Stacey Phipps and her daughter, Kerry, lit the virtual Tree of Hope at the Duke Cancer Patient Support Program’s 31st annual Tree of Hope Lighting Ceremony. The December 2021 virtual event kicked off Duke Cancer Institute’s celebration of the 50th anniversary of its designation as a comprehensive cancer center by the National Cancer Institute (NCI).

When Phipps was diagnosed with breast cancer in fall 2020, she went to several treatment centers for second and third opinions, but the personal treatment she received at Duke stood out.

“In some places I just felt like I was a patient, but at Duke I felt like I was a person,” she said. For instance, her Duke Raleigh oncologist, Vijay G. Paryani, MD, asked about her husband and daughter by name, and he asked about her career. “He was really interested in my life outside of cancer, and I could feel that,” Phipps said.

“When I was diagnosed with breast cancer, my immediate thought was about my daughter, Kerry, and what would happen to her if something happened to me,” Phipps said. The family participated in a Duke program designed for families facing cancer, called KidsCan!. Children and teens can talk with people their own age about their parents’ cancer, and parents can talk to each other about what it is like to be a parent while undergoing cancer treatment.

“When I finished treatment at Duke, it sounds funny to say, but I was sad that I wasn’t going to see my care team for a while,” Phipps said. “I really felt that everyone really cared about me, and I missed them in an odd way.”

“I’m just so blessed to live in a place where I have such good care available to me,” she said. “I find my hope by looking at this 8-year-old next to me.”

This article was featured in Spring 2022 Breakthroughs. To read more from this publication, visit https://duke.is/geg84.
Cancer Support Services

Duke Cancer Institute offers a variety of support services and resources for patients and their loved ones to assist with navigating life during and after cancer treatment. In honor of this year's Survivorship Day, the Supportive Care and Survivorship Center created [DukeCancerInstitute.org/SurvivorshipDay](http://DukeCancerInstitute.org/SurvivorshipDay) — a site featuring videos that highlight each of the services listed in this calendar.

We encourage you to visit these sites to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

**Patient and Nurse Navigation**

Navigators help identify and evaluate barriers to timely diagnosis and treatment of cancer. We focus on patients who are faced with multiple barriers such as transportation, housing, and financial concerns. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care).

**Clinical Social Work**

Oncology and palliative care social workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individuals and family members are assessed to identify and address specific needs. We work together to establish interventions to help you alleviate stressors and financial burdens associated with a cancer diagnosis. We can connect you and your loved ones to resources such as disability, home health/hospice, advance directives and end-of-life care. To learn more, visit [DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services](http://DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services).

**Chaplain Services & Education**

Duke chaplains are on site seven days a week to offer spiritual support to you and your loved ones. When requested, they connect you with faith-specific representatives from the community. To learn more, contact Chaplain Services & Education at Duke Cancer Institute locations. In Raleigh, call 919.812.7972; for Duke Cancer Center in Durham, 919.684.3586; or Duke Cancer Center North Durham, 919.470.5363. [DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services](http://DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services).

**Therapy and Counseling**

Our medical family therapists provide individual, couples, and family therapy. They help you and your loved ones cope with the impact of cancer. Psychiatry and psychology services are also available and offered as part of our treatment for emotional, psychological, and relational issues associated with a cancer diagnosis. To learn more, visit [http://dukecancerinstitute.org/therapy-and-support-groups](http://dukecancerinstitute.org/therapy-and-support-groups).

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**Talking with Children and Teens about Cancer**

Duke Cancer Patient Support Program’s certified child life specialists (CCLS) strive to help children and teens better understand and cope with serious illness in the family. Jean Hartford-Todd, CCLS, has created a [video](http://DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care) that shares how to talk with children and teens about cancer, treatments, and side effects. Are you a parent with cancer who is looking for support? Join our Parenting with Cancer support group (page 4).

**Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.**

[dukecancerinstitute.org](http://dukecancerinstitute.org)
Sexual Health Services
Sexual health services provide education on the impact cancer treatments have on sexual health and intimacy, and therapy services that address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit [http://dukecancerinstitute.org/supportivecare/sexual-health-intimacy](http://dukecancerinstitute.org/supportivecare/sexual-health-intimacy).

Quit at Duke
Quit at Duke is a program designed to help people quit using tobacco products. Services are provided by tobacco treatment specialists and behavioral medicine clinicians. For more information or to schedule an appointment, please call 919.613.QUIT (7848). To learn more, visit [http://dukecancerinstitute.org/quitatduke](http://dukecancerinstitute.org/quitatduke).

Survivorship Services
Our cancer survivorship initiative focuses on the design and delivery of high-quality survivorship care. We partner with you and your loved ones to achieve healthy, fulfilling lives beyond cancer. Areas of care that are addressed include assessment and management of both physical and emotional needs that may result from the cancer experience, cancer screenings and monitoring, and counseling related to prevention and health promotion. We offer a number of clinical and supportive services. For more information, call 919.668.2122. To learn more, visit [DukeHealth.org/Treatments/Cancer/Cancer-Survivorship-Services](http://DukeHealth.org/Treatments/Cancer/Cancer-Survivorship-Services).

Teen and Young Adult Oncology Program
Duke Cancer Institute’s Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment, and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit [DukeCancerInstitute.org/TYAO](http://DukeCancerInstitute.org/TYAO).

Palliative Care
Duke’s palliative care experts help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. To schedule an appointment, call 919.668.6688, option #7. To learn more, visit [DukeHealth.org/Treatments/Palliative-Care](http://DukeHealth.org/Treatments/Palliative-Care).

Self-Image Services
Our self-image consultants offer a variety of services and products to assist individuals with changes in body-image experienced during cancer treatment and survivorship. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu. To learn more, visit [DukeCancerInstitute.org/Self-Image-Services](http://DukeCancerInstitute.org/Self-Image-Services).

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents (e.g., Health Care Power of Attorney, Living Will, Durable Power of Attorney) at no cost for DCI patients. Law student volunteers and supervising attorneys meet with clients over video or phone. To learn more or schedule an appointment, please email [HealthCarePlanning@law.duke.edu](mailto:HealthCarePlanning@law.duke.edu) or call 919.613.7169.
Support Groups

Duke Cancer Patient Support Program's virtual support groups are professionally facilitated. Attendees have an opportunity to meet people in a similar situation, share their experience and get support, tips, and ideas from those who understand what you’re going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy-and-Support-Groups.

**KidsCan!**

KidsCan! is a program designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer. Monthly meetups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family.

**KidsCan! (ages 4–12 years)** meets virtually on the second Monday of the month, returning September 12 at 6:30pm. KidsCan! **Teens (ages 13–18 years)** meets virtually on the third Monday of the month, returning September 19 at 6:30.

To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

**General Cancer Support**

Thursday :: August 18
5 to 6 p.m.
**Third Thursday of the month**
Patient and caregiver groups are held separately. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, email Tracy.Berger@duke.edu.

**LGBTQ+ Cancer Support**

Wednesday :: August 24
5:30 to 7 p.m.
**Fourth Wednesday of the month**
The group is for patients and caregivers. To register, email Geoffrey.Vaughn@duke.edu.

**Metastatic Cancer Support Group for Women**

Wednesday :: August 17
3 to 4:30 p.m.
**Third Wednesday of the month**
The group is for patients only. To register, email j.carrie.brown@duke.edu.

**Breast & GYN Cancers**

Tuesday :: August 9
5:30 to 7 p.m.
**Second Tuesday of the month**
The group is for patients only. To register, email j.carrie.brown@duke.edu.

**Blood and Marrow Transplant Survivorship Support Group**

Wednesday :: August 17
4 to 5:30 p.m.
**Third Wednesday of the month**
The group is for patients and caregivers. To register, email John.Schweichler@duke.edu.

**Caregiver Support Group**

Thursday :: August 18
6 to 7 p.m.
**Third Thursday of the month**
To register, email Tracy.Berger@duke.edu.

**Prostate Cancer**

Monday :: August 22
4 to 6 p.m.
**Fourth Monday of the month**
The group is for patients and caregivers. To register, email Patrick.Plumeri@duke.edu.

**Fertility Support Group for Women**

Thursday :: August 4
5:30 to 6:30 p.m.
**First Thursday of the month**
The group is for patients only. To register, email Oncofertility@Duke.edu.

**Parenting with Cancer Returning**

Monday :: September 5
12 to 1 p.m.
**First Monday of the month**
The group is for parents with cancer and their caregivers, who have young children and/or teens. To register or learn more, email Patrick.Plumeri@duke.edu.

**TYAO**

Teen and Young Adult Oncology Program

Join us for **TYAO virtual meetups** this month on Tuesday, August 23 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Wednesday, August 25 from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@Duke.edu.
Rest, Relax, Renew

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of complimentary services, visit dukecancerinstitute.org/supportivecare or call 919.684.4497.

To help ensure the continuation of these vital programs and services, please get involved by visiting DukeCancerInstitute.org/SurvivorshipDay/GetInvolved-With-DCI.

Virtual Tai Chi for Cancer
Friday :: August 5 & 19
2:30 to 3:15 p.m.
First and third Friday of the month
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: August 9 & 23
12 to 1 p.m.
Second and fourth Tuesday of the month
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesday :: August 10 & 24
12:45 to 1:30 p.m.
First and third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Explore the Power of Your Voice for Healing
Mondays :: August 1 & 15
noon to 1 p.m.
First and third Monday of the month
In this workshop you will explore breathing techniques, vocal toning, and chanting. These tools and techniques, when used daily, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Supportive Care & Survivorship Center offers exercise consultations by exercise physiologists. These personalized sessions are available to oncology patients and survivors at no cost. Video chat or phone sessions are available on Mondays between 2:00 and 4:00 p.m. and Wednesdays between 8:30 and 11:30 a.m. Email DHFCancerExercise@dm.duke.edu or visit DukeCancerInstitute.org/SupportiveCare, physical well-being to make your appointment today.

DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Bridging the gap between cancer treatment and life after treatment.

Cancer Survivorship Services

Watch our video at https://duke.is/p9nn2 to learn more.
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For more information and to register, contact:
919.684.4497
DukeCancerInstitute.org/SupportiveCare
To make a gift, visit gifts.duke.edu/cancersupport