



Nehemias Acevedo (5 years old) shares his feelings thanks to materials provided by KidsCan!.

SEPTEMBER 2021

Cancer Care



KidsCan!: A beacon of light in a difficult time

Hearing that you have cancer can be an overwhelming experience for patients and their loved ones. “Our patients who learned of a new cancer diagnosis during the global pandemic have expressed feeling a profound sense of isolation as they navigated their treatments and other medical appointments without the physical support of family or friends,” shared Jean Hartford-Todd, Duke Cancer Patient Support Program child life specialist and co-lead for KidsCan!.

Hartford-Todd continued, “Patients with young children and teens have shared that their children have also felt alone and they have been forced to have a constant front row seat to their parents’ cancer illness without the support and distraction of school, playdates and extra-curricular activities.” Being able to provide the virtual KidsCan! program has allowed children and teens who participate in KidsCan! to connect with peers at a crucial time.

KidsCan!, which offers a safe space to communicate about the cancer experience and fosters community among patients and families, had to pivot from their traditional in-person monthly meetings at the start of the pandemic. The program leaders wanted to ensure the content shared each month would be engaging and used beyond just the online meeting. To meet this goal, families are mailed a package with the materials needed to participate in theme-based activities each month.

Hannah Sasser, Duke Cancer Patient Support Program child life specialist and co-lead of KidsCan!, explains the purpose of these packages. “These packages have served as the vehicle to provide cancer education and encourage conversations both in the home and at our virtual KidsCan! meetings each month. They help to build on the supportive relationships that are most important—how families support each other.

The materials are empowering to parents as well as engaging for children, serving an important role in

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Duke Cancer Institute

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establishing conversations and quality engagement for families.”

In addition to ongoing cancer education, the themes of coping, problem solving, mindfulness, bravery and love are evident in each set of materials. These themes encourage connectedness, resiliency and care among families, which are helpful tools in coping with the daily changes a family faces when there is a cancer diagnosis.

KidsCan! offers a take-home family meal, available for pick-up the Monday prior to the KidsCan! meeting. In addition, parents have the option to participate in a group just for them on the first Monday of the month at noon. During this group parents share their successes and challenges related to supporting their children and teens during the cancer experience

Patients and their families interested in KidsCan! can choose to participate in any or all of the offerings. This service is available at no charge to families with children and teens ages 4–18. If you are interested in participating, call 919.684.4497 or email cancersupport@Duke.edu.

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

dukecancerinstitute.org

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>.

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 you find relief from the pain, symptoms and stress of serious illness. No matter your age or the stage of your illness, we work closely with you and your doctors to help you understand your treatment options and make decisions about your care. We're here to help you gain emotional and psychological strength, and to ensure you and your loved ones experience the best possible quality of life. Although palliative care providers sometimes see people at the end of life, and we may talk with you about what hospice offers, we are not hospice care. We can help with pain control, symptom management, complex medical decisions, navigation of complex health care issues and advance care planning, including a living will or healthcare power of attorney. To schedule an appointment, call 919.668.6688, option #7. Please visit DukePalliativeCare.org for more information. 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.

Self-image Boutiques are OPEN at Duke Cancer Center and Duke Women's Cancer Care Raleigh.



Available Legal Resources
Duke Law School's Health

Care Planning Project offers legal assistance to prepare important documents, such as Health Care Power of Attorney, Advance Directive (Living Will), and 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 September will be held virtually. Duke Cancer Patient Support Program's support groups are professionally facilitated groups, where patients and their caregivers have an opportunity to meet people in a similar situation, share what's happening 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 :: September 16
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 :: September 22
5:30 to 7 p.m.

[Fourth Wednesday of the month](#)

To register, email Geoffrey.Vaughn@duke.edu or call 919.668.4029.

Metastatic Cancer Support Group for Women

Wednesday :: September 15
3 to 4:30 p.m.

[Third Wednesday of the month](#)

To register, email Ginger.Gialanella@duke.edu or call 919.307.0332.

Breast & GYN Cancers

Tuesday :: September 14
5:30 to 7 p.m.

[Second Tuesday of the month](#)

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

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: September 15
4 to 5:30 p.m.

[Third Wednesday of the month](#)

To register, email John.Schweichler@duke.edu or call 919.668.2480.

Caregiver Support Group

Thursday :: September 16
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 :: September 27
4 to 6 p.m.

[Fourth Monday of the month](#)

To register, email John.Schweichler@duke.edu or call 919.668.2480.

NEW: Fertility Support Group for Women After Cancer

Thursday :: September 2
5:30 to 6:30 p.m.

[First Thursday of the month](#)

To register, email 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, September 13 at 6:30 pm. To

learn more or to register, contact Hannah Sasser at 919.954.4117, or email hes15@duke.edu.

TYAO

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, September 28 from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, September 23 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 :: September 10 & 24
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 :: September 14 & 28
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.

NEW: Mind, Body Approaches to Coping with Cancer

Wednesday :: September 8 & 22

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.

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.

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.



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](#)



Duke Cancer Institute

SEPTEMBER 2021

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, contact: 919.684.4497 DukeCancerInstitute.org/SupportiveCare</p>		1	2 Fertility Support for Women After Cancer	3
6	7	8 Mind/Body Coping with Cancer	9	10 Tai Chi for Cancer
13 KidsCan!	14 Breast & GYN Cancer Support Yoga for Cancer	15 BMT Survivorship Support Women's Metastatic Cancer Support	16 General Cancer Support Caregiver Support	17
20	21	22 LGBTQ+ Cancer Support Mind/Body Coping with Cancer	23 TYAO Teen Meetup (15-17)	24 Tai Chi for Cancer
27 Prostate Cancer Support	28 TYAO Young Adult Meetup (18-39) Yoga for Cancer	29	30	