



Oncology Updates

for the Children's Cancer and Blood Disorders Center



Clinic News

Sibling Policy Reminder

Your child's safety is very important to us. With the school year coming to a close, we would like to remind all families of the clinic's sibling policies. To protect against infection and accommodate for limited space:

- Siblings and others younger than 18 years old will not be permitted in the infusion area of the clinic while your child is being treated.
- The child life area is reserved for patients who are receiving treatment. In the event of an emergency visit in which you have not had time to make arrangements for siblings, we will do our best to accommodate them.
- The number of adults accompanying the patient in the clinic should be limited to two.

Beads of Hope

Our Beads of Hope program is designed to document and honor the journey that children take after being diagnosed with cancer. This program provides an opportunity for patients to tell their story using colorful beads as meaningful symbols of the many steps along their treatment path.

Here's how it works: Children who wish to participate will be given a starter necklace with beads that spell out their name. Then, every time they have a chemotherapy treatment, procedure, blood test, or other aspect of care, they will be given a special bead to represent that step of their journey. Each necklace becomes a true testimony of the child's individual experience with cancer. If you have a child on active treatment who would like to start a necklace, please speak to your social worker or a child life specialist.



Support

Caregiver Support Group Spring Luncheon

Friday, June 8, 11:30 a.m. – 1:30 p.m.
Nordstrom Café at MacArthur Center
301 Cumberland Street, Norfolk

Lunch is our treat! To save your seat, please RSVP by Wednesday, June 6, to Rebecca Ruck at (757) 668-9617 or Kelly Trejo at (757) 668-7931. Please note that child care will **not** be provided.

Save These Dates

Special Love's Camp Fantastic Medical Screening

Wednesday, June 20
Children's Cancer and Blood Disorders Center
2nd Floor at CHKD

Kids who are signed up for Camp Fantastic from August 12 to 18 **must** attend a scheduled medical screening by Special Love. Call Special Love at 888-930-2707 to schedule your child's screening, which will take place at the CCBDC.

Anthem LemonAid

Friday, July 20 – Sunday, July 22
Various locations throughout Hampton Roads

Put the squeeze on childhood cancer during the 10th annual weekend-long Anthem LemonAid fundraiser. Sign up to host a stand and sell lemonade for a \$1 donation. **Every penny raised goes to our cancer program.**

Register at AnthemLemonAid.com, then pick a location for your stand. You'll receive a free kit full of supplies: lemonade mix, a pitcher, cups, a banner, stickers, and LemonAid sunglasses. All you need is a table, water, and ice! For more information, call (757) 668-7070 or email Lemon@CHKD.org.



Education Corner

Summer Skin Safety

Warmer weather means your family will probably be outside more, enjoying the fresh air and sunshine. While being active outdoors is great for kids' health, remember: sun safety is essential, especially for children taking chemotherapy. Chemotherapy treatment can make the skin more sensitive and more easily sunburned. Here are a few tips to keep your child safe while having fun in the sun:

- Stay out of direct sunlight from 10 a.m. to 4 p.m. The sun's rays are strongest during these hours and are more likely to damage skin. Play in a shaded area.
- Cover up. Put on a hat, long sleeves, and pants if in the sun for long periods of time, and protect eyes with sunglasses.
- Use sunscreen! Make sure to buy a brand that has both UVA and UVB protection, and has an SPF of 30 or higher. For sensitive skin, use a product that is fragrance-free and PABA-free (check the label). Apply the sunscreen 30 minutes before going outside, and reapply hourly or after swimming.

