

The Community Counts

A monthly newsletter for Duke Pediatric Blood and Marrow Transplant patients, families and supporters



March 2006

A Family, a Company, and a Community....

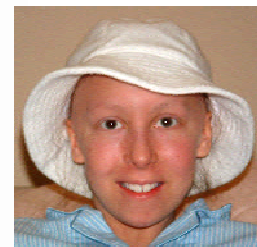
Many families lives are changed forever by their transplant experience. They often leave the PBMT Program with a new appreciation for all that patients and their families endure. Some are so touched by their experience that they want to help support the programs here in anyway they can. Here is one family's story.

"My family's (Chris Howell, Dad) involvement started as a result of our daughter Meredith's stay on 5200. She had a stem cell transplant at Duke on June 30, 2004, her 14th birthday. She was on 5200 (PBMT unit) for 42 days.

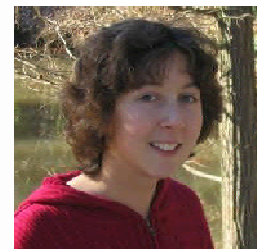
Post transplant, I returned to our home in Rocky Mount, NC in October of 2004 and described our experience to my co-workers at RBC Centura Bank. They, like me, had no idea that such a place existed just an hour and a half away from us. I told them of the people there that were literally from around the world, who had had to leave their families, jobs, and homes behind. I told them that I wanted to help in any way I could. They graciously agreed to adopt 5200 for Christmas in 2004. They donated gift cards for various department stores, gas stations, and grocery stores. We have only increased our concern for, and appreciation of Duke Children's Hospital every day since June 2004.

Something else that we began last year was taking a dinner to the families and nurses. One of the things we found while on 5200 was that its easy to focus on the negatives. Days can become very depressing as you watch and wait for any sign of cell growth. What we found at that first dinner was that families lit up when they saw Meredith, and how well she was doing. It gave them tangible hope that here stood a child that went through the same journey their child is currently going through, and she's doing great. Hope on 5200 is more important than anything!"

Thank you to Chris and Meredith Howell, their family and all the employees of RBC Centura Bank and to all those who donate their time, energy, hope, and love to the families on 5200.



Meredith before
transplant in June
2004



Meredith doing well
after transplant.
January 2006

Foundations and Companies Work Together to Provide Discharge Bags for 5200 Families

With every discharge from 5200 comes a whole new wave of responsibilities. Caregivers rolls expand and the need for various supplies are endless. Our discharge coordinator- Leigh Garmhussen realized this can be an emotional and financial challenge for families as they become outpatients. To lighten the burden on families Leigh, asked Family Support to develop a discharge bag. Family Support began the process by approaching various organizations.

The MeFine Foundation immediately jumped on the bandwagon and offered to provide supplies for the bag. The Red Sword Guild of the American Cancer Society donated \$1000 to underwrite the cost of the trays. The 3M Corporation became involved and made a huge donation of face masks for the patients. Not only will this discharge bag help families with the transitions to the outpatient life, it will also save our families money.

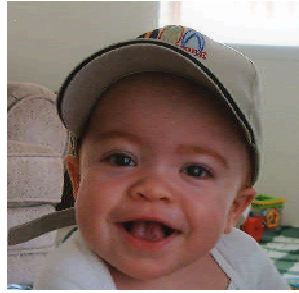
Thank you to the MeFine Foundation, The Red Sword Guild and to 3M Corporation for all the help you provide to make the discharge dag a reality.

New Kids on the Block

"New Kids on the Block" is a monthly column that features the new patients on the 5200 unit. It is a way to honor them and to help the other families get to know them.



Alexia, age 2
Buenos Aires, Argentina



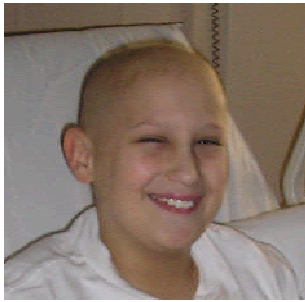
Sean, age 1
Kapolei, HI



Alyssa, age 11 months
Clive, IA



Cooper, age 2
Woodbury, CT



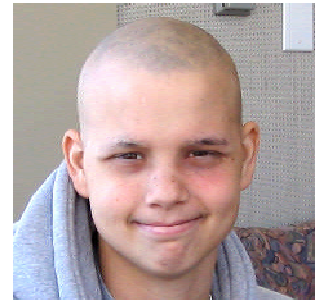
Joshua, age 11
Zirconia, NC



Samantha, age 16
Nelson, VA



Jameson, age 9 months
St. Joseph, MO



Kyle, age 18
Lakeworth, FL

A Word from Child Life: Creative Expression Through Art

"...He scribbles...he looks at what he has done and feels a warm flow of creation. Only a short time ago the paper was blank, and now in front of him is something he alone has made, something that did not exist in the world before."

—Kellogg

Art engages the bodies, minds, and emotions of all children, which allows for creative expression. Creative expression, which comes in many forms such as words, objects, symbols, etc., is an amazing form of communication and an outlet for emotional growth and cognitive development.

Art is often understood to be one of the universal languages for children and allows every child the chance to express a part of themselves, whether it be imaginary or as a process of understanding their surrounding world. It can be a time for children to release stress and anxiety that are hard to express in words.

There are many things adults can do to become active participants in the child's art experience. It is important for adults to support children with their presence and encouragement during art activities. Use physical and verbal guidance to suggest or demonstrate techniques that will help children accomplish the tasks they set for themselves. Ask questions and make comments that will focus children's attention on what they are doing and challenge them to think. More important, have a good time!

—Pamela Linton, Child Life Specialist

Activities on 5200



Nate is enjoying music with Tray, our music therapist



Bryce takes a minute to pose for the camera



Dakota's family works hard on their scrapbooks



Everyone relaxes after enjoying some music therapy



Cayden, Cooper's brother is dancing with Dad



The Rieg family hangs on in the connection lounge

The Luck of the Irish

What is out on the lawn all summer and is Irish?

Paddy O'Flannery

What do you call a fake stone in Ireland?

A Sham Rock

Why do frogs like St. Patrick's Day?

Because they are always wearing green

When is an Irish Potato not an Irish Potato?

When it's a FRENCHRY

What does it mean when you find a horseshoe?

Some poor horse is going barefoot

Why do people wear shamrocks on St. Patrick's Day?

Regular rocks are too heavy.

Why do so many people live in Ireland?

Because the capital is always Dublin

What is big and purple and lies next to Ireland?

Grape Britain.

Winners Circle

We are so grateful to all of the people who help support PBMT families through contributing their time, energy, and resources. We would like to thank:

- * Duke University Stores for their donation of a basketball for the Rainbow of Heroes Walk
- * Mrs. Irene Cameron for her donation of an afghan in honor of Colby White
- * Barbara McEnderfer her donation of knitted hats
- * Bill Marcella of Body Healing, NC for weekly massages to caregivers
- * The family of Meredith Howell and the Rocky Mount employees of RBC Centura Bank for arts & craft supplies, bingo prizes, gift cards, and for a Valentine's dinner for the 5200 families
- * Norma Powell for her donation of laundry bags
- * Renee Daniels and Oakwood Corp. Housing for their donation of streamers and paintbrushes
- * Maria Rebolo, Pete Kozubal, and their family and friends for their donations in honor of Alexandria Rebolo Kozubal
- * Kelly Riley, and the Emma Brvins Sunday School class for their donation of laundry detergent
- * Mozelle Pope and her Sunday school class for their donation of gift cards
- * The 3M Corporation for their donation of green masks for patients upon discharge
- * Mary Ellen Kist for her donation of paintbrushes, streamers and gift cards
- * Jo and Monty Yost, their family and friends for their donations in honor of Andy Yost
- * Mark Coen, Carotek, for his donation of a Laser printer for the 5200 families
- * Alexis Schaeffer and her sorority for providing dinner for 5200 families

The groups who contributed to our Community Meals program for the month of December. Several of the groups below are committed to bringing a meal to the PBMT unit on a monthly basis (*):

- West Raleigh Exchange Club*
- Macedonia Baptist Church*
- Haw River Christian Church*
- St. Luke's Episcopal Church*
- East Chapel Hill High School Honor Society*

If we have inadvertently left you off our Winner's Circle, please let us know!

What We Wish For...

We are in need of the the following items:

- * WalMart/Target Gift Cards
- * Grocery Store Gift Cards
- * Restaurant coupons
- * Parking passes
- * Playstation 2 memory cards

2006 Rainbow Of Heroes Walk requests:

- * 10x10 tents
- * Cambro 5 gallon beverage dispenser
- * 1 Coleman ultimate extreme 50 qt cooler on wheels

If you can donate an item, please contact Jane Schroeder at 919-668-1128 or by email at schro005@mc.duke.edu

The Community Council is a monthly newsletter produced by the Duke Pediatric Blood and Marrow Transplant Family Support Program, distributed free to patients, their families, volunteers and staff.

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Additional and archived newsletters may be downloaded from our website: www.cancer.duke.edu/PBMT/support/family.asp

Printed by Tailored Text Custom Publishing, Raleigh, NC ~ (919) 852-1117 ~ www.tailoredtext.com