doing the thinking, feelings as separate from the feeler, urges as separate from the person having an urge, and memories as separate from the person remembering (Hayes et al, 2012). Strengthening the Observer Self



thus facilitates awareness of the way we describe ourselves and our understanding of how we came to be that way (Robinson, et al, 2010).

When it comes to cancer care, tapping into the Observer Self allows patients to pause, observe what they are telling themselves about a given situation, and then determine whether buying into that story is helpful or not. Consider the following scenario: An histor-

ically outgoing and fun-loving sarcoma patient becomes depressed following amputation of a limb. The patient reports feeling worthless, embarrassed, and unlovable, quitting his job, and refusing to leave the house. Through therapy, however, the patient connects with the Observer Self and begins to see how most of the time his attention is dominated by self-critical thoughts. Furthermore, he observes that buying into these thoughts typically triggers feelings of hopelessness, which in turn encourages him to isolate, which then increases depressive symptoms. By strengthening the Observer Self, the patient can begin to see his thoughts as fleeting experiences that do not define him, in the same way that he can see clouds as fleeting experiences that do not define the sky. Shifting his perspective, he can then decide if he is happy with this pattern or if he wants to make some changes.

Please stay tuned for the next issue of *Resilience*, where we will begin to explore the third facet of psychological flexibility: Defusion.

#### References

- Hayes, S.C., K.D. Strosahl, & K.G. Wilson, 2012. *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change*. 2nd Ed. New York: Guilford Press.
- Johnson, A., C. Delduca, & R. Morris, 2021. *Flying over Thunderstorms: Living your Life with Cancer Through Acceptance and Commitment Therapy*. New York: Routledge.
- Robinson, P.J., D. G. Gould, & K.D. Strosahl, 2010. *Real Behavior Change in Primary Care*. Oakland, CA: New Harbinger.



# THE BENEFITS OF QIGONG & TAI CHI

By Emily LaFontaine, LCSWA

David Harold received master's degrees in divinity and social work from the University of North Carolina at Chapel Hill before working for more than 25 years in a community mental health center.

He brings both his experience in the mental health field, in addition to his passion for the practice of tai chi, to Atrium Health Wake Forest Baptist. Harold has been practicing and teaching tai chi for almost fifty years.

Tai chi is a martial art form that, over the years, has transformed into an accessible means of health maintenance and rehabilitation.

Qigong is a Traditional Chinese Medicine practice that seeks to enhance and cultivate the inherent life essence of a human being. Today, both methods combine slow, soft, intentional movements that may look like swimming in air. These movements and physical poses combine the mind, body, and breath for the purpose of achieving optimal wellness.

Mr. Harold offers tai chi by appointment on Mondays, Tuesdays, and Wednesdays from 10 a.m. to 4 p.m. Patients and/or their family members may schedule an appointment now through the end of September by emailing him at [david.harold@gmail.com](mailto:david.harold@gmail.com) or contacting the Cancer Patient Support Program at either 336-716-6801 or 336-713-6964. Individuals interested in participating in tai chi remotely may access videos of Mr. Harold and other instructors by visiting their Three Treasures Tai Chi website at [www.threetreasures.org](http://www.threetreasures.org).



## Benefits from Tai Chi and Qigong

- Increase bone density
- Improve cardiopulmonary effects
- Improve physical function
- Decrease falls and improve balance
- Improve quality of life
- Increase self-efficacy
- Reduce patient-reported outcomes (e.g., pain, fatigue, nausea)
- Reduce psychological symptoms (anxiety, depression, stress, mood, fear of falling)
- Improve immune- and inflammation-related responses

Jahnke, R., Larkey, L., Rogers, C., Etnier, J., & Lin, F. (2010). A comprehensive review of health benefits of qigong and tai chi. *American journal of health promotion* : AJHP, 24(6), e1–e25. <https://doi.org/10.4278/ajhp.081013-LIT-248>

## INTERVIEW WITH DR. REGINALD CHARLESTIN: STAFF CHAPLAIN – ORDAINED, CHAPLAINCY & CLINICAL MINISTRIES

By Lindsay Seigenthaler, M.Ed., LCMHCA, NCC



### What is your role as an ordained staff chaplain, and how long have you worked here?

Dr. Charlestin has been working in his current position for two years at Atrium Health Wake Forest Baptist, specializing in trauma and critical care, including both pediatric and adult care in the ICU and emergency rooms. Dr. Charlestin also serves as an on-call chaplain, as well as staff support. His journey in chaplaincy started in 2015.

Dr. Charlestin emphasized that every day brings unique experiences, and he feels honored to be a part of people's stories, even in the midst of their storms. He aims to provide spiritual and emotional support in the best way he knows how. "I look at it as being able to walk alongside individuals in what Saint John of the Cross refers to as the 'dark season of the soul' and being a peaceful presence in the midst of chaos," Dr. Charlestin shared. Additionally, he appreciates the unbiased and non-judgmental nature of chaplaincy. "Sometimes merely a compassionate presence is the intervention. It's amazing how in stillness, people find hope."

### How do you see your role overlap with psychosocial oncology counseling services?

"I see overlap in the integration and understanding that we are interdependent, that resources are nothing by itself," Dr. Charlestin explained. He described how these roles naturally intersect and emphasized the importance of understanding the wider circle of care within the healthcare system.

### What do you find are the most meaningful aspects of your work?

Dr. Charlestin noted, "The most meaningful aspect of this work is the ability and the opportunity to restore one's humanity. I find that in the midst of crisis, a person's identity can be so easily overlooked by pathology or a diagnosis." He added that the beauty of chaplaincy is to treat each person with dignity and humanity, regardless of their status, background, demographic, or life circumstances, recognizing that everyone is made in the image and likeness of the divine.

### Working within an integrative health care system can be very stressful. How do you engage in personal wellness?

Dr. Charlestin shares that when in acute settings, he engages in a ritual practice, such as handwashing. This serves as a visual message that expresses, "I've done what I can, and this symbolizes that I'm moving forward", allowing for a peaceful release and transition.

More broadly, Dr. Charlestin prioritizes his personal wellness through a combination of spirituality and maintaining his mental health, in his words "Jesus and therapy." He also notes having a community where he can be present and himself.

**For more information on FaithHealth Chaplaincy and Education and how to engage their services for patients and employees, visit: <https://intranet.wakehealth.edu/departments/faitH-and-health-ministries/chaplaincy-and-clinical-ministries>.**

# THE BOUNTIES OF SUMMER (CONT.).

efforts.

I also want to take this opportunity to welcome Holly Hallman, LCSW to the POP/CPSP family. Holly is a social worker who looks forward to returning to more direct patient therapy. She is bilingual, allowing us to expand outpatient and inpatient counseling services to our Spanish speaking patients. Her collaboration allows us to focus on our vision of reducing barriers to care and augmenting access for all. Holly also is trauma-informed in her work and has an interest in working with teens and family systems. She will be integrating into the multidisciplinary head and neck cancer clinic

and maintaining an outpatient caseload. She is a thoughtful, engaging teammate, and we are so grateful to have her join our team. Please join us in welcoming her.

I invite you to stop by our suite to talk with any of our staff to learn more about psychosocial support available to patients and caregivers. We wish you a healthy, rejuvenating, peaceful summer.

Warmest regards,

Katie



“BEES DO HAVE A SMELL, YOU KNOW, AND IF THEY DON'T THEY SHOULD, FOR THEIR FEET ARE DUSTED WITH SPICES FROM A MILLION FLOWERS.”

RAY BRADBURY

## PSYCHOSOCIAL ONOLOGY & CANCER PATIENT SUPPORT PROGRAMS

### MISSION

To reduce suffering and improve the quality of life of cancer patients and their loved ones across the lifespan, throughout survivorship and beyond.

### VISION

Ensure no one faces cancer alone.

### VALUES

- Accountability & Transparency
- Inclusion & Diversity
- Innovation & Curiosity
- Collaboration & Commitment to Service

### OBJECTIVES

- Reduce barriers to psychosocial support
- Collaborate with and support providers
- Optimize patient, caregiver, & family services
- Empower our community with shared knowledge and programming

### RESILIENCE

Newsletter Editor: Lisa A. Rainwater

**Resilience** is a quarterly newsletter of Atrium Health Wake Forest Baptist’s Psychosocial Oncology (POP) and Cancer Patient Support (CPSP) Programs.

Resilience is written by POP/CPSP team members

With this free publication, we seek to promote our psychosocial programming, provide psychoeducation on wellness and mindfulness, and highlight the work of our integrated partners and their expertise. We accept recommendations for future interviewees and guest writers.

The newsletter is published quarterly for free distribution and is accessible as a PDF at [www.wakehealth.edu/cancerservices](http://www.wakehealth.edu/cancerservices)

## CONNECTING WITH SELF & OTHERS

Rejoining your pre-cancer life may include former stress-reducing activities such as spending time with friends and family. Managing the uncertainty that comes with the conclusion of treatment may seem daunting, but the following list can bring you closer to gaining control over your personal life again:

- **Meet with a counselor or join a support group:** Identifying your emotions and acknowledging your fears with people who are professionals and/or who are experiencing similar uncertainty can reduce distress and introduce you to new coping skills.
- **Take control back:** Making healthy lifestyle choices can help you feel like you are again in charge of your body. Engage in light exercise; meet with a nutritionist to identify healthy eating habits; practice mindfulness activities such as yoga, tai chi, and qigong (see page 9!), and/or meditation.
- **Reduce stress through intellectual activities:** Exercise your brain's plasticity! Read a book on a new subject, engage in genealogy research, learn a foreign language, learn to play a new musical instrument, visit a museum, play number and word games.
- **Talk to your provider:** Knowledge is power. Become your own healthcare advocate.



## KNOWLEDGE IS POWER

Fear of the unknown can increase your uncertainty. Regain control over your life by developing a list of questions to ask your provider upon completion of treatment. This list is a good starting place:

- How often will I need labs and scans post-treatment? How long will I need to be monitored?
- Can I schedule my appointment with you on the same day the results are available?
- Are there any limitations I should be aware of? And if so, for how long?
- When should I contact you, should I continue to experience intense fatigue, neuropathy, and/or brain fog?
- Given my cancer diagnosis, what's the timeline to be considered "cancer free post-treatment?"
- What symptoms should I pay attention to with regard to my cancer returning?
- What options are available, should my cancer return?
- Can you provide me with a referral to Cancer Patient Support Program for counseling or group work?

## MANAGING SCANXIETY

- **Nourish your curiosity:** Develop questions to ask based on material sent to you in advance of your appointment.
- **Nourish your heart:** Invite your caregiver – four ears are better than two – and plan something enjoy-



able to do after the visit.

- **Nourish your body:** Bring healthy snacks and water.
- **Nourish your mind:** Bring something to read, listen to your favorite podcast, or a music playlist.

This stage on your cancer journey can be an opportunity to take back your life. Without intentional choices to rediscover elements of your life that you'd lost during treatment, new feelings of anxiety and apprehension can take hold. Take advantage of psychosocial support by connecting with a CPSP counselor to discuss your feelings post-treatment by calling 336-713-5440 for an initial intake.

For additional information on post-treatment, visit: <https://www.cancer.net/survivorship/life-after-cancer/coping-with-fear-recurrence>.

## WELCOMING OUR NEW POP/CPSP CLINICIAN: HOLLY HALLMAN.



Holly Hallman joined the Cancer Patient Support Program as a Licensed Clinical Social Worker in June 2023.

She initially joined the ranks of Atrium Health Wake Forest Baptist in 2016, working first with the Department of Family Medicine offering integrated behavior health care in primary care clinics, and then with families in the Brenner FIT program.

Her decision to pursue social work stemmed from post-college work with Big Brothers Big Sisters and the Community Care Center, a local free medical clinic. After earning her Master of Social Work degree from UNC-Greensboro and NCA&T State University in 2005, Holly worked in the Winston-Salem Forsyth County schools and later with Family Services as a community-based mental health provider.

Holly is thrilled to join the CPSP team to support patients and families as they navigate their journey with cancer, strengthen skills to manage distress and adapt to change, and seek to live life as fully and wholeheartedly as possible. She enjoys working especially with adults and teens; areas of interest include adjustment to transitions and chronic illness, depression and anxiety, spirituality, family/relationship issues, and grief and loss. She also enjoys providing clinical services to Latine individuals and families for whom Spanish is their primary language.

Holly has deep roots in the Winston-Salem community, having lived here from a young age. When she is not at work, Holly enjoys spending time with her spouse and their motley crew of four pups, time with friends and family, hiking/spending time outdoors, enjoying live music, reading, cooking, and attempting to garden.



SummerLark 2023, featuring Chris Lane and The Dryes, was an incredible success! Together, we raised over **\$365,000** to help ensure that no one faces cancer alone. Thank you to our community and corporate sponsors for their generous support.

Stay tuned to [giving.wakehealth.edu/summerlark](https://giving.wakehealth.edu/summerlark) for more information about SummerLark 2024.



Presenting Sponsor



Signature Sponsor



VIP Sponsor



Entertainment Sponsor



Fireworks Sponsor



Radio Sponsor



Health Care Sponsors



Photo Booth Sponsor



Food Truck Sponsors



Ribbon Sponsors

Advanced Fraud Solutions  
Fader RE  
First Citizens Bank  
Frank L. Blum Construction Company

Inmar Intelligence  
Shelco, LLC  
Stimmel Associates, P.A.

Whiting-Turner Contracting Company  
Womble Bond Dickinson  
WSP





“Our physical integration, alongside our deep community roots and emphasis on access to services, are a few of the many variables that make our practice unique. On behalf of our team, we thank you for supporting our work and insisting that ***no one faces cancer alone.***”

– Dr. Katie Duckworth, Director, Psychosocial Oncology & Cancer Patient Support Program

## Watch the Summerlark 2024 Video!

<https://giving.wakehealth.edu/get-involved/summerlark>

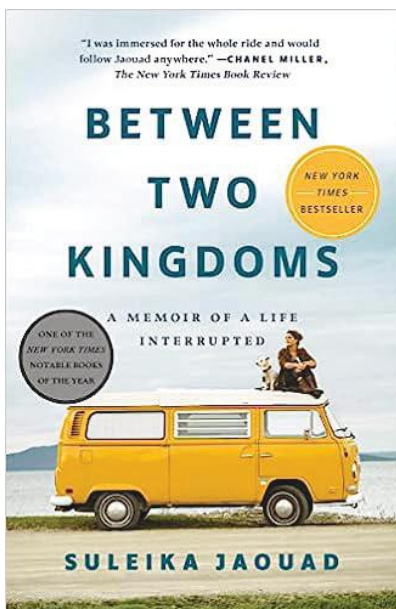
## Make a Gift Today

CPSP depends on the generosity of patients, family, and friends to provide its services. Contributions are tax deductible. There are two ways to make a donation. The first is through direct mail for Cancer Patient Support Program to: Office of Philanthropy and Alumni Relations, CPSP Gifts Officer, Medical Center Boulevard, Winston Salem, NC 27157; or follow the link below for donating online and select “Cancer Patient Support Program” when prompted.

<https://wakehealth.edu/give>

# Creating Community. Join Our New Employee Book Club Luncheon!

2nd Fridays, Virtual, 12 pm  
Beginning August 11th



All cancer-related employees are invited to come together to broaden our understanding of the cancer patient experience outside exam rooms, as we discuss books written by cancer survivors and their caregivers.

Grab your lunch and engage in discussions of humanity's deepest emotions, joys, & experiences while fostering conversations around our shared values.

We will read one book each month. You are encouraged to finish the book prior to our meeting, but all are welcome regardless of completion.

Our first book read is the New York Times Bestseller, *Between Two Kingdoms: A Memoir of a Life Interrupted*, by Suleika Jaouad: "A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into 'normal' life."



**Scan to register!**

Sponsored by the Psychosocial Oncology Program at Atrium Health Wake Forest Baptist and the Department of Supportive Oncology at Atrium Health's Levine Cancer Institute.



# TIPS FOR CAREGIVERS: PROMOTING CHOICE

By Lisa A. Rainwater, PhD, MA (couns), LCMHC, CCMHC, GCP, CT

In a recent CPSP Caregivers Support Group, I led a discussion in response to this prompt:

***“How much choice is involved in what a person going through cancer treatment is unable to do?”***

As a caregiver, you may have noticed your loved one struggling to do things that once were a given: Walking into the kitchen to get a glass of water, reading the morning newspaper, remembering to take out the garbage, making a decision, or focusing on and tracking conversations.

Fatigue, pain, neuropathy, “brain” fog, and physical weakness can minimize a person’s ability to make choices they otherwise have made most of their life.

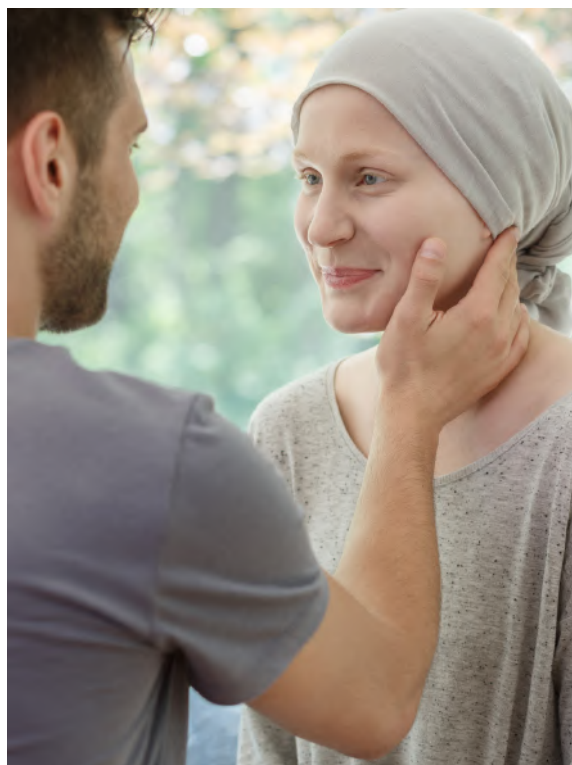
You may find yourself stuck, not knowing what to do next: Do you jump in and help? Do you comment on the observed behavior? Do you “force” them to try? You may even become sad, afraid, or frustrated.

There is no wrong or right response, as much as it is important to remember that not only is your loved one struggling physically and/or cognitively but also emotionally and existentially.

Choice is about freedom, which is about independence and responsibility. Cancer has the ability to create an invisible line in the sand, declaring: Your freedom of choice and independence are gone. While it’s not true, this thought or feeling may manifest in your loved one as self-doubt, anger, or a lack of agency.

In group, we explored how a caregiver can encourage and support a loved one whose independence may have been compromised due to treatment and symptoms. Here is a useful list:

- Check your Own Assumptions
- Ask Open-Ended Questions, e.g. “How could I be useful right now?” instead of “Would you like me to help?”
- Show Empathy
- Avoid Conflicts
- Use Assistive Devices
- Encourage Physical & Mental Activities
- Invite, Avoid Telling
- Offer Choices
- Be Mindful of Tone of Voice



One of the founders of Existential Psychotherapy, Rollo May, once wrote, “Care is the state in which something does matter; it is the source of human tenderness.” Engaging in tender moments can be difficult when everything thing feels out of control — for you and your loved one. If you can pause, take a moment to breathe, and engage in some of the techniques above, your paths can join up on this journey.

# CLIMBING A MOUNTAIN ALONE CAN BE SCARY.



# FINDING SUPPORT IN OTHERS CAN LESSEN THE BURDEN.

All CPSP Support Groups are Free || Pre-Registration Required

## WEDNESDAYS

- Caregivers Support Group, 2nd & 4th Wednesdays, 10 - 10:50 pm
- Finding Life After Loss: Bereavement Group, beginning June 21, 12 pm
- Men's Support Group, every other week beginning June 21, 4 - 4:50 pm

## THURSDAYS

- Living Well with Metastatic Breast Cancer Support Group, 1st & 3rd Thursdays, 2:00 - 3:30pm

## FRIDAYS

- Survivors Book Club Luncheon, 1st & 3rd Fridays, 12 - 12:50 pm

For more info, contact Emily [elafonta@wakehealth.edu](mailto:elafonta@wakehealth.edu)

Psychosocial Oncology and Cancer Patient Support Program

**Healing Arts Therapy Clinic**

July 2023

For questions contact: Erica Fox / [efox@wakehealth.edu](mailto:efox@wakehealth.edu) / 336-713-6952

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <b>Healing Arts Clinic Closed</b></p>	<p>4 <b>Healing Arts Clinic Closed</b></p>	<p>5 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>6 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>7 1:00-2:30 pm <b>Open Art Therapy Studio</b> Connect with others on their journey through art making and therapeutic conversation. All supplies included.</p>
<p>10 <b>Healing Arts Clinic Closed</b></p>	<p>11 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>12 10:00-11:00am <b>Art Therapy in the PODS</b> Card making and relaxation strategies 9:00-4:00 pm <a href="#">Art Therapy Consultations</a></p>	<p>13 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>14 1:00-2:30 pm <b>Open Art Therapy Studio</b> Connect with others on their journey through art making and therapeutic conversation. All supplies included.</p>
<p>17 1-2:30 pm <b>Provider Wellness</b> Art Therapy Process Group and exploration of compassion fatigue, grief, personal and professional development.</p>	<p>18 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>19 10:00-11:00am <b>Art Therapy in the PODS</b> Card making and relaxation strategies 1:00-2:00 pm <b>Impatient Art Therapy Group</b> (collaboration with Rec Therapy) 6<sup>th</sup> floor resource room Resiliency Boxes and Guided Relaxation 9:00-4:00 pm <a href="#">Art Therapy Consultations</a></p>	<p>20 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>21 1:00-2:30 pm <b>Open Art Therapy Studio</b> Connect with others on their journey through art making and therapeutic conversation. All supplies included.</p>
<p>22 <b>Healing Arts Clinic Closed</b></p>	<p>23 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>24 10:00-11:00am <b>Art Therapy in the PODS</b> Card making and relaxation strategies 9:00-4:00 pm <a href="#">Art Therapy Consultations</a></p>	<p>25 9:00-4:00 pm <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>26 11:00am-12:00pm <b>AYA-online art therapy</b> Finding meaning in personal experience through connection and creative expressions. 1:00-2:30 pm <b>Open Art Therapy Studio</b> Connect with others on their journey through art making and therapeutic conversation. All supplies included.</p>
<p>29 <b>Healing Arts Clinic Closed</b></p>	<p>30 <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>	<p>31 <a href="#">Art Therapy Consultations</a> Supportive counseling &amp; art therapy offered to patients and family throughout their hospital stay in the Comprehensive Cancer Center.</p>		