

RESILIENCE

PSYCHOSOCIAL ONCOLOGY & CANCER PATIENT SUPPORT PROGRAMS

ISSUE 02
OCTOBER 2022

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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

CONTACT US

Phone: 336-713-6954

<https://www.wakehealth.edu/cancersupport>



ADAPTING TO CHANGING SEASONS.

BY POP/CPSP DIRECTOR
KATIE DUCKWORTH, PHD

Warmest of welcomes to our fall edition of Resilience, the quarterly newsletter of the Psychosocial Oncology and Cancer Patient Support Programs. As we sense and embrace the upcoming seasonal change, it is helpful to pause and consider what parallel metaphors we can glean from the seasonal shift about adapting to health transitions. Fall glistens with gorgeous hues of orange, yellow and red, brisker temperatures that beckon comfort and time outdoors, and for those of us in North Carolina, scents that are woody and spicy.

With darkness' cloak creeping closer, fall marks a soothing entry into a pattern of turning in and settling. In the spirit of lightening, many of us consider ways to shed that which weighs us down, emotionally, intellectually, physically, or socially. Similar to trees dropping leaves and seeds settling into a watchful ground, it is a time to reflect and intentionally create space for well-being. A beautiful season situated on the cusp of the upcoming cold, it is a time to prioritize wellness and grant oneself permission to connect with the natural world and those we love.

On the behavioral health side of care provision, we think a lot about the impacts of fluctuating psychosocial demands on family systems over the course of the lifespan. We acknowledge that health status changes ripple into systems in individualized ways, causing realignment in relationships, generalized uncertainty, and the emergence of new stressors. Mindful of these vulnerabilities, our team concurrently assesses for strengths, ways to foster resilience and approaches maximize quality of life. In short, we work with individuals to lessen stressors and to unburden cumbersome ways.

As we turn in during this seasonal shift, we invite you to focus on your own enrichment. Be mindful of all that you have experienced over your year and what you are working to shed. Whether you are a patient, a caregiver, or a health care provider, we invite you to invest in your wellness.

Our team has been innovating to provide timely and accessible behavioral care services for patients and family systems here at the CCC. Please make a referral or

reach out to us to see how we can be helpful to you or your patients at any time. We are here, and we are listening. Thank you for reading about the recent updates and offerings, hopefully while you are taking a few moments to soak up the fleeting beauty of fall.

I am excited to share a little more about our new fall offerings. Lisa Rainwater, PhD, MA continues to offer a broad range of effective programming catered to differing roles, timing, content, and connection needs. Our virtual offerings are engaging and accessible. Check out page 6 to learn of offerings for patients, caregivers, couples, spouses, and providers. Lisa's thoughtful programming facilitates social connections while discussing how to improve quality of life. Carrie Madsen, MS also will be offering a group starting mid-November to those with metastatic breast cancer. This will be an open-ended, 90-minute, twice monthly, virtual support group based in Acceptance and Commitment Therapy for women survivors with metastatic cancer. The purpose of the group will be to help patients learn to manage the difficult thoughts and feelings that accompany metastatic disease more effectively so they can focus on what is most important to them, get "unstuck" from problematic patterns, and/or move towards being their best selves, regardless of what is happening with the disease process. Erica Fox, MA our Registered Art Therapist, is now offering Art Therapy to individuals on the in- and outpatient settings by referral. For those seeking an alternate form of healing, Erica's work is trauma-informed and optimal for those interested in healing through arts-based expression. Finally, I want to welcome our newest practicum student, Nicole Kerr, a Master's level student at Wake Forest in the Counseling Program.

Our referrals and number of scheduled patient appointments continue to increase, representing augmented reach and access in patient care. As increasing darkness sets in this time of year, please enjoy all that the fall has to offer. We invite you to stay in touch and stay abreast of all of our goings-on through our newsletters and website. Be well.

My best,
Katie

FALL FOR MINDFULNESS WALKING THIS FALL!

By Lisa A. Rainwater, PhD, MA (Couns.), NCC, LCMHCA, CGP

North Carolina's steamy summer days are slowly melting into crisp mornings, glowing afternoons, and early dusk. With its brilliant colors and mild temperatures, fall can be a perfect season to commit to connecting with our state's natural beauty and increase your physical activity.

While light movement and exercise have been found to be effective in reducing fatigue caused by cancer treatments, patients suffering from shortness of breath, weakness, or neuropathy may find it difficult to walk more than a few minutes.

That's where mindfulness walking may come in!

- Mindfulness walking is a light, gentle exercise that is a practice in being present in the here and now.
- Mindfulness walking is a practice that focuses on quality of presence not quantity of steps.

Zen Buddhist Monk Thich Nhat Hanh (2015) asked, "Why not step in the direction of life, which is in the present moment?" To which he answered, "If we practice walking meditation for even a few days, we will undergo a deep transformation and learn how to enjoy peace in each moment."

Living in the present moment through mindfulness walking brings peace as well as myriad other health benefits:

- Stimulates Blood Circulation & Blood Sugar Levels
- Reduces Anxiety & Depressive Symptoms
- Improves Wellbeing
- Improves Sleep
- Improves Digestion
- Strengthens Connection to Your Environment

Mindfulness Walking

1. Set your watch or phone for 3 minutes.
2. Step outside and focus on your breath.
3. To prepare, breath in for 3, hold for 3, and out for 6 three times.
4. You will now focus on your 5 senses.
5. Sight: What do you see? Notice the colors, shapes, flora, and fauna as you slowly walk.
6. Touch: What do you feel? Your feet walking on the ground? Touch a leaf, tree bark, something tangible.
7. Hearing: What do you hear? Birds, crickets? When did the summer cicadas disappear?
8. Smell: What do you smell? Are the favorite autumnal aromas in the air?
9. Taste: What do you taste? By the sea, it might be the salt ...
10. Complete your walk, refreshed and hopefully more at peace with the day.

Happy Walking!





HEMATOLOGY/ONCOLOGY NURSE COMPETES IN IRONMAN TO RAISE FUNDS.

COLLEEN SANDS, RN ENCOURAGES ACTS OF KINDNESS

By Emily Lafontaine, Graduate Student Social Work Intern

Colleen Sands competed in the IRONMAN triathlon in Lake Placid, New York on July 24, 2022, swimming 2.4 miles, biking 112 miles, and running 26.2 miles. She chose to compete in this particular triathlon because she started her nursing career at Atrium Health Wake Forest Baptist Medical Center almost exactly ten years prior to the day of the competition. Furthermore, her goal was to raise at least \$10,000 for the Cancer Patient Support Program's (CPSP) Acts of Kindness Fund. The Acts of Kindness Fund provides cancer patients and their families with individual counseling and support groups, as well as practical assistance, such as vouchers for transportation, lodging, and food from the cafeteria. Sands not only reached her goal -- she exceeded it. She successfully completed her triathlon in less than fourteen-and-a-half hours and raised more than \$12,000 in the process.

Sands started competing in triathlons in 2014, enrolling in competitions that required the completion of shorter distances as compared to an IRONMAN triathlon. The camaraderie she experienced while training with other athletes appealed to her and led her to sign up for her first IRONMAN triathlon in Chattanooga, TN in 2016. IRONMAN competitors must complete their race within 17 hours, which means they train to

endure long periods of physical activity while at the same time conserving energy.

"I knew what I had signed up for was going to be tough, so the extra push from friends, coworkers and family was great," Sands said.

"As oncology nurses, when we take care of our oncology patients, we care for not only their body, but also their mind and spirit."

~ Colleen Sands, RN

"Most people thought I was a little crazy to sign up for such an endeavor, and I'd have to agree a little on that, but at the same time, they supported me 100% of the way."

Sands works as a registered nurse in the Hematology/Oncology outpatient infusion clinic. She administers chemotherapy and immunotherapy treatments, as well as infusions, injections, fluids, and blood products. According to

Sands, however, "Oncology nursing encompasses so much more than just administering medications; as oncology nurses, when we take care of our oncology patients, we care for not only their body, but also their mind and spirit. We realize how important the psychosocial aspect is to the care of these patients, and we work hand in hand with the CPSP services to provide the best possible holistic care approach."

Sands attests to the importance of participating in activities that decrease stress, as being a medical professional can be challenging. She enjoys attending group exercise classes at the YMCA, learning how to play golf and pickleball, and hiking, as she is able. She also enjoys spending time with her dog, Max, who she describes as "MAXIMUM everything: size, energy level, noise level..."

In addition to exercising and spending time with her dog, Sands has a passion for crafting. She recently created a side business, CoCo and Company, in which she upcycles used medication vial caps to create badge reel decorations, ornaments, and Christmas trees, among other items.

"I consider myself very lucky to be able to care for such amazing oncology patients, and I am blessed to have a wonderful group of coworkers who provide amazing care to these patients."

INTERVIEW WITH A PROVIDER.



DR. MICHAEL MCCORMACK, JR.

Interviewed by Carrie Madsen, MS, LCMHC, NCC

What is your oncology specialty, and how long have you been practicing at Atrium Health Wake Forest Baptist?

Dr. Michael McCormack, Jr. has been at Atrium Health Wake Forest Baptist since January 2020 as a specialist in gastrointestinal and genitourinary oncology. Prior to coming to the Comprehensive Cancer Center, he worked at Drexel University (Hahnemann Hospital) in Philadelphia, PA. Dr. McCormack completed medical school at Tulane University in New Orleans, followed by residency in Internal Medicine at Temple University Hospital and fellowship in Hematology/Oncology at Cooper University Hospital.

How have you utilized CPSP services?

Dr. McCormack stated that he regularly refers patients to CPSP. “Many patients need support, not only with their medical decision-making, but with all the complications a cancer diagnosis brings to their lives.” He sees the benefit of timely intervention and recommends patients connect with CPSP early on in treatment. “CPSP has helped many of my patients through the complexity of

their cancer journey. I often discuss utilization of these services when I first meet patients and continue to offer these services as I feel this can only help a patient coping with cancer.”

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

Dr. McCormack recognizes that being a cancer survivor is a very challenging experience that is difficult to navigate in isolation. “My patients often know the severity of their cancer diagnosis and face those challenges without someone to turn to. Even patients with significant family support often feel they do not want to burden their loved ones with their concerns and fears.”

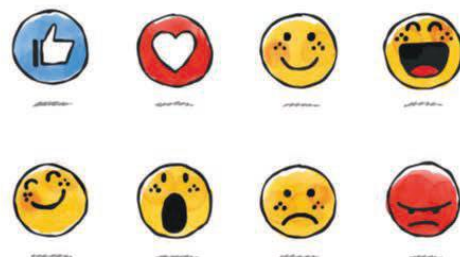
His experience as an oncologist at AHWFB has shown the efficacy of connecting patients with CPSP. “Multiple patients have found that working with CPSP has taken away the burden of carrying these thoughts by themselves. I almost always recommend it to patients, as this is just as important as the medication I provide.”

If you are a provider and would like to make an outpatient referral or an inpatient consult request, please review the information detailed below.

Psychosocial Oncology & Cancer Patient Support Program

Offering hope, fostering resilience, and providing support for patients, families, and providers.

For more information, call Lisa Rainwater, LCMHCA, CGCP at 6-0327



Outpatient Services

- Individual, Couples, Family Counseling
- Support Groups
- Biopsychosocial Assessments
- Financial Assistance

Inpatient Services

- Orientation to CPSP Services
- Wellness Visits
- Consultations for Emotional Distress
- Financial Assistance

Specialties

- Provider Support & Education
- Grief & Bereavement
- Art Therapy
- Trauma-informed Care

How to Send a Referral & Request a Consult

Who: Indicate who the consult is for (patient, caregiver, both)

Why: Provide reason for consult (e.g., depression, anxiety, distress, treatment decision-making)

Inpatient: WakeOne IP Consult for Psychosocial Oncology and Cancer Patient Support (Px Code: CON164)

Outpatient: WakeOne Ambulatory Referral to Psychosocial Oncology and Cancer Patient Support (Px Code: REF92A)

INTRODUCING THE HEALING ARTS THERAPY CLINIC



By Erica Fox, MA, LCMHC, ATR

POP/CPSP are developing a variety of new services at the Comprehensive Cancer Center including the Healing Arts Therapy Clinic.

This specialty clinic will offer art therapy as a complementary modality of care for patients and caregivers during inpatient and outpatient treatment, as well as for providers and staff with an emphasis on provider wellness and well-being.

CPSP strives to ensure that no one faces cancer alone and understands that everyone processes the impact of cancer in different ways.

Art therapy combines the use of art making and image, a psychotherapeutic relationship between patient and art therapist, and the application of psychological theory and approach.

Engaging in art therapy offers a unique opportunity for individuals to

explore personal experience through a combination of verbal and non-verbal expression with a clinically trained art therapist. Individual and group sessions will be offered.

Our vision for integrating Healing Arts Therapy services was recently shared with the Operations Council at the Comprehensive Cancer Center. Having the support of providers from various disciplines, staff, and those in leadership roles will truly serve as foundational in the growth and success of the Healing Arts Therapy Clinic. A special thank you from the POP/CPSP staff to all who attended the presentation.

Next Steps

We are excited to move forward with phase two of an implementation strategy for the Healing Arts Therapy Clinic.

Outpatient Service

Beginning in October, Erica Fox, LCMHC and registered art therapist, will begin to facilitate a walk-in open art therapy studio opportunity in the 3rd floor hospitality room for patients and caregivers. This will be a FREE service provided by CPSP throughout each month. All artistic skill levels are welcome, no prior art experience is required, and supplies will be included. All that is required is to bring a bit of curiosity!

Inpatient Service

When referring patients for Healing Arts Therapy services, we ask referring agents to indicate “Art Therapy” in the description of the Psychosocial Oncology referral. Once a formal consult is placed in EPIC, art therapy assessments will be completed during a psychosocial oncology consult within 48 hours.

PHASE 1.

- » Proposal for Healing Arts Therapy Clinic
- » Establish ideal clinic and programming space
- » Grant submission for art therapy supplies
- » Summer Lark 2022 – interactive art table and community presence
- » Infographics on art therapy and clinic programming
- » Provider education on art therapy and program goals

PHASE 2.

- » Implementation of art therapy during inpatient and outpatient care
- » Facilitate psychoeducational groups on art therapy to counseling and medical students
- » Facilitate art therapy process groups for providers to enhance wellness
- » Collaboration with other programs/clinics in the CCC (e.g., AYA, smoking cessation, and palliative care)
- » Establish online access for art therapy groups

PHASE 3.

- » Art therapy internships
- » Protocolize art therapy research
- » Application for larger grants
- » Integration of additional expressive arts therapy modalities into programming (e.g. music and dance/movement therapies)

For more information about the Healing Arts Therapy Clinic, call/email Erica at 336-713-6952 & efox@wakehealth.edu

Take Good Care. Join a Virtual Support Group & Activate Your Wellness Plan.



Surviving Cancer: Virtual Men's & Women's Wellness Groups

Engage in wellness and mindfulness practices that empower you along your journey and improve your quality of life.

Finding Life after Loss: Partner Virtual Support Group

This 12-week grief and transition group is designed for spouses and partners who have lost a loved one to cancer.

Couples Strong: Learning How to Live with Cancer Together

This virtual couples support group is designed to help partners navigate their cancer journey together.

Survivorship Book Club Luncheon

Engage in book discussions while fostering personal growth and compassion.

Virtual 15-Minute Mindfulness Recharge

15 minutes of mindfulness practice to help you get through your day with renewed spirit, clarity, and energy.

Metastatic Breast Cancer Virtual Group

Connect with other survivors to share experiences and learn tools to help manage difficult thoughts and feelings, so you can move towards being your best self.



Psychosocial Oncology & Cancer Patient Support Programs

336-716-0327
wakehealth.edu/cancer-support

Scan to register!



Ronnie Flowers served the Cancer Patient Support Program as a volunteer for the past four years, totaling 1,000 hours of volunteerism. His late wife, Mary Flowers, helped implement the patient navigation program and worked as one of the first two patient navigators for five years before being diagnosed with breast cancer; meanwhile, Ronnie worked for TE Connectivity's AMP division, stamping connectors for the automobile industry.

Ronnie retired on October 28, 2018, subsequently started volunteering, and recently moved to Missouri to be closer to his son, grandchildren, nieces, and nephews. He was born and raised in Missouri on a 160-acre corn and cattle farm purchased by his grandfather many years ago, and relocated to Winston-Salem after his employer moved him to the area. He lived in the Ardmore historic district of Winston-Salem, citing the "weather,



like to engage in conversation, and if so, Ronnie engages them in conversation with empathy and compassion. He said he recalls more than one memorable moment during his time volunteering, fondly reflecting on his experiences spending time with individuals attending appointments, and their families.

Before our interview, a woman at the front desk excitedly pointed Ronnie out – he was waiting in the hospitality room on the first floor. "He's a gem!" she whispered. During our interview, a patient came into the hospitality room; Ronnie jumped up and asked if he could

GIVING OF SELF.

By Emily Lafontaine,
Graduate Student Social Work Intern

RONNIE FLOWERS & HIS 1,000 HOURS.

On behalf of all the recipients of Ronnie's service and Colleen's generosity, we thank you both for your endurance, compassion, and patient care!

winters, and people," as what he enjoyed most.

Ronnie said he will fondly remember Atrium Health Wake Forest Baptist, where he touched the lives of many. He described his role of "taking care of people's needs" as they checked in and waited to be called for their appointments, offering them refreshments, snacks, and a comfortable place to sit. He said some individuals

help her get a drink. After our interview, a group of patients and caregivers congregating in the hospitality room asked: "today's really your last day?" I told Ronnie it was obvious he had helped a lot of people; he shook his head and said: "I don't know about that, but I've enjoyed my time here, and I've enjoyed all the people I've met."

RN ENCOURAGES ACTS OF KINDNESS

CONTINUED FROM PAGE 3

"Being able to get to know our patients and their family members is so special to me," noted Colleen. "They come in so frequently and spend some of their most vulnerable moments with us, that it's hard not to develop a bond with them over time. I love getting to know the patient and family members outside of their cancer diagnosis; every one of them had a life before cancer and it is fun to get to learn what is important to them outside of the cancer center."

Thank you, Colleen, for all you do for CPSP & our patients! You are a true inspiration to us all!

Take Good Care. Join Our 15-Minute Wellness Recharge!

Tuesdays & Thursdays, Virtual

CCC Providers & Staff: 1:30 pm



Our virtual session helps you get through your day with renewed spirit, clarity, & energy.

Guided meditations, breathing exercises, gratitude reflections, & light body movements release tension, help ground you in the here and now, & improve concentration.



Scan to register!

Psychosocial Oncology & Cancer Patient
Support Programs || 336-716-0327
[wakehealth.edu/cancer support](http://wakehealth.edu/cancer-support)



Atrium Health
Wake Forest Baptist

KATIE MORRIS.



Kathryn (Katie Morgan) Morris departed this world in the early morning of August 18, 2022 at her home in Advance, NC. Born November 4, 1989 to John Morgan and Debbie Gleason in Los Angeles, CA, Katie spent most of her childhood in Richmond, VA before studying to be a nurse at University of Virginia (UVA).

She practiced as an Oncology nurse at the University of Virginia and Novant in Charlotte, NC before moving to Atrium Health Wake Forest Baptist. She is preceded in death by her paternal grandparents, Thomas and Verlie Morgan, and her maternal grandparents, Laurence and Joan Gleason. She is survived by her husband, Seth Morris; her twin sons, Stanton and Louis; her parents John Morgan (Kay) and Debbie Gleason; her sisters Ashley Morgan (Adam), and Kerry Morgan (Jon); and a wild and wonderful web of extended family and friends.

In her final days, Katie remained tenacious, courageous, and found humor even in the darkest of times. To know her was to love her; the hole she leaves in this world cannot be filled. In lieu of flowers, please consider a donation to the National Brain Tumor Society or the Juvenile Diabetes Research Foundation.

To read Katie's full obituary written by her family and leave a tribute, please visit: <https://affordablecremationswsnc.com/obituaries/kathryn-katie-morgan-morris/>

Katie's Cancer Center teammates will forever miss her kindness, humor, generosity, and wonderful patient care.

IN MEMORIA

CHRISTIAN WHITAKER EISENHAUER.

Christian Whitaker Eisenhauer, age 38, passed away on Tuesday August 9th, around 4:30 am at home in Walkertown, NC. She had been surviving with stage IV colon cancer since her diagnosis in April of 2021. During that time, she was able to have many great days, and make a lot of wonderful memories with family & friends.

Despite going through several treatments and surgeries, the cancer kept progressing. On August 9th, she decided to kick cancer to the curb for good. At around 4:30am, she took her last breath here on earth, followed by her first cancer free breath in Heaven!

Christian is survived by her husband of 12 years Kenneth Eisenhauer, her mother Judy Whitaker, her father & stepmom Jimmy & Penny Whitaker, her sister Jennifer LeBeau, her brother Seth Whitaker, and several other close family members and dear friends.

Wake is where she worked as an administrative assistant in the Hematology & Oncology department for 12 years.

To read Christian's full obituary written by her loving husband and leave a tribute, please visit: <https://www.forevermissed.com/christian-whitaker-eisenhauer/about>

Christian's spirit, smile, kindness, and abundance of love will be missed dearly by her Hem/Onc family.



PATIENT NAVIGATOR HIGHLIGHT: CALEB D. EVINGTON, MSW, LCSWA.

By Nicole Kerr, Graduate Practicum Counseling Student



A new ray of warm sunshine descended on the new Adolescent and Young Adult (AYA) Program at Atrium Health Wake Forest Baptist, which is situated within the Office of Cancer Health Equity. His name is Caleb Evington, a trained licensed clinical social worker, and he is the AYA patient navigator for newly diagnosed oncology patients ages 13-39.

The Office of Cancer Health Equity's Population Health Navigation program plays a vital role in addressing the inequities that underserved populations can face during their cancer experience by offering non-clinical navigation services to our AYA, African American, Hispanic, and rural patients. Population health navigators provide cultural and linguistic concordant care as well as age-appropriate navigation services. From initial diagnosis to survivorship or end-of-life care.

As a navigator, Caleb acts as a fellow traveler for patients along their cancer journey. He assesses a patient's barriers to care, concerns, and needs. He then connects them to people and services inside and outside of the hospital to address their barriers or needs. Services offered include assisting cancer patients, families, and caregivers to overcome health care system and social barriers and facilitating timely access to quality medical and supportive care. Examples of these services include peer-to-peer mentoring programs, national virtual support groups, and meet-ups

within the AYA community, the supportive care clinic, submitting grants to address financial toxicity, referrals to financial navigation or financial counseling services, assistance with transportation, safe and stable housing, and access to free/affordable healthy foods, and connections to FMLA, disability, and legal professionals, etc.

A large part of his role focuses on ensuring that AYAs are educated on their fertility preservation options through tailored and age-life stage-appropriate family planning conversations. He and Dr. Duckworth are co-chairing an AYA Clinical Standards subcommittee of the AYA-O Multidisciplinary Working Group, and the first task at hand will be to improve fertility preservation and family planning conversations, referral pathways, and financial assistance options for oncology patients at the CCC. And, of course, if you are in need of a big smile and hearty laughter, he is your man!

Caleb provides general social/emotional support through navigation services and works to ensure upstream identification of oncology patients for patients in need of greater mental health support. He works to ensure a warm hand-off to CPSP therapists for psychosocial oncology supportive care.

Caleb's journey toward personal wellness has evolved over time. During his nine years as a social worker, developing strong, defined, and healthy boundaries took three years of practice while developing nourishing personal hobbies took another five years to cement. Some hobbies that contribute to his wellness include being a new pet parent, bouldering with his wife, exploring the Yadkin wine scene, yoga, meditation, playing piano, and hosting slow dinner parties. Now, thanks in no small part to the satisfaction he finds in his job, he feels he has found greater health and wellness.

Read more on page 11 about the new AYA Program!

MEET NICOLE.



Hello there! My name is Nicole Kerr, and I am the newest counselor-in-training. I am currently studying counseling at Wake Forest, with an anticipated graduation in December 2023. I received my BS in Psychology from Middle Tennessee State University in 2000.

After graduation, I paused my career development to raise furry and not-so-furry children with my husband. Experiences that brought me to this moment in my life include my personal encounters with acute, post-acute, and chronic illnesses, my husband's twenty years of experience as a physician, my work with our local hospice house, and my love for medicine, psychology, and philosophy.

My professional aspirations include supporting and encouraging patients and caregivers suffering from acute, post-acute, chronic, and terminal illnesses. My academic and research interests include the bidirectional relationship between physical and mental health, integrative healthcare, and improving patient outcomes. My theoretical interests include mindfulness approaches, ACT therapy, narrative therapy, meaning-based therapy, and DBT. I also think laughter is wonderful medicine for the mind, body, and soul!

"I am especially glad of the divine gift of laughter: it has made the world human and lovable, despite all its pain and wrong." W.E.B. DuBois



Adolescent & Young Adult (AYA) Cancer Program Addressing Patient-Centered Needs

This program serves the unique needs of adolescents and young adults (AYAs) between the ages of 13-39 who have been diagnosed with cancer. Cancer is the leading cause of disease-related death in AYAs, and though the absolute number of cancer survivors is increasing, 5-year survival rates for AYA cancer survivors are lagging children and older adults. This makes AYAs an underserved population in oncology and to achieve cancer health equity, greater focus needs to be placed on their unique needs. Medically, AYAs experience significant disparities in care quality and health outcomes that may not be adequately met in pediatric and adult oncology settings which highlights the importance of AYA-specific treatment protocols. AYAs are at increased risks of cancer-related infertility, financial hardship, disease recurrence, second primary cancers, and symptom burden for late and long-term effects. In addition, cancer can disrupt major life milestones that commonly happen during this age range, like completing school, choosing a career path, building personal relationships, raising a family, and working toward emotional, social, and financial independence. Our AYA Cancer Program works to provide solutions for the challenges that AYA patients and survivors face along the cancer continuum.

**This specialized program is a joint effort between Atrium Health Wake Forest Baptist Brenner Children's Hospital and Atrium Health Wake Forest Baptist Comprehensive Cancer Center.*

Program pillars:

- **Navigation-** Offer individualized assistance to patients, families, and caregivers to help overcome barriers to care.
- **Fertility-** Educate AYA patients and Atrium team members on the risk of cancer-related infertility, establish referral processes, and recommend resources for fertility preservation.
- **Education-** Create and maintain educational materials for AYA's and their families and educate providers and the community on the unique needs of AYAs and how to address them
- **Psychosocial-** Assess, address, and advocate for the psychosocial needs of AYA patients with cancer and survivors.
- **Research/Clinic Trials-** Improve clinical outcomes and quality of life for AYAs by supporting increased participation in clinical trials and the development of AYA-focused research.
- **Community-** Create social opportunities for AYAs with cancer to benefit from peer-to-peer experience and support by facilitating an AYA community.
- **Survivorship-** Promote health and well-being for post-treatment AYA cancer survivors by addressing their physical, vocational, emotional, social, and support needs beyond active treatment.



Dianna S. Howard, MD
AYA Medical Director
336.716.7972
dhoward@wakehealth.edu



Abbie Mauney, BS
AYA Program Manager
336.713.6713
amauney@wakehealth.edu



Caleb Evington, LCSWA
AYA Patient Navigator
336.713.3183
cevingto@wakehealth.edu




Designated by the National Cancer Institute for the highest standards in cancer research and patient care.





November 2022 Event Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm</p> <p>AHWFB Support Group: Men's Wellness #3- 4 pm</p> <p>GYN Cancer Wellness Group 6 pm</p> <p>Survive & Thrive YA Meetup 5:30 pm</p> <p>Chair Yoga 5:30 pm</p>	<p>Yoga for Cancer Patients 9am and 5pm</p> <p>AHWFB Support Group: Finding Life After Loss 12 pm</p> <p>AHWFB Support Group: Women's Wellness #2 4 pm</p> <p>Sobrevivientes Wellness Group (In Spanish) 6 pm</p>		<p>Yoga for Cancer Patients 10 am</p> <p>AHWFB Support Group: Couples Strong 12 pm</p>	<p>CT Crash Course 9 am</p>
6	7	8	9	10	11	12
	<p>Attitude of Gratitude Begins</p> <p>Yoga for Cancer Patients 9 am</p>	<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm</p> <p>AHWFB Support Group: Men's Wellness #4 - 4 pm</p> <p>Chair Yoga 5:30 pm</p> <p>GI Cancer Wellness Group 6 pm</p>	<p>Yoga for Cancer Patients 9am and 5pm</p> <p>Oral, Head, & Neck Wellness Group 3 pm</p> <p>AHWFB Support Group: Women's Wellness #3 4 pm</p>	<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm</p>	<p>Yoga for Cancer Patients 10 am</p> <p>AHWFB Support Group: Book Club Luncheon 12 pm</p>	
13	14	15	16	17	18	19
	<p>Yoga for Cancer Patients 9 am</p>	<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1pm Patients 1:15 pm</p> <p>Chair Yoga 5:30 pm</p>	<p>Yoga for Cancer Patients 9am and 5pm</p> <p>Multiple Myeloma Group 12 pm</p> <p>AHWFB Support Group: Finding Life After Loss 12 pm</p> <p>AHWFB Support Group: Women's Wellness #4 4 pm</p>	<p>Breast Cancer Wellness Group 12-1:30 pm</p> <p>AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm</p>	<p>Yoga for Cancer Patients 10 am</p> <p>AHWFB Support Group: Couples Strong 12 pm</p>	
20	21	22	23	24	25	26
	<p>Yoga for Cancer Patients 9 am</p>	<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm</p> <p>AHWFB Support Group: Men's Wellness #1 - 4 pm</p> <p>Chair Yoga 5:30 pm</p>	<p>Yoga for Cancer Patients 9am and 5pm</p>	 Cancer Services is Closed.	<p>Yoga for Cancer Patients 10 am</p> <p>AHWFB Support Group: Book Club Luncheon 12 pm</p> <p>Cancer Services is Closed.</p>	
27	28	29	30			
	<p>Eat the Rainbow Winter Edition Begins</p> <p>Yoga for Cancer Patients 9 am</p>	<p>AHWFB Support Group: Mindfulness Recharge Caregivers 1 pm Patients 1:15 pm</p> <p>AHWFB Support Group: Men's Wellness #2 - 4 pm</p> <p>Chair Yoga 5:30 pm</p>	<p>Yoga for Cancer Patients 9am and 5pm</p> <p>AHWFB Support Group: Women's Wellness #1 4 pm</p>			

November Special Events with Cancer Services

Cancer Transitions (CT) Crash Course- Saturday, November 5th; 9 am

A one-day, crash course of our transitions program designed to answer “What’s Next?” after cancer treatment. This program helps survivors:

- decrease worry and anxiety
- improve quality of life
- increase knowledge regarding physical, mental and social health

Expert speakers include cancer rehabilitation exercise experts, a board-certified specialist in oncology nutrition, a licensed mental health professional, an oncologist, and cancer survivors. *Snacks and lunch will be provided.*

Attitude of Gratitude- Mondays; Beginning Monday, November 7th

A 5-week program designed to guide you into a habit of gratitude in order to enhance your well-being during and after cancer treatment. This program is open to patients/survivors as well as caregivers.

Eat the Rainbow: Winter Editions- Begins Monday, November 28th

A 12-week series designed to help you understand the facts and myths about fruits and vegetables and why they are important for cancer survivors. This challenge aims to help you increase your fruit and vegetable intake and focuses on fun winter recipes.

Chair Yoga with Sue Evans – Every Tuesday at 5:30 pm

This hour together via Zoom will include gentle movements, meditation and relaxation along with some breathing exercises to calm and relax the mind and body. No experience is necessary.

Yoga for Cancer Patients- Every Monday at 9 am, Wednesday at 9 am and 5 pm, and Friday at 10 am

Join Angela Gallagher for yoga classes specifically tailored for survivors. Wednesday classes are online. Monday and Friday classes are in-person at Novant Integrative Medicine.

Atrium Health WFB Support Groups - See class offerings below

These free, online support groups create a safe space for people with cancer to connect, share their stories, and exchange tips on how to navigate their cancer journey. Support groups are led by a staff member of the Cancer Patient Support Program (CPSP). To register or for more information, call Lisa at (336) 716-0327 or email her at lrainwat@wakehealth.edu.

- **Virtual Caregivers 15-Minute Mindfulness Recharge**
Tuesdays & Thursdays, Caregivers - 1:00 pm & Patients - 1:15 pm
- **Surviving Cancer: Virtual Men’s Wellness Project**
Tuesdays, 4 – 4:55 pm;
- **Finding Life after Loss: Partner Virtual Support Group**
1st & 3rd Wednesdays of every month, 12 – 12:55pm
- **Surviving Cancer: Virtual Women’s Wellness Project**
Wednesdays, 4 – 4:55 pm;
- **Couples Strong: Learning How to Live with Cancer Together Virtual Support Group**
1st & 3rd Fridays every month; 12:00 – 12:55 pm
- **Survivorship Book Club Luncheon**
2nd & 4th Fridays every month; 12:00 – 12:55 pm

Find details and the registration form at www.cancerservicesonline.org/register.

If you have questions, please email julie@cancerservicesonline.org or call our office at 336-760-9983.



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