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If you would like to receive this newsletter electronically, please email Adam Fortune with your email address:

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RALLY AGAINST CANCER



*Rally Against Cancer hooped it up with Atticus, Garrett and their families at a UVM basketball game on Valentine's Day. Everyone was definitely feeling the love*



## Yoga and Music Therapy Program

By Adam Fortune, MSW

Last year, Lucy's Love Bus (<http://lucyslovebus.org/>) secured a generous grant from the Ludcke Foundation to provide yoga and music therapy at The University of Vermont Children's Hospital. The programs have been running weekly for the past eight months. Recently, we were informed that we would be able to provide another session of each of these programs until June 2016. Those of you who have been able to participate in the programs probably understand how beneficial they can be for patients, but I thought I would share what research is saying about how these programs benefit patients and families.

Yoga is able to provide emotional health and physical health by allowing children to connect with their bodies after chemo and providing a sense of belonging. Yoga is wonderful at reducing stress and anxiety. The best part about yoga is that it can be practiced anytime and people can take the movements home with them. \*

*(continued on page 2)*

## YOGA &amp; MUSIC THERAPY



## YOGA

- Yoga is provided on Baird 5 Thursdays from 1-2:30 pm and Fridays 2:30-4 pm

## MUSIC THERAPY

- Music therapy is provided in the Children's Specialty Center on Mondays at 1 pm and Tuesdays at 10:30 am.

Yoga and Music Therapy Program (*continued*)

Recent research has indicated that music therapy is something that we all connect with at our earliest stages of life. Parents often sing to their children to help them sleep or to soothe them. This is one reason that music is helpful to pediatric oncology patients. It helps to access those soothing moments and be better able to cope with the realities of hospitalization.

*"The multifaceted components of music (sound; visual; elicited emotions, actions, and memories) render it a package from which children can draw what is important for them. Music can touch the non-tangible "soul" and maintain one's connectedness with a "normal" part of life. Music offers a familiar means of engaging with something comprehensible, with a beginning and end. Soothing familiar sounds can provide structure amid the chaos and uncertainty of serious, harsh treatments and boring hospital routines. Music can provide security, reassurance, relief from boredom, and opportunities for choice and control without requiring concentrated effort or verbal comprehension: communication occurs through meanings associated with melodic inflexions and timbres".* Taken from: *Music's Relevance for Children With Cancer: "Music Therapists' Qualitative Clinical Data-Mining Research," Social Work in Health Care, 52:2-3, 125-143.*

We hope to continue with these programs with support from Lucy's Love Bus Healing Room project and the generous grant provided by the Ludcke Foundation.

If you have attended these programs, please let me know what you think. You can email questions and comments to [Adam.fortune@uvmhealth.org](mailto:Adam.fortune@uvmhealth.org).

\* Information taken from Oncology Nurse Advisor <http://www.oncologynurseadvisor.com/side-effect-management/yoga-provides-mental-emotional-and-physical-benefits-for-patients-with-cancer/article/455405/>.



## Dessert and Coffee

**Where:** Children's Specialty Center

**When:** April 25, 2016, 5:30-7 pm

Come join other families who are experiencing or have experienced childhood cancer. Coffee, tea and water will be provided; bring a dessert to share.

We will have some activities for children to do. Please feel free to contact me with any questions: [Adam.Fortune@UVMHealth.org](mailto:Adam.Fortune@UVMHealth.org) or 802-847-2371



## Camp Ta-Kum-Ta 2016 Program Dates

### MOMs Retreat

April 8 & 10, 2016

Registration closed. Please call  
(802) 372-5863.

### Annual Celebration

June 5, 2016

Invites will be sent to all campers  
and families

### Summer Week

July 24-30, 2016

Registration open until June 19

## News from Camp Ta-Kum-Ta

By Dennis DePaul

Camp Director

Hello from Camp Ta-Kum-Ta! Believe it or not, spring is around the corner and our staff and volunteers are busily planning for our summer traditional program. Our mission is to provide challenging and extraordinary experiences in a safe and loving environment for children who have or have had cancer and their families.

Once again this year, we hope to build magical memories with our children as we splash in our "T" shaped pool, climb our Vermont-shaped rock wall and dance under the stars with bright beautiful smiles.

Camp programs are for Vermont and northern New York children (including other out-of-state children who are treated in Vermont) between the ages 7-17 at no cost!

Camp TKT is truly a wondrous place and we hope you consider visiting with us and learning more about our programs. For more information, or to refer a camper, please visit us at [www.takumta.org](http://www.takumta.org).

We look forward to camping with you soon!

## SIBSHOPS

### What are Sibshops?

By Adam Fortune, MSW

Sibshops are workshops that are held every three months just for 6- to 14-year-old brothers and sisters of children with cancer or blood disorders. At a Sibshop, brothers and sisters will:

- Meet other brothers and sisters of children with special medical needs
- Talk with others who really know that it is like to have a sibling with cancer or a blood disorder
- Make new friends
- Have some fun!

#### What activities are there at Sibshops?

Sibshops are a lively mixture of new games, discussion and guest speakers. Participants should dress comfortably and be ready for action!

**Is there a cost to attend?** No, the workshops are free.

**Location:** Children's Specialty Center

#### To sign up:

Please register by calling 847-2850 or emailing [Adam.Fortune@UVMHealth.org](mailto:Adam.Fortune@UVMHealth.org)

The final dates for the workshops will be determined once the enrollment minimum has been reached.

*Sibshops are a collaborative effort between Child Life, Pediatric Oncology Social Work and our Pediatric residents*

## PEDIATRIC ONCOLOGY NEWS

Pediatric Oncology News is produced quarterly by the department of Pediatric Hematology/Oncology at The University of Vermont Children's Hospital.

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## Summer Camp Links

I find hard to believe that it is already March and winter is almost over. That means it's time to start thinking about plans for summer. There is a plethora of camp opportunities provided free of cost to children with various diagnoses. Below are some links that might be helpful in figuring out what will work best for you.

### Camp Ta-Kum-Ta's Summer Program:

[www.takumta.org/programs/camp-ta-kum-tas-summer-program/](http://www.takumta.org/programs/camp-ta-kum-tas-summer-program/)

### Double H Ranch Summer Camping:

[www.doublehbranch.org/summer-camp/criteria/](http://www.doublehbranch.org/summer-camp/criteria/)

### The Hole in the Wall Gang Camp:

[www.holeinthewallgang.org/programs/summer-camp/Application-and-Schedule/](http://www.holeinthewallgang.org/programs/summer-camp/Application-and-Schedule/)

### Camp Sunshine:

[www.campsunshine.org/programs/program-schedule](http://www.campsunshine.org/programs/program-schedule)

Please feel free to contact me with any questions.

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