Welcome!

Hello Families, Staff, Volunteers, and Supporters of UNC Pediatric Hematology-Oncology! We are excited to share this quarterly newsletter with you, and hope you will find it to be a helpful resource and communication tool. A Spanish translation of the newsletter will be available soon.

Northwestern Mutual Retreat for Families April 23-24

Attention families! The Spring Northwestern Mutual Retreat for Families will be held at the Aqueduct Conference Center in Chapel Hill on April 23-24.

The Retreat experience is not just about playing games; it is also about helping families connect with others who have a similar diagnosis and shared experiences. For parents, it is an opportunity to expand your supportive community and connect with other UNC families. For children, whose lives are filled with limitations and boundaries, we offer fun challenges and provide opportunities for them to discover that they are not alone in their journey. We strive to offer children a normalizing weekend of experiences filled with laughter, and friendship.

With 16 hotel-style rooms, each with a private bath, the facility can accommodate up to 36 overnight guests. Due to the popularity of the retreat, we are held to a limited number of attendees and may not be able to accommodate all who apply to attend. However, day attendance may be available. For more information about the retreat, please contact Stephanie Mazze (Stephanie.Mazze@unchealth.unc.edu, 919-757-1041).

Noteworthy News and Thank You’s

- Our staff is growing! Welcome to Theresa Scipioni, Kendall Nagy, Kimberly Frederick, Tess Behler, Amber Alexander, Allie Piscelli, and Hiromi Oytega.
- Congratulations to Erin Bennard for being selected as our March Employee of the Month for Children’s Service.
- Congratulations to Stephanie Risgaard for her promotion to CNIV and for being named Cancer Hospital Employee of the Month for April.
- Congratulations to Diana Gordon for recognition as a top 3 finalist for the Extraordinary Healer Award sponsored by CURE magazine. The winner will be announced during the Oncology Nursing Society Annual Congress on 4/28/16.
- Congratulations to Kathy Sabo for being selected as our Plus Person for Children’s Services.
- On 4/28, staff from UNC PHO will attend Teen Cancer America: NC Cares with the hope of developing partnerships that will bring enhanced services to Adolescents and Young Adults with cancer at UNC.
Upcoming Events

Spring is a busy time of year for events that benefit UNC Children’s Hospital, the UNC PHO Clinic, and childhood cancer research. We LOVE seeing our clinic families and staff at events that are held in our honor! Be sure to mark your calendars for the following events:

- **Reelin’ for Research**: April 29-30 in Morehead City  
  [www.reelinforresearch.org](http://www.reelinforresearch.org)

- **Just Tryan It Kids Triathlon**: May 1 in Chapel Hill  

- **St. Baldrick’s @ The Crunkleton**: May 21st in Chapel Hill  
  [https://www.stbaldricks.org/events/mypage/5056/2016](https://www.stbaldricks.org/events/mypage/5056/2016)

- **Spring Northwestern Mutual Retreat for Families**: April 23-24  
  (Contact Stephanie Mazze)

- **Teen Support Group**: Held every 2nd Wednesday of the month. Usually meets in the Clinic lobby; however, meeting location changes depending on activity. Please contact Stephanie Mazze, Stephanie.Mazze@unchealth.unc.edu for more information or to be added to the email list.

- **Barnstormers Horseback Riding**: This 2 1/2 hour camp experience includes a riding lesson, learning about and caring for horses, craft activities, and more. These camps are scheduled on select Saturdays in the Spring and Fall. The next Saturday event is on May 14th. Contact Stephanie Mazze for an application!

### Carolina Pediatric Attention Love & Support (CPALS)

**By Stephanie Mazze, LRT/CTRS, CCLS**

CPALS is a University Organization of registered Hospital Volunteers that helps to provide social and emotional support to pediatric patients (and their families) as they face cancer or a life-threatening blood disorder. CPALS spend an initial semester volunteering in the Pediatric Oncology Clinic. Following this, veteran CPALS have an opportunity to be matched 1:1 with a specific patient (pal).

Once a CPAL is paired with a 1:1 pal (patient), they are notified when their pal is hospitalized or has a clinic appointment. CPALS are expected to visit their hospitalized pal daily and to meet their pal in clinic when their class schedule allows. CPALS visits help to distract patients from the monotony and discomfort of hospitalization by providing supportive friendship and fun activity.

CPALS develop unique friendships with their pals and the extended family. CPALS is a truly special volunteer program that is offered exclusively to patients seen in the Pediatric Hematology/Oncology Clinic.

Patients with frequent and/or extended hospital stays are given priority, as are those with a new diagnosis. CPALS currently has 58 matched pairs.

CPALS volunteers also participate in organization fundraisers. The funds raised support monthly CPALS activities held in Clinic and the annual CPALS scholarship that is offered each Spring to a graduating high school senior.

CPALS are a vital part of the Clinic’s Psychosocial Programming. They keep the kids happy and entertained at the bi-annual Family Retreats and are essential volunteers at the annual Pedal for Peds bike event.

CPALS are outgoing, friendly, and comfortable interacting with children and their family members. They are focused on supporting pediatric families during their treatment experience. We appreciate their dedication and service to the Clinic and families!

Have an event or an article you’d like to share? Contact Nancy Lenfestey: uncpho.news@gmail.com
Eating as well as possible during and after treatment is important for children with cancer, and food can quickly become a battleground between children and parents. Here are a few tips that can make eating more enjoyable:

- Serve your child small meals and snacks throughout the day, instead of 3 large meals. Good snacks include peanut butter and crackers, cheese sticks, pudding, and cereal and milk.
- Include healthy fats daily, and especially during times when your child is having trouble taking in enough calories. Try avocado dip, small ice cream milkshakes with whole milk and fruit, mini turkey burgers with cheese, and peanut butter on apple slices.
- Have your child eat her biggest meal when she feels hungriest. For example, if she is hungriest in the morning, make breakfast the biggest meal.
- Try to get your child to drink fluids between meals instead of with meals. Drinking fluid with meals can make her feel too full.
- Let your child help plan meals and prepare the food. Help with planning can be as simple as letting the child choose between 2 vegetables.

**Helpful Resources**

- www.ChooseMyPlate.gov
- Kids First Cookbook. Available through the American Cancer Society

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**Recipe: White Bean Hummus**

1 can cannellini beans, drained and rinsed
1 Tablespoon tahini, or olive oil
1/4 cup water
1 clove crushed garlic
1 tsp. salt
1 tsp lemon juice, optional

Throw everything into your blender and blend until you have a smooth consistency. Serve with raw vegetable, crackers, toast strips, or with baked sweet potato wedges.

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**Resources to Remember**

**Make-A-Wish Foundation**

Our mission is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

**Eastern NC Make-A-Wish:** Covers 49 counties from the Alamance/Orange County line to the coast
www.eastnc.wish.org

**Central and Western NC Make-A-Wish:** Covers 51 counties from Burlington, westward
www.nc.wish.org

**Victory Junction**

www.victoryjunction.org

Victory Junction enriches the lives of children with chronic medical conditions or serious illness by providing life-changing camp experiences that are exciting, fun and empowering; all in a medically-sound environment at no cost to the camper or their family.

**Camp Carefree**

http://www.campcarefree.org

Camp Carefree provides a free, one week camping experience for kids with chronic illnesses. Our program also includes camps for well siblings of ill children, and a week for children with a sick parent.

**Lighthouse Family Retreat**

www.lighthousefamilyretreat.org

Childhood cancer impacts everyone in the family. Our program offers fun, family-centered activities to help them “feel like a family” again. Week-long family retreats are held on the coasts of NC and FL.
Spotlight on Staff: Hospital School  By Michaella Levandoski, JD/MLS

UNC Hospital School is a Chapel Hill-Carrboro City School that can provide educational services to kids in the clinic and inpatient setting. The Hospital School has a staff of 17 and provides year-round educational services to more than 2,000 students annually!

In the clinic, we typically interact with students and families when they need help with assignments and lessons, start homebound services, and/or transition back to school. One of the main ways we help students transition back to school is by ensuring that 504 Plans or Individualized Education Programs (IEPs) are in place and that the school is aware of the medical condition and side-effects that may occur. When a student goes inpatient, the Hospital School Teachers aim to work with students for about one hour each school day. The Hospital School teachers that work with kids who are inpatient include: Michaella Levandoski, Mary Clare Freeman, Tania Agosto, and Faith Becker. Anna Kohler works with kids who are 3-4 years old.

The Hospital School believes that School in the Hospital is an implicit statement of hope. While we understand that there will be days that your child may be under the weather and cannot participate in school, please encourage your child to do school work on the days they feel well. Reading to your child and having your child read each day is important. The Hospital School has a library and media specialist, Lee Ann Gelinne, to help your child find reading material that may appeal to their interests.

The Hospital School Website (http://unchs.chccs.k12.nc.us/home) is a great resource to find websites that can help your child with academics. Teachers also can suggest websites, that might help your child’s school better understand your child’s medical condition or medical devices.

For more information about the Hospital School, please stop by the Hospital School in clinic or email Michaella Levandoski at michaella.levandoski@unchealth.unc.edu.

Would you like to receive this newsletter as an e-newsletter directly in your inbox? If so, please send an email to uncpho.news@gmail.com and enter “E-Newsletter“ as the subject line. Thank you for helping us conserve resources!

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