



Cancer Care

MAY 2022

Celebrate Survivorship Day 2022 with DCI

June is National Cancer Survivor Month, an awareness and education campaign celebrating survivors, the newly diagnosed, those in treatment and those who have completed cancer treatment. Thanks to spectacular advances in cancer research and treatment, more than 16.9 million people in the U.S. are cancer survivors living with, through and beyond their disease.

The Duke [Supportive Care & Survivorship Center](#) at Duke Cancer Institute has set aside June 1 for its annual commemoration of this important occasion—[Survivorship Day 2022](#). The event will be presented in a virtual format for the continued protection of those we serve in this uncertain pandemic time.

Join us for a jam-packed day featuring panel discussions on topics such as parenting with cancer, taking care of your body during and after treatment, improving health through managing stress, and the evolution of the cancer survivor.

Interactive online workshops are back by popular demand, and audience questions are welcome. Participate in gentle yoga, tai chi and sound healing, all offered by area experts.

“Survivorship Day is a treasured DCI event that each year celebrates survivors, supports individuals and families facing cancer, and inspires the newly diagnosed,” said Cheyenne Corbett, PhD, director of cancer support and survivorship. “While we are unable to come together in person for this event, our doctors, therapists, child life specialists, social workers, self-image consultants and other experts nevertheless remain committed to this annual tradition by hosting online interactive workshops and panel discussions and recording video presentations. Our team stands united, on this day and every day, to raise awareness about the challenges that cancer survivors face.”

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Cancer Support Services

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Whether you're a cancer survivor, friend, loved one or medical professional, this is a day for everyone. We hope you will join us. Visit our [Survivorship Day 2022 portal](https://DukeCancerInstitute.org/SurvivorshipDay2022) at DukeCancerInstitute.org/SurvivorshipDay to learn more and to register for our virtual events.



[Click](#) to learn more and to register.



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

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 burdens associated with 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/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. 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>.

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/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 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.

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.

Do you want to receive this newsletter monthly by email? Scan the QR code to [subscribe](#) today.



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

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.

General Cancer Support

Thursday :: May 19
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

Wednesday :: May 25
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 :: May 18
3 to 4:30 p.m.

[Third Wednesday of the month](#)

The group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Breast & GYN Cancers

Tuesday :: May 10
5:30 to 7 p.m.

[Second Tuesday of the month](#)

The group is for patients only. To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

dukecancerinstitute.org

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: May 18
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 :: May 19
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 :: May 23
4 to 6 p.m.

[Fourth Monday of the month](#)

The group is for patients and caregivers. To register, email Patrick.Plumeri@duke.edu or call 919.862.5220.

Fertility Support Group for Women

Thursday :: May 5
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.

Parenting with Cancer

Monday :: May 2
12 to 1 p.m.

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 or call 919.862.5220.

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. KidsCan! (ages 4–12 years) meets virtually on the second Monday

of the month, May 9 at 6:30pm. KidsCan! Teens (ages 13–18 years) meets virtually on the third Monday of the month, May 16 at 6:30pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

TYAO

Teen and Young Adult
Oncology Program

Join us for [TYAO virtual meetups](#) this month on Tuesday, May 24 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, May 26 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/Get-Involved-With-DCI.

Virtual Tai Chi for Cancer

Friday :: May 6 & 20
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 occur on the 1st and 3rd Friday of the month. Visit

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

Virtual Yoga for Cancer

Tuesday :: May 10 & 24
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. Visit DukeCancerInstitute.org/SupportiveCare, physical well-being to learn more and to register.

Mind, Body Approaches to Coping with Cancer

Wednesday :: May 11 & 25
12:45 to 1:30 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.

For more information, email Tracy.Berger@duke.edu or call 919.681.6835, or visit DukeCancerInstitute.org/SupportiveCare, physical well-being.

This program is funded by the Duke Raleigh Hospital Guild.

Explore the Power of Your Voice for Healing

Mondays :: May 2 & 16
noon to 1 p.m.

In this [workshop](#) you will explore breathing techniques, vocal toning and chanting. These tools and techniques, when used daily, will help you to 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.
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 MeKayla.Parks@duke.edu, call 919.660.6741, or visit DukeCancerInstitute.org/SupportiveCare, physical well-being to make your appointment today.



Virtual Survivorship Day

Wednesday, June 1, 2022

Join us for virtual interactive events throughout the day. Live panel discussions, interactive workshops, and video presentations will highlight cancer support and survivorship services.

Schedule of virtual events

- 9 a.m. – 9:45 a.m. Tai Chi Class
- 10 a.m. – 11 a.m. Yoga Class
- 12 p.m. – 1 p.m. Cancer Survivorship Panel: 50 Years of Life-changing Care
- 1:30 p.m. – 2:30 p.m. Parenting with Cancer: A Panel Discussion
- 3 p.m. – 4 p.m. Explore the Power of Your Voice for Healing
- 4 p.m. – 5 p.m. Improving Health Through Managing Stress
- 5 p.m. – 6 p.m. Taking Care of Your Body During & After Treatment: A Panel Discussion

Learn more and register for these events:
DukeCancerInstitute.org/SurvivorshipDay
or call 919-684-4497



Duke Cancer Institute

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Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
2 Parenting with Cancer Explore the Power of Voice	3	4	5 Fertility Support Group for Women	6 Tai Chi for Cancer
9 KidsCan! (4–12)	10 Breast & GYN Cancer Support Yoga for Cancer	11 Mind/Body Coping with Cancer	12	13
16 Explore the Power of Voice KidsCan! (13–18)	17	18 BMT Survivorship Support Women’s Metastatic Cancer Support	19 General Cancer Support Caregiver Support	20 Tai Chi for Cancer
23 Prostate Cancer Support	24 TYAO Young Adult Meetup (18–39) Yoga for Cancer	25 Mind/Body Coping with Cancer LGBTQ+ Cancer Support	26 TYAO Teen Meetup (15–17)	27
30 Memorial Day	31	For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare To make a gift, visit gifts.duke.edu/cancersupport		