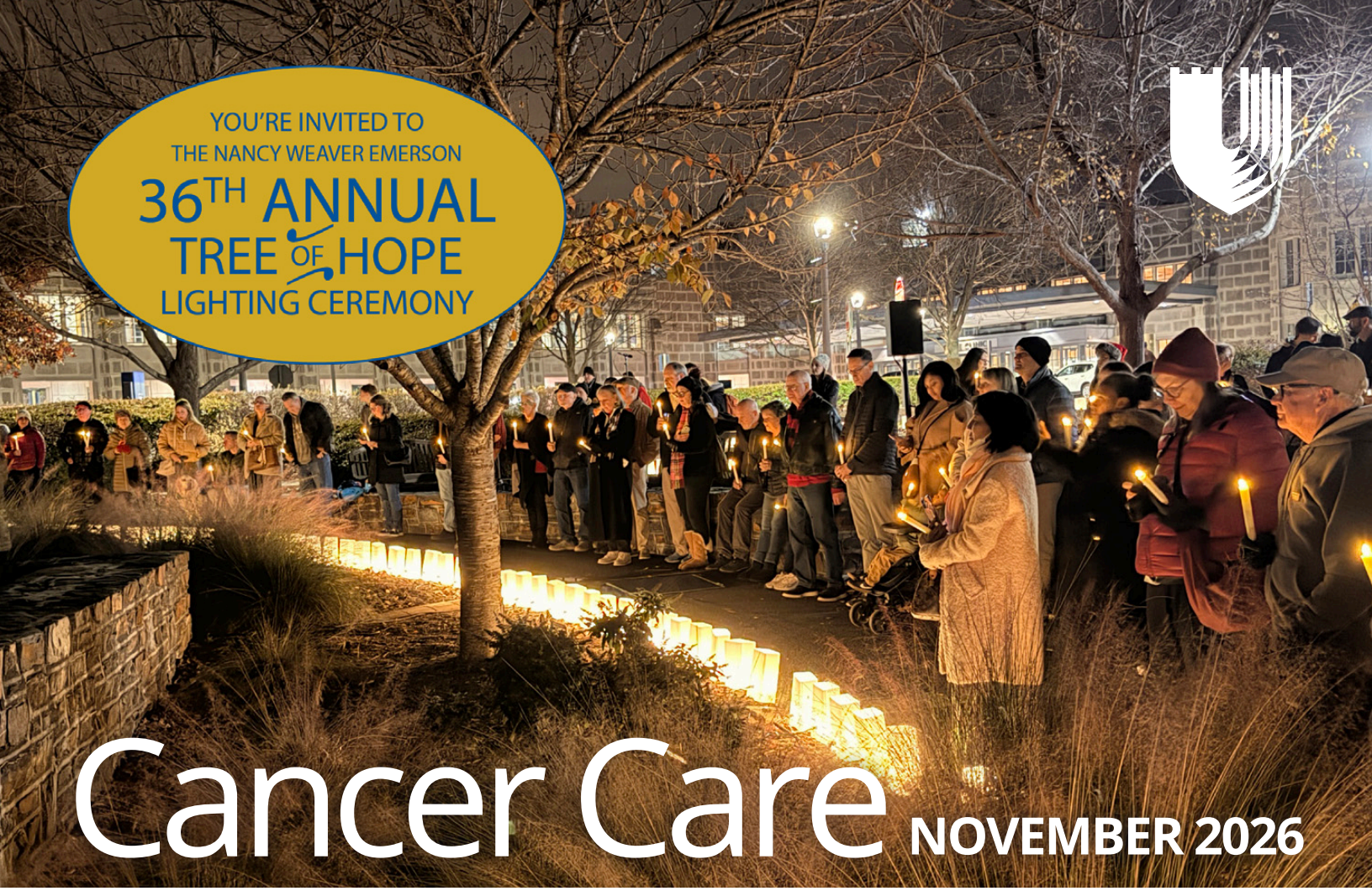


Cancer Care NOVEMBER 2026

Tree Ceremony Shines Light on Hope

By D'Ann George

As night falls on Thursday, December 3, at 5:30 pm, we invite you to the Tree of Hope Lighting Ceremony, where we will walk through glowing luminaries marking our path from the Duke Cancer Center to the nearby Garden of Tranquility. There, we will gather around a sparkling holly tree that symbolizes our dreams of a cancer-free future for all.

Hosted by the Duke Cancer Patient Support Program, the free event is open to the public, though we encourage registration through the link below.

Before the garden ceremony, Steve Motter, a pancreatic cancer survivor, will address the attendees from the lobby of the Cancer Center. Motter will be joined on stage by his wife, Jayme, and their children, Elizabeth, and James.

Those gathering around the tree will include survivors, families, friends, nurses, advanced practice providers, support professionals, physicians, and volunteers. Many of them will enjoy seeing their names, and the names of those they care about, inscribed on the luminaries that wind around the garden. The lights serve as small tokens of gratitude for care and support.

For Motter, Thoughts of Hope Didn't Always Come Easily

At one point during his cancer treatment, Motter's side effects became so painful that he struggled to explain to his family how badly he felt.

To help them understand, he made short videos documenting the realities of chemotherapy. One featured him cracking an egg and finding that the simple task felt "like knives in my fingers," he said. In another video, he winced while opening a yogurt container.

He also found it difficult to get through a single day without thinking about his cancer.

But then, in the middle of his battle to stay alive, his team offered him an experimental targeted therapy that had a dramatic impact on his cancer and his pain.

"Two days after I started taking it, my pain disappeared. I wrote 'miracle pills' on the bottle," he said.

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Cancer Support Services

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Motter to Speak about Ups and Downs of his Cancer Experience

Now that he is on a path toward healing, Motter says he feels ready to speak about the people and supportive programs that carried him through this difficult passage in his life. Those people include his medical oncologist, nurse navigator, medical family therapist, nutritionist, and the many people he met in support groups who are also surviving cancer.

The **Tree of Hope Lighting Ceremony** is part of a longstanding Duke Cancer Institute tradition centered on remembrance, gratitude, and hope. Luminaries bearing names or personal messages honor loved ones, recognize care teams and remember those who are no longer here. Proceeds from luminary lights and tribute cards help fund free support services for patients and families.

To register to attend at no cost, or to purchase a luminary, visit **duke.is/TreeOfHope**.

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

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 throughout cancer care — from diagnosis to the end of treatment. They provide information to guide decisions, advocate for your needs, identify barriers, and connect you with helpful resources. To learn more, ask your healthcare team about available Navigation services.

Clinical Social Work

Oncology and palliative care social workers help patients and families manage emotional and practical challenges. They ease stress, address financial concerns, and connect you with resources like disability support, home health, hospice, and end-of-life planning. Ask your healthcare team about Clinical Social Work services.

Cancer Nutrition

Our registered dietitians specialize in oncology and help to prevent and treat malnutrition, restore digestive health, and minimize the side effects of your cancer treatment. To learn more, visit **duke.is/Onc-Nutrition**.

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 by visiting **dukehealth.org/support-services/pastoral-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, 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 **duke.is/c/b47z**.

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 **duke.is/sexual-health**.

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

We partner with you and your loved ones to support healthy, fulfilling lives beyond cancer. Care includes physical and emotional assessments, screenings, and counseling for prevention and wellness. Learn more at **duke.is/survivorshipservices** or call 919.668.2122.

Teen and Young Adult Oncology Program

This program supports teens and young adults (ages 15–29) and their loved ones through cancer diagnosis, treatment, and survivorship. Services include specialized medical care, individual and family therapy, peer support, and activity-based groups in both clinical and community settings. Learn more at **dukehealth.org/TYAO**.

Palliative Care

This team helps manage symptoms like pain, fatigue, nausea, anxiety, and more — improving your comfort and quality of life. They work with you, your loved ones, and your doctors to ensure care aligns with your goals. To schedule, call 919.668.6688 (option #7) or 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, at one of our three locations, call 919.613.1906 or email cancersupport@duke.edu.
To learn more, visit **duke.is/self-image**.

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 **duke.is/cals**.

Onco-Fertility Services

Cancer treatments can impact fertility. If you are interested in a fertility preservation consult, talk to your care team, and a nurse navigator will connect you with specialists — including fertility-trained providers, financial counselors, and therapists, and more. Services are available from diagnosis through survivorship, even if preservation wasn't completed. Call 919-613-4389 to speak with a nurse navigator. To learn more, visit **duke.is/fertpreservation**.

Do you want to receive this newsletter monthly by email? Scan the QR code to **subscribe** today.

Scan to learn more or visit duke.is/n8h92

Pets at Duke

Take a break, find some calm, and connect with a furry friend.

Check the calendar to plan your visit:
duke.is/PADCalendar

Support Gatherings

Duke Cancer Patient Support Program's support gatherings 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.
All times listed are in Eastern Standard Time.

Art Therapy at Nasher

Wednesday :: November 11
2 to 3:30 p.m.
Second Wednesday of the month
This **group** 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/nn4gr**.

Breast & GYN Cancers Support Group

Tuesday :: November 10
5:30 to 7 p.m.
Second Tuesday of the month
This **group** is for patients only. To register, visit **duke.is/mhc7m**.

Caregiver Support Group

Thursday :: November 19
6 to 7 p.m.
Third Thursday of the month
This **group** is for caregivers only. To register, visit **duke.is/mhc7m**.

General Cancer Support Group

Thursday :: November 19, 5 to 6 p.m.
Third Thursday of the month
This **group** is for patients only. Topics typically include communicating, finding information, making decisions, solving problems negotiating, and standing up for your rights. To register, visit **duke.is/mhc7m**.

Head and Neck Cancer Group

Monday :: November 9, 4 to 5 p.m.
Second Monday of the month
This **group** is open to patients and caregivers is located at Duke Physical Therapy and Sports Medicine in the Center for Living Campus. For more information and to register, visit **duke.is/mhc7m**.

Kidney and Bladder Cancer Support Group

Wednesday :: November 18
4 to 5:30 p.m.
Third Wednesday of the month
This **group** is for patients and caregivers. To register, visit **duke.is/mhc7m**.

LGBTQIA+ Cancer Support Group

Returning Wednesday :: January 27
5:30 to 6:30 p.m.
Fourth Wednesday of the month
This **group** is for patients and caregivers. To register, visit **duke.is/mhc7m**.

Metastatic Cancer Support Group for Women

Wednesday :: November 18
3 to 4:30 p.m.
Third Wednesday of the month
This **group** is for patients only. To register, visit **duke.is/mhc7m**.

Parenting with Cancer Meetup

Tuesday :: November 17, 7:30 to 8:30 p.m.
Third Tuesday of the month
This **group** is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit **duke.is/mhc7m**.

Prostate Cancer Support Group

Monday :: November 23, 4 to 6 p.m.
Fourth Monday of the month
This **group** is for patients and caregivers. To register, visit **duke.is/mhc7m**.

KidsCAN!

KidsCAN! is a supportive program for 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!** for children ages 4 through 5th grade meets virtually on the second Monday of each month, November 9, at 6:30 p.m.
KidsCAN! Middle School for youth in grades 6–8 typically meets on the third Monday, but this month we will meet Thursday November 12 from 6–8 for an in-person event at Top Golf.
In addition to virtual sessions, KidsCAN! offers quarterly in-person meetups for participants and families.
Registration is required. To learn more and to register, visit **duke.is/m/wv4y**.

TYAO

Teen and Young Adult Oncology Program

Join us for an in-person meetup at Top Golf in Durham for young adults (18–39 years old) on Thursday, November 12 from 6–8pm. Email **TYAO@Duke.edu** for more information and to register. Check out our Instagram for updates and upcoming events.

@duketyao

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 dukehealth.org/cancersupport or call 919.684.4497.

Virtual Tai Chi

Friday :: November 6 & 20, 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, for a virtual Tai Chi class for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga

Tuesdays :: November 10 & 24, Noon to 1 p.m.

Second and Fourth Tuesday

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 :: November 3 & 17, Noon to 1 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

Wednesdays ::November 4 & 18, Noon to 1 p.m.

First and Third Wednesday of the month

In this virtual 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 DHFCCancerExercise@dm.duke.edu or visit duke.is/82cne.

Salon Services

Wednesday :: November 18
Monday :: November 23
10 a.m. to 3 p.m.

Third Wednesday and fourth Monday of the month

Our volunteer team of expert hair stylists provide private consultations 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. To learn more, visit duke.is/n/8mu6.

Join us Thursday, December 3 for the 36th annual Tree of Hope Lighting Ceremony.

Visit duke.is/TreeOfHope to register for this free event and to learn more about how you can honor a loved one or a member of your care team who has made an impact on your life.



Duke Cancer Institute



NOVEMBER 2026

Duke Cancer Institute Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Mind/Body Approaches | Coping with Cancer	4 Explore the Power of Voice	5	6 Tai Chi
9 Head and Neck Cancer Group KidsCAN! (Age 4 to 5th Grade)	10 Yoga Breast & GYN Cancer Support	11 Art Therapy at Nasher	12 KidsCAN! Middle School TYAO Young Adult Meetup	13
16	17 Mind/Body Approaches | Coping with Cancer Parenting with Cancer Meetup	18 Explore the Power of Voice Kidney and Bladder Cancer Support Group Women's Metastatic Cancer Support	19 Caregiver Support Group General Cancer Support Group	20 Tai Chi
23 Prostate Cancer Support	24 Yoga	25	26	27
30				

For more information and to register, visit dukehealth.org/cancersupport or call 919.684.4497

To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport

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