Watching Diane and Dean Lamont push the engagement cart around a waiting room in the Duke Cancer Center, you can sense that they share a common mission and purpose. And the feeling doesn’t only come from the matching blue vests they wear that say “Duke Cancer Patient Support Program” and “Volunteer.”

The Lamonts manifest their mission through the kind and caring way that they speak to people while they hand out snacks, cold drinks, and adult coloring books. They also connect their thirty-six years of volunteering to their personal experience with cancer; both are survivors of Dean’s Non-Hodgkin’s Lymphoma, diagnosed over three decades ago.

At that time, cancer support programs were in their infancy. The couple noticed that people with cancer needed more support than they were getting. “There weren’t the programs that Duke is offering today,” said Dean.

So the Lamonts began an informal support group at their church. The response was so strong that the group, which served 25 people at its peak, lasted nine years.

Meanwhile, Dean attended his own support group, the first of its kind at Duke. “I was having a lot of nausea and wasn’t doing well mentally either,” said Dean. An oncology nurse who also recognized the importance of support had started the group.

“He really knew what to say, and how to get us talking about what mattered,” said Dean. That nurse — Kevin Sowers, MSN, RN — went on to become President of Duke University Hospital, serving until 2017.

Continued on page 2
Today, survivorship — and the extensive, programmatic support that comes with it at Duke Cancer Institute — begins from the moment of people’s diagnosis,” said Cheyenne Corbett, PhD, Director of Cancer Support and Survivorship at DCI. “And for the rest of their lives, they and their caregivers are survivors.”

“The engagement cart is a conversation starter,” said Diane. When Dean tells people that he is a cancer survivor, they ask questions. “I tell them I had exploratory surgery, two protocols of chemo, eighteen drugs, radiation. Yet here I am. I’ve been a cancer survivor for 36 years. That gives them hope.”

Recently, Diane won Duke Health’s 2024 Volunteer Lifetime Achievement Award, a significant recognition of her long-term dedication, commitment, and impact in volunteerism for her 36 years of service.

If you are interested in sharing your time and talents through volunteering, visit dukehealth.org/volunteer-services.

Duke Cancer Institute offers a variety of cancer support and survivorship services for patients and their loved ones to assist with navigating life during and after cancer treatment. Our goal is to shape the future of cancer survivorship and improve the quality of life throughout treatment.

Patient and Nurse Navigation
Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

Clinical Social Work
Oncology and palliative care social workers help patients and their loved ones cope with emotional and practical concerns. They identify and address specific needs, working to alleviate stressors and financial burdens associated with a cancer diagnosis. Then they connect you and your loved ones with resources such as disability, home health/hospice, advance directives and end-of-life care. To learn more, contact your healthcare team and ask about Clinical Social Work 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.

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, all at no cost. 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 DukeCancerInstitute.org/Therapy-and-Support-Groups.

Sexual Health Services
Sexual health services explain the impact cancer treatments can have on sexual health and intimacy. They help you address concerns surrounding sexual function, sexual feelings, intimacy, and changes in sexual health. To learn more, visit DukeCancerInstitute.org/SupportiveCare.
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 DukeHealth.org/Quit.

Survivorship Services
They 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
They provide 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
This team helps with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. The team works closely with you, your loved ones, and your doctors to ensure that your medical care reflects what is most important to you. 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.

Child and Adolescent Life Services
They focus on supporting the emotional and developmental needs of children and teens in families who are facing cancer. They hold individual education sessions to support parents while they take the lead in helping their children understand a cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.
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 they are going through. Registration is required. To learn more, call 919.684.4497. Scan the QR code to register for support groups.

Art Therapy at Nasher
Returning Wednesday, July 10
2 to 3:30 p.m.
**Second Wednesday of the month**
This [group](duke.is/mNh4GR) is open to patients and caregivers and is located at the Nasher Museum of Art in Durham. No art experience is needed. For more information and to register, visit duke.is/mNh4GR.

General Cancer Support
**Thursday :: June 20**
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, visit duke.is/mNh7m.

LGBTQIA+ Cancer Support
**Wednesday :: June 26**
5:30 to 6:30 p.m.
**Fourth Wednesday of the month**
The [group](duke.is/mNh7m) is for patients and caregivers. To register, visit duke.is/mNh7m.

Metastatic Cancer Support Group for Women
**Wednesday :: June 26**
3 to 4:30 p.m.
**Typically the third Wednesday of the month**
The [group](duke.is/mNh7m) is for patients only. To register, visit duke.is/mNh7m.

Breast & GYN Cancers
**Tuesday :: June 11**
5:30 to 7 p.m.
**Second Tuesday of the month**

The [group](duke.is/mNh7m) is for patients only. To register, visit duke.is/mNh7m.

Blood and Marrow Transplant Survivorship Support Group
**Wednesday :: June 26**
4 to 5:30 p.m.
**Typically the third Wednesday of the month**
The [group](duke.is/mNh7m) is for patients and caregivers. To register, visit duke.is/mNh7m.

Caregiver Support Group
**Thursday :: June 20**
6 to 7 p.m.
**Third Thursday of the month**
To register, visit duke.is/mNh7m.

Prostate Cancer
**Monday :: June 24**
4 to 6 p.m.
**Fourth Monday of the month**
The [group](duke.is/mNh7m) is for patients and caregivers. To register, visit duke.is/mNh7m.

Fertility Support Group for Women
**Thursday :: June 6**
5:30 to 6:30 p.m.
**First Thursday of the month**
The [group](duke.is/mNh7m) is for patients only. To register, visit duke.is/mNh7m.

Parenting with Cancer Meetup
**Tuesday :: June 18**
7:30 to 8:30 p.m.
**Third Tuesday of the month**
The [group](duke.is/mNh7m) is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mNh7m.

KidsCan!
**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 4–10 years) meets virtually on the second Monday of the month, June 10 at 6:30 p.m. KidsCan! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, June 17 at 6:30 p.m. Registration is required. For more information, contact us by visiting [https://duke.is/m/wv4y](https://duke.is/m/wv4y).

TYAO
**Teen and Young Adult Oncology Program**
Join us for TYAO virtual meetup this month on Tuesday, June 25 for young adults (18–39 years old). Email [TYAO@Duke.edu](mailto:TYAO@Duke.edu) for more information and to register.
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.

Virtual Tai Chi for Cancer
Fridays :: June 7 & 21
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 duke.is/8mues to learn more and to register.

Virtual Yoga for Cancer
Tuesdays :: June 11 & 25 & 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 duke.is/7jgt3 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Tuesdays :: June 4 & 18
Noon to 12:45 p.m.
First and Third Tuesday of the month
Mindfulness can be a powerful tool to manage the stress that can accompany living with and life after cancer. These 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 how to respond rather than react to life’s stressors. For more information and to register, visit duke.is/gzsvt.

Explore the Power of Your Voice for Healing
Mondays :: June 3 & 17
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, encourage mindful attention to one’s heart and voice. Experience the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

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. To learn more or to register email DHFCancerExercise@dm.duke.edu or visit duke.is/g/eak9.

Salon Services
Mondays :: June 3 & 24
First and Fourth Monday of the month
Our volunteer team of expert hair stylists provide private consolations at the Belk Boutique in Durham at no cost. They offer dry cuts for your hair or a head shave. Our stylists can also assist with wig styling, cutting, and general wig care. Call 919.613.1906 to reserve your time slot.

Survivorship Week
June 3 to June 7

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<tr>
<th>Location</th>
<th>Date</th>
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<tbody>
<tr>
<td>All locations (VIRTUAL)</td>
<td>June 5</td>
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<tr>
<td>Duke Cancer Center</td>
<td>June 3 to June 6</td>
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<td>Duke Cancer Center Raleigh</td>
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<td>Duke Women’s Cancer Care Raleigh</td>
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<td>Duke Cancer Center North Durham</td>
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<td>Duke Cancer Center Cary</td>
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Learn more and register for these events: duke.is/6/srbd or call 919.684.4497
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<td>5</td>
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<td>10 KidsCan! (4–10)</td>
<td>11 Yoga for Cancer</td>
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<td>17 Explore the Power of Voice</td>
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**Survivorship Week**  
June 3 - 7, 2024  
5 Duke Cancer Center locations + virtual  
Learn more: [duke.is/6/srbd](duke.is/6/srbd)  
Presented by the DCI Supportive Care & Survivorship Center  

For more information and to register, visit [DukeCancerInstitute.org/SupportiveCare](DukeCancerInstitute.org/SupportiveCare) or call 919.684.4497  
To make a gift to support our no charge services, visit [gifts.duke.edu/cancersupport](gifts.duke.edu/cancersupport)