More than 3,000 Duke Cancer Institute community members came together virtually on December 3 for the annual Nancy Weaver Emerson Tree of Hope Lighting Ceremony—an event to honor loved ones and recognize those whose lives have been touched by cancer.

The ceremony was recorded at the Garden of Tranquility at Duke Cancer Center, the Duke Raleigh Gardens at Duke Cancer Center Raleigh and in the homes of two patients and their families who shared how their cancer support team made their cancer journeys easier.

Sarah Smith-Pitts, one of the patient speakers remarked, “She (Dr. Fayanju) wasn’t looking at me as just a person with a breast that had cancer in it, but she was looking at me as a whole person ... Throughout all of this, she and all the folks at Duke were partnering with me in this journey with cancer. This is a journey that you never want to go on and one that just doesn’t make any sense at all. But to have people with you along the way helps to bear some of that burden. And it makes all the difference. It helped not only me, but it helped my entire family... There is so much it (cancer) takes from you. It could weaken you, but the resources that Duke has offered us has made us stronger.”

Duke Cancer Institute team members, expressed gratitude to be a part of the cancer journey with these families. These healthcare heroes recognized the many other heroes involved in the cancer process.

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As the COVID-19 pandemic continues to evolve, it has become clear that we need to continue our efforts to minimize health and safety risks to Duke patients, staff, families, and the larger community.

Your psychosocial needs remain a top priority. We are continuing to offer the services listed on the following two pages remotely. For questions or to access these supportive care and survivorship services, please call 919.684.4497, email cancersupport@duke.edu or ask your doctor or nurse. We are grateful for your continued cooperation and flexibility during this public health crisis.

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—a site that features videos that highlight each of the services listed in this calendar.

We encourage you to view by clicking the hyperlinks to hear directly from our providers who strive to make the cancer experience better for everyone we serve.

Tour the site by visiting DukeCancerInstitute.org/SurvivorshipDay.

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/Social-Work.

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 burden associated with a cancer diagnosis, as well as 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/Navigating-Your-Care/Social-Work.

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. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Emotional-Health-and-Well-Being/Therapy-and-Counseling-Services.

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including those cleaning the rooms, making the meals, drawing blood and those who give life every day through medications and treatments. All of us work together as a team to care for the whole patient.

We at DCI would like to extend our appreciation to all who joined us for this moving event. We are grateful to those who purchased tribute cards in honor or in memory of their loved ones or luminaries in honor of their Healthcare Heroes. Thank you for supporting our Duke Cancer Patient Support Program. We welcome those of you who missed the event live to share in the experience by watching the recorded video.

Tribute cards remain available for purchase.

Sarah Smith-Pitts with her husband Myron Smith and two children, Samuel and Helen Ann

Due to COVID-19 precautions, support services are being offered remotely. Please call 919.684.4497 for more information.

dukecancerinstitute.org
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 that shares how to talk with children and teens about cancer, treatments, and side effects.

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.

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.

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.

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 DukeCancerInstitute.org/SurvivorshipDay/Navigating-Your-Care/Survivorship.

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.

Palliative Care
Duke’s palliative care experts help you find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We’re here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues, and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call 919.668.6688, option #7. Please visit DukePalliativeCare.org for more information. To learn more, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/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. To best serve our patients and their families we are offering virtual consultations, video resources, product shipping and curbside pick-up options. If you are interested in a self-image consultation, call 919.613.1906 or email cancersupport@duke.edu To learn more about our self-image services, visit DukeCancerInstitute.org/SurvivorshipDay/Physical-Health-and-Well-Being/Self-Image-Services.
Support Groups

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/Get-Involved-With-DCI.

Due to COVID-19 precautions, support groups scheduled for January will be held virtually. Duke Cancer Patient Support Program’s support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what’s happening and get support, tips and ideas from those who understand what you’re going through. Registration is required. Please see each group for the correct contact information to register. For questions, please call 919.684.4497.

Breast & GYN Cancers
Tuesday :: January 12
5:30 to 7 p.m.
Second Tuesday of the month
This group is for patients only.
To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: January 20
4 to 6 p.m.
Third Wednesday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Caregiver Support Group
Thursday :: January 21
6 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835.

General Cancer Support
Thursday :: January 21
5 to 6 p.m.
Third Thursday of the month
Patient and caregiver groups are held separately. During this group, you will have an opportunity to meet other individuals facing cancer, share your own experience, and learn about topics helpful to being your own best advocate. Topics typically include communicating, finding information, making decisions, solving problems, negotiating and standing up for your rights. To register, email Tracy.Berger@duke.edu or call 919.681.6835.

LGBTQ+ Cancer Support
Wednesday :: January 27
5:30 to 7 p.m.
Fourth Wednesday of the month
This support group is for oncology patients and families. To register, email Parker.Anderson@duke.edu or call 919.613.1365.

Prostate Cancer
Monday :: January 25
4 to 6 p.m.
Fourth Monday of the month
To register, email John.Schweichler@duke.edu or call 919.668.2480.

Dukehealth.org