



# Cancer Care JANUARY 2022

## Explore the Power of Your Voice for Healing

Sound has been used in various cultures for thousands of years as a tool to move from a place of imbalance to a place of balance.

The relatively new technique of sound therapy employs the vibrations of the voice to move toward a state of relaxation and to foster wellness. After all, there is no tool more powerful than the voice. You do not need an amazing voice to tap into this power. You simply have to have the desire and a little guidance.

Instructor Karen Novy invites all patients facing cancer and their loved ones to explore the power of their voice for healing. Novy will guide you through breathing techniques, vocal toning and chanting.

Past participants who have learned this technique have stated they feel reduced anxiety while

experiencing a sense of peace and grounding in their own body, mind and spirit.

Research has shown that techniques such as vocal toning create a vibration that promotes healing throughout the body. It works in the same way as Eastern medicine practices such as gong baths and treatments with Tibetan bowls, but with vocal toning, you learn to use the vibration of your voice as an internal massage.

Join the Duke Cancer Patient Support Program and Karen Novy January 10 and 24 at noon to Explore the Power of Your Voice for Healing. Starting February this online workshop will occur monthly on the first and third Monday of each month at



noon. Registration is required. Visit [dukecancerinstitute.org/physical-well-being-support/sound-healing](https://dukecancerinstitute.org/physical-well-being-support/sound-healing) to learn more.

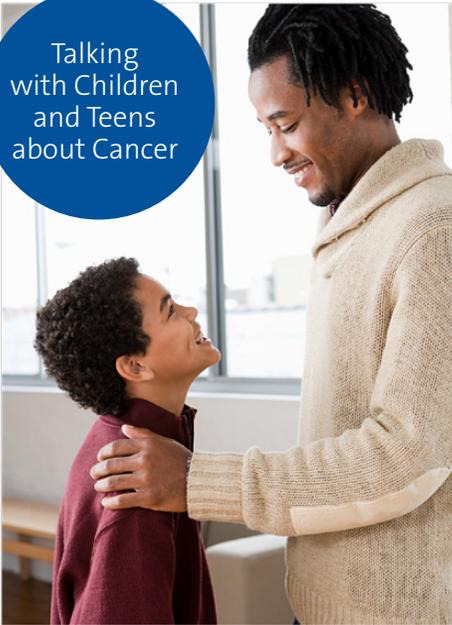


**Duke Cancer Institute**

[dukehealth.org](https://dukehealth.org)

# Cancer Support Services

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.

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](http://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](http://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 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](http://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](http://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](http://DukeHealth.org/Treatments/Cancer/Cancer-Survivorship-Services).

## Teen and Young Adult Oncology Program

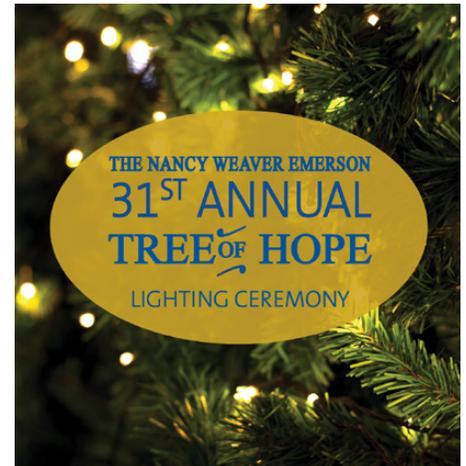
Duke Cancer Institute's Teen and Young Adult Oncology Program provides teen and young adult patients (ages 15 to 29) and their loved ones with support and community during a cancer diagnosis, treatment and survivorship. The program offers specialized medical care; individual, couples and family therapy; peer connection; and activity-based groups, both in the medical center and in the community. To learn more, visit [DukeCancerInstitute.org/TYAO](http://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](http://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](mailto:cancersupport@duke.edu). To learn more, visit [DukeCancerInstitute.org/Self-Image-Services](http://DukeCancerInstitute.org/Self-Image-Services).



View the [recording](#) to hear a shared message of hope from patients and their families on [DCI-TreeOfHope.com](http://DCI-TreeOfHope.com).



### 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](mailto:HealthCarePlanning@law.duke.edu) or call 919.613.7169.

# Support Groups

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 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](https://DukeCancerInstitute.org/Therapy-and-Support-Groups).

## General Cancer Support

Thursday :: January 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, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835.

## LGBTQ+ Cancer Support

Wednesday: January 26  
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](mailto:Geoffrey.Vaughn@duke.edu) or call 919.668.4029.

## Metastatic Cancer Support Group for Women

Wednesday :: January 19  
3 to 4:30 p.m.

### Third Wednesday of the month

The group is for patients only. To register, email [Ginger.Gialanella@duke.edu](mailto:Ginger.Gialanella@duke.edu) or call 919.307.0332.

## Breast & GYN Cancers

Tuesday :: January 11  
5:30 to 7 p.m.

### Second Tuesday of the month

The group is for patients only. To register, email

[dukecancerinstitute.org](https://dukecancerinstitute.org)

## [Ginger.Gialanella@duke.edu](mailto:Ginger.Gialanella@duke.edu)

or call 919.307.0332.

## Blood and Marrow Transplant Survivorship Support Group

Wednesday :: January 19  
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](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

## Caregiver Support Group

Thursday :: January 20  
6 to 7 p.m.

### Third Thursday of the month

To register, email [Tracy.Berger@duke.edu](mailto:Tracy.Berger@duke.edu) or call 919.681.6835.

## Prostate Cancer

Monday :: January 24  
4 to 6 p.m.

### Fourth Monday of the month

The group is for patients and caregivers. To register, email [John.Schweichler@duke.edu](mailto:John.Schweichler@duke.edu) or call 919.668.2480.

## Fertility Support Group for Women

Thursday :: January 6  
5:30 to 6:30 p.m.

### First Thursday of the month

The group is for patients only. To register, email [Oncofertility@Duke.edu](mailto:Oncofertility@Duke.edu) or call 919.668.9752.

# 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, January 10 at 6:30 pm. To learn more or to register, contact Hannah Sasser at 919.954.4117, or email [hes15@duke.edu](mailto:hes15@duke.edu).

# 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](https://DukeCancerInstitute.org/TYAO) to navigate resources and services available to you at ease.

Join us for TYAO virtual meetups this month on Tuesday, January 25, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, January 27, from 6:30 to 7:30 p.m. for teens (15–17 years old). To register email [TYAO@Duke.edu](mailto: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](https://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](https://DukeCancerInstitute.org/SurvivorshipDay/Get-Involved-With-DCI).

## Virtual Tai Chi for Cancer

Friday :: January 7 & 21  
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](https://DukeCancerInstitute.org/SupportiveCare), physical well-being to learn more and to register.

## Virtual Yoga for Cancer

Tuesday :: January 11 & 25  
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](https://DukeCancerInstitute.org/SupportiveCare), physical well-being to learn more and to register.

## Mind, Body Approaches to Coping with Cancer

Wednesday :: January 12 & 26

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](mailto:Tracy.Berger@duke.edu) or call 919.681.6835, or visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/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](mailto:Christopher.Ehren@duke.edu), call 919.660.6648, or visit [DukeCancerInstitute.org/SupportiveCare](https://DukeCancerInstitute.org/SupportiveCare), physical well-being to make your appointment today.

## Explore the Power of Your Voice for Healing

Mondays :: January 10 & 24  
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](https://DukeCancerInstitute.org/SupportiveCare), therapy and support groups to learn more and to register.



Helping cancer survivors live a healthy, full life while navigating their unique needs.

## Cancer Survivorship Services

Learn more or schedule a visit:

919.668.2122 or [Cancer Survivorship Services](#)



# JANUARY 2022

## Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 <a href="#">Fertility Support for Women After Cancer</a>	7 <a href="#">Tai Chi for Cancer</a>
10 <a href="#">KidsCan!</a> <a href="#">Explore the Power of Voice</a>	11 <a href="#">Breast &amp; GYN Cancer Support Yoga for Cancer</a>	12 <a href="#">Mind/Body Coping with Cancer</a>	13	14
17 Martin Luther King Jr. Day	18	19 <a href="#">BMT Survivorship Support</a> <a href="#">Women's Metastatic Cancer Support</a>	20 <a href="#">General Cancer Support</a> <a href="#">Caregiver Support</a>	21 <a href="#">Tai Chi for Cancer</a>
24 <a href="#">Prostate Cancer Support</a> <a href="#">Explore the Power of Voice</a>	25 <a href="#">TYAO Young Adult Meetup (18-39)</a> <a href="#">Yoga for Cancer</a>	26 <a href="#">Mind/Body Coping with Cancer</a> <a href="#">LGBTQ+ Cancer Support</a>	27 <a href="#">TYAO Teen Meetup (15-17)</a>	28
31	<p>For more information and to register, contact: 919.684.4497 <a href="https://DukeCancerInstitute.org/SupportiveCare">DukeCancerInstitute.org/SupportiveCare</a></p> <p>To make a gift, visit <a href="https://gifts.duke.edu/cancersupport">gifts.duke.edu/cancersupport</a></p>			