As the season of goodwill approaches, the night sky will once again glow with light from the Tree of Hope at Duke Cancer Center locations in Durham and Raleigh.

The Tree of Hope honors and remembers loved ones, patients, staff, family and friends whose lives have been touched by cancer. The lights on these beautiful trees represent and illuminate HOPE that outshines the darkness it is surrounded by.

On December 2, we invite you to hear a shared message of hope from patients and their families, and from the staff who provide unwavering compassionate care throughout the challenges of cancer. To register or for more information, visit DCI-TreeOfHope.com or call 919.684.4497.

To honor someone special from your care team, you may purchase a luminary. You also have the option to purchase a tribute card to make a gift in honor or memory of family members, friends or caregivers. Visit www.dci-treeofhope.com to learn more.

All proceeds benefit the Duke Cancer Patient Support Program and will help us to continue our mission of providing support services to patients and their families at no cost.
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 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.

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 cancer diagnoses, 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.

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.

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.
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 DukeHealth.org/Treatments/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.

Palliative Care
Duke’s palliative care experts help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping or 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.

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.

The Great American Smokeout®
Stopping tobacco or even cutting down is a journey with successes and setbacks—and we want to walk with you on that journey. It takes time. And a plan. You don’t have to stop in one day. Start with day one. Join Quit at Duke and the American Cancer Society for The Great American Smokeout® on Thursday, November 18, along with thousands of others to take a step toward becoming tobacco free. Visit DukeHealth.org/Quit to learn more about Quit at Duke services available to you.

Available Legal Resources
Duke Law School’s Health Care Planning Project offers legal assistance to prepare important documents (eg, 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 or call 919.613.7169.
Support Groups

Due to COVID-19 precautions, support groups scheduled for November will be held virtually. Duke Cancer Patient Support Program’s support groups are professionally facilitated groups, where 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.

Kids Can!

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.

The next virtual gathering will be held on Monday, November 8 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

General Cancer Support
Thursday :: November 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 or call 919.681.6835.

LGBTQ+ Cancer Support
Next date: December 22
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 or call 919.668.4029.

Metastatic Cancer Support Group for Women
Wednesday :: November 17
3 to 4:30 p.m.
Third Wednesday of the month
The group is for patients only. To register, email Ginger.Giananella@duke.edu or call 919.307.0332.

Breast & GYN Cancers
Tuesday :: November 9
5:30 to 7 p.m.
Second Tuesday of the month
The group is for patients only. To register, email dukecancerinstitute.org

Ginger.Giananella@duke.edu or call 919.307.0332.

Blood and Marrow Transplant Survivorship Support Group
Wednesday :: November 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 or call 919.668.2480.

Caregiver Support Group
Thursday :: November 18
6 to 7 p.m.
Third Thursday of the month
To register, email Tracy.Berger@duke.edu or call 919.681.6835.

Prostate Cancer
Monday :: November 22
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, email John.Schweichler@duke.edu or call 919.668.2480.

Fertility Support Group for Women
Thursday :: November 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 or call 919.668.9752.

dukecancerinstitute.org

TYAO

Teen and Young Adult Oncology Program

Young Adult Meetup (18–39) and TYAO Teen Meetup (15–17)
Are you a teen or young adult with cancer? Visit our newly renovated site at DukeCancerInstitute.org/TYAO to navigate resources and services available to you at ease.

Join us for TYAO virtual meetups this month on Tuesday, November 23, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Wednesday, November 24, from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email TYAO@Duke.edu.
Virtual Tai Chi for Cancer
Friday :: November 5 & 19
2:30 to 3:15 p.m.
Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual Tai Chi class for cancer patients and survivors. These sessions typically occur on the 1st and 3rd Friday of the month, with the exception of September. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Virtual Yoga for Cancer
Tuesday :: November 9 & 23
12 to 1 p.m.
Join certified Yoga for Cancer instructor Laura Woodall in a class designed specifically for cancer patients and survivors. Sessions occur on the 2nd and 4th Tuesday of the month.

NEW: Mind, Body Approaches to Coping with Cancer
Wednesday :: November 10 & 24
1:30 to 2:30 p.m.
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These no-cost virtual sessions teach mind and body approaches to coping with cancer. Through the focus on the breath and the present moment, patients and their caregivers will learn to discover the ability to respond rather than react to life’s stressors.

SupportiveCare, physical well-being.
This program is funded by the Duke Raleigh Hospital Guild.

Exercise Consultations
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:30 to 11:30 a.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 Christopher.Ehren@duke.edu, call 919.660.6648, or visit DukeCancerInstitute.org/SupportiveCare, physical well-being to make your appointment today.
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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