

# COVID-19 & Cancer

## Taking Care of your Mind and Body

Karmanos Cancer Institute  
Office of Cancer Health Equity &  
Community Engagement (OCHECE)

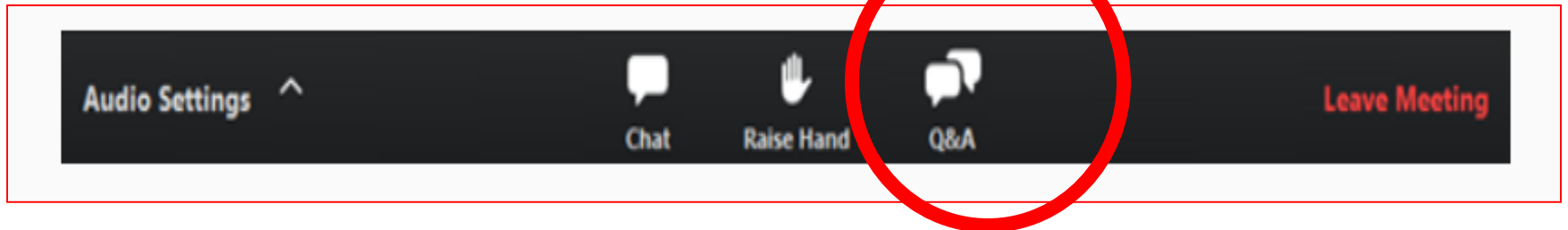
April 13,2020

# Welcome!

- **Today's webinar will be recorded and available to the community**
- **Focus today is on metro Detroit but we are working to expand focus to other parts of the state that Karmanos serves**
- **OCHECE COVID-19 Resource Guide**
  - <https://karmanoscancerhealthequity.org/covid-19-resource-guide/>
  - Check for updates!
  - Guide is available in Arabic and Spanish
- **COVID313 ([www.COVID313.org](http://www.COVID313.org))**
  - **Virtual town hall: [“COVID-19 and Impacts on Detroit”](#) every Thursday at 12 noon.**

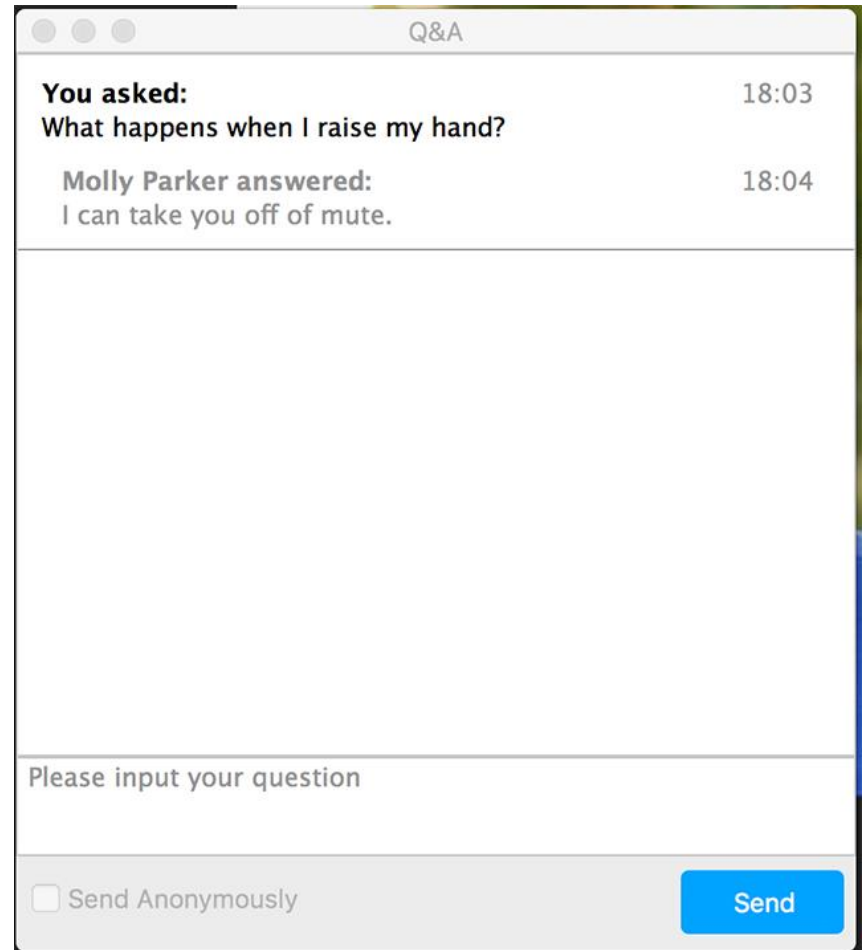
# Asking a Question

- To ask a question during the webinar
  - Use the Q&A button (bottom right on your control panel)



# Asking a Question

- Type your question directly into the Q&A box.
- Check **Send Anonymously** if you do not want your name attached to your question in the Q&A.



The screenshot shows a web browser window titled "Q&A". The content is as follows:

**You asked:** 18:03  
What happens when I raise my hand?

**Molly Parker answered:** 18:04  
I can take you off of mute.

Below the answer is a large empty text area for input. At the bottom of the input area, it says "Please input your question".

At the bottom of the window, there is a checkbox labeled "Send Anonymously" and a blue "Send" button.

# Introduction of Speakers



**Katrina Studvent, MSW**

Chief Development Officer  
Karmanos Cancer Institute

# Guidance from an Oncologist and Cancer survivor



## **Isaac Powell, MD**

Oncologist, Karmanos Cancer Institute, Professor  
Department of Urology, Wayne State University  
School of Medicine

# Coping with stress, anxiety and grief



## **Felicity Harper, PhD**

Associate Professor, Department of  
Oncology, Wayne State University School  
of Medicine, Program Co-Leader,  
Population Studies and Disparities  
Research Program, Karmanos Cancer  
Institute

# Coping with Stress, Anxiety, and Grief

**Felicity W. K. Harper, PhD**

Associate Professor, Department of Oncology

Program Co-Leader Population Studies and Disparities Research

Scientific Director, Behavioral Field and Research Core

Wayne State University/Karmanos Cancer Institute



# Common Concerns

- How to protect yourself from the virus
- How to stay connected to people, especially if you live alone or in a community setting that is not allowing visitors
- What to do if you can't get your regular medical care or access community services that are closed or providing reduced service
- How to get adequate food and supplies
- Having money for supplies and basic needs

# Common Reactions

- Fear and worry
- Inability to stop thinking about things
- Changes in sleeping and eating patterns
- Not attending to chronic health issues or your general physical or mental health
- Increased use of alcohol or other substances
- Guilt about not being able to help loved ones
- Sadness and grief

# Stick to the Facts

- Get your facts from medical experts, local health authorities, and reputable websites
  - NCI: What People With Cancer Should Know
    - [www.cancer.gov/coronavirus](http://www.cancer.gov/coronavirus)
- Avoid reading about rumors and miracle cures
- When you know the facts, you can have an objective estimate of the risks and make a plan

# Keep It In Perspective

- Do not get obsessed with the news and keep checking for hours and hours
  - Know enough to protect yourself and your family
  - The news will always be there
- Give yourself a chance to be distracted from bad news
  - Watch movies or TV series, documentaries, or comedies if you want to watch something

# Take A Time-Out

- **Unplug**
  - Take breaks from watching, reading, or listening to news stories and social media
  - Hearing about the pandemic repeatedly can be upsetting
- **Make time to unwind**
  - Take time to do some other activities you enjoy

# Validate Your Feelings

- Acknowledge your feelings
  - If you're feeling anxious, that's normal
  - Talk with people you trust about your concerns and how you are feeling
- At the root of most anxiety is a sense of uncertainty about what is to come
  - Recognize that the only thing we truly control is our response, so focus on that

# Take Action

- Anxiety often makes us want to DO something
  - So, go ahead and DO something
- Channel your worry into action
  - Create a safety action plan for you and your loved ones
- Knowing what you can do can give you that sense of control we all need and help to reduce anxiety

# Take Care of Your Body

- Sleep, nutrition, and moderate exercise all help our mental health and boost our immune systems
  - Try to eat healthy, well-balanced meals
  - Get 8 hours of sleep per night
  - Get moving



# Stay Active

- Regular exercise not only improves physical health and immune system but also helps with depression and anxiety
- A short walk, stretching, yoga, or other activities can be helpful
- Physical activity also helps to regulate neurotransmitters in our brain that help us cope with stress and settle our emotions

# Stay Connected

- Connect with other people
- Keep in touch by telephone, video chat, text, email, or writing cards and letters
- **Physical isolation is not the same thing as social isolation**
- Pick the right people
  - Choose people who are going to build you up

# Keep the Calm

- Meditate, pray, or use mindfulness techniques
- Mindfulness refers to the act of paying attention in the present moment with an attitude of curiosity and non-judgment
  - Focus on your breathing
- Being mindful can help us to recognize when we are feeling anxious and to respond wisely to stress

# Keep A Routine

- Keep your routines
  - Go to bed and get up at the same times you did before
  - Eat meals at your normal time
- A consistent routine, even if it's just your morning coffee or an evening phone call with friends and family, helps our ability to cope with stress
- Keep your expectations realistic

# Your Mental Health

- Take care of your mental health
- People with preexisting mental health issues should continue with their treatment and be aware of new or worsening symptoms
- Call your healthcare provider if stress gets in the way of your daily activities including sleeping and eating for days in a row

# Update from the Detroit Health Department



**Najibah Rehman, MD, MPH**

Chief Medical Officer  
Detroit Health Department

# Accessing support and resources



## **Larmender Davis, LMSW**

Adjunct Professor, Wayne State University,  
School of Social Work

# ACCESSING SUPPORT & RESOURCES

BY LARMENDER A. DAVIS, LMSW







# COMMUNITY RESOURCES

- COVID313 (guide for Detroit families): <https://covid313.org/>
- Michigan Alliance for Families:  
<https://www.michiganallianceforfamilies.org/covid19/>
- Michigan Association of Counties:  
<https://micounties.org/resources-for-coronavirus-response/>
- United Way: <https://unitedwaysem.org/covid-19-toolkit/>
- United Way's 2-1-1:  
<https://www.navigateresources.net/uwse/Resources.aspx?z;0;;N;0;2190;0>
- University of Michigan COVID-19 Resouce Guide:  
[https://docs.google.com/document/d/1-r9zam\\_Gh8Up-msqb4T0BRirLzV5obyuZA91Csbcqb4/edit](https://docs.google.com/document/d/1-r9zam_Gh8Up-msqb4T0BRirLzV5obyuZA91Csbcqb4/edit)



# COVID-19 UPDATES & INFORMATION

- Centers for Disease Control and Prevention:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- State of Michigan:  
<https://www.michigan.gov/Coronavirus>



# FINANCIAL ASSISTANCE

DTE and Consumer's Energy suspended shut-offs for non-payment for low-income eligible customers as well as for senior citizens. Shut offs will be suspended until April 30, 2020. Please call DTE or Consumer's Energy for questions about eligibility and payment assistance due to loss of income or medical condition.

DTE 1-800-477-4747

Consumers Energy 1-800-477-5050

STEP 1: If you are denied assistance through your utility provider or require assistance with rent, you must first apply for DHHS SER (State Emergency Relief) Funds using the MiBridges website ([www.newmibridges.michigan.gov](http://www.newmibridges.michigan.gov)).

STEP 2: If you are denied DHHS SER Funds, please call any of the community agencies for assistance.



# FOOD PANTRIES

To find a local pantry, please contact the following food distribution centers for information on food banks currently operating:

- **Food Bank of South Central Michigan:** 269-964-3663  
[www.smfoodbank.org](http://www.smfoodbank.org) (Jackson, Hillsdale, Lenawee, and additional Counties)
- **Food Gatherers:** 734-761-2796 [www.foodgatherers.org](http://www.foodgatherers.org)  
(Washtenaw County)
- **Forgotten Harvest:** 248-967-1500  
[www.forgottenharvest.org](http://www.forgottenharvest.org) (Oakland, Macomb, and Wayne Counties)
- **Gleaners Community Food Bank of Southeastern Michigan:** 866-GLEANER (453-2637) [www.gcfb.org](http://www.gcfb.org)  
(Livingston, Oakland, Macomb, Wayne, and Monroe Counties)



# HOUSING ASSISTANCE

Governor Whitmer signed an executive order that stops residential evictions in Michigan during the COVID-19 emergency. The order is effective through April 17. This moratorium does not release you from any obligations under lease or law. This means you still owe rent, mortgage, or tax payments.

If you feel that you are being illegally evicted, please contact one of the agencies listed under “Legal Services” for assistance. If you require emergency housing assistance, please contact one of the following agencies:

**Community Action Agency of Jackson, Livings and Hillsdale Counties**

Jackson: 517-784-4800

Hillsdale: 517-437-3346

Lenawee: 517-463-7861

**Housing Access of Washtenaw County:** 734-961-1999

**Housing Resource Center**

Macomb: 586-221-5900

Oakland: 248-269-1335

Wayne: 866-282-3119

**Housing Help of Lenawee:** 517-264-0782

**Monroe County Opportunity Program:** 734-241-2775

**Oakland Livingston Human Service Agency (OLHSA)**

Livingston: 517-546-8500

Oakland: 248-542-5860

**Wayne Metropolitan Community Action Agency** Hamtramck, Harper Woods, Highland Park, Westland, and Wyandotte: 313-388-9799



# PHARMACY ASSISTANCE

The below list of pharmacies offer free home delivery. Please contact to determine if delivery is available in your area.

Arbor Lakes: 734-340-6050

Brighton Family Pharmacy: 810-377-6499

The following pharmacies have multiple locations throughout Southeast Michigan. Visit their website to locate the location closes to you.

- Healthmart Pharmacy [www.healthmart.com](http://www.healthmart.com)
- HealthPlus Pharmacy [www.myhealthyrx.com](http://www.myhealthyrx.com)
- HomeTown Pharmacy [www.hometownpharmacy.com](http://www.hometownpharmacy.com)
- PharMor Pharmacy [www.mypharmor.com](http://www.mypharmor.com)
- Sav-MorPharmacy [www.sav-mor.com](http://www.sav-mor.com)
- Schmidt & Sons [www.schmidtandsonspharmacy.com](http://www.schmidtandsonspharmacy.com)

*Don't see a pharmacy near you? Smaller, locally owned pharmacies will often provide free delivery.*



# MENTAL HEALTH RESOURCES

Important Hotline Numbers:

**National Suicide Prevention Lifeline:** 1-800-273-8255

español: 1-888-628-9454

Deaf or Hard of Hearing: 1-800-799-4889

**SAMHSA Disaster Distress Helpline:** 1-800-895-5990

SMS: Text TalkWithUs to 66746

SMS (español): Text Hablanos to 66746

TTY: 1-800-846-8517

**SAMHAS National Helpline:** 1-800-662-HELP

**The Trevor Project (LGBTQ+ youth):** 1-866-488-7386

Text START to 678-678



# MENTAL HEALTH RESOURCES

(CON'T)

**Veterans Crisis Line:** 1-800-273-8255

Text 838255

## **Treatment Locators**

Behavioral Health Treatment Services Locator:

<https://findtreatment.samhsa.gov/>

Psychology Today: [www.psychologytoday.com/us](http://www.psychologytoday.com/us)

## **Online Therapy Resources**

Better Help: [www.betterhelp.com](http://www.betterhelp.com)

TalkSpace: [www.talkspace.com](http://www.talkspace.com)

Online Therapy: [www.onlinetherapy.com](http://www.onlinetherapy.com)





# MICHIGAN UNEMPLOYMENT AGENCY

To apply for unemployment benefits, please apply online at [www.michigan.gov/UIA](http://www.michigan.gov/UIA) or call 866-500-0117.

- Eligibility expanded through April 14, 2020 to include those impacted by the coronavirus
- Application eligibility period increased to 28 days



PRESENTED BY:  
LARMENDER A. DAVIS, LMSW  
ADJUNCT PROFESSOR  
WAYNE STATE UNIVERSITY  
SCHOOL OF SOCIAL WORK



## **Jennifer Beebe-Dimmer MPH, PhD**

Professor, WSU Department of Oncology,  
Scientific Director Epidemiology Research  
Core, Karmanos Cancer Institute

# Cancer Resources: Kids Kicking Cancer



## **Elimelech Goldberg – Rabbi G**

Founder & Global Director, Kids Kicking Cancer

# Remember...

- **Today's webinar will be recorded and available to the community**
- **Focus today is on metro Detroit but we are working to expand focus to other parts of the state that Karmanos serves**
- **OCHECE COVID-19 Resource Guide**
  - <https://karmanoscancerhealthequity.org/covid-19-resource-guide/>
  - Check for updates!
  - Guide is available in Arabic and Spanish
- **COVID313 ([www.COVID313.org](http://www.COVID313.org))**
  - **Virtual town hall: [“COVID-19 and Impacts on Detroit”](#) every Thursday at 12 noon.**