

Rest, Renew, Relax

Guided Meditation :: Quiet Room, 0 Level

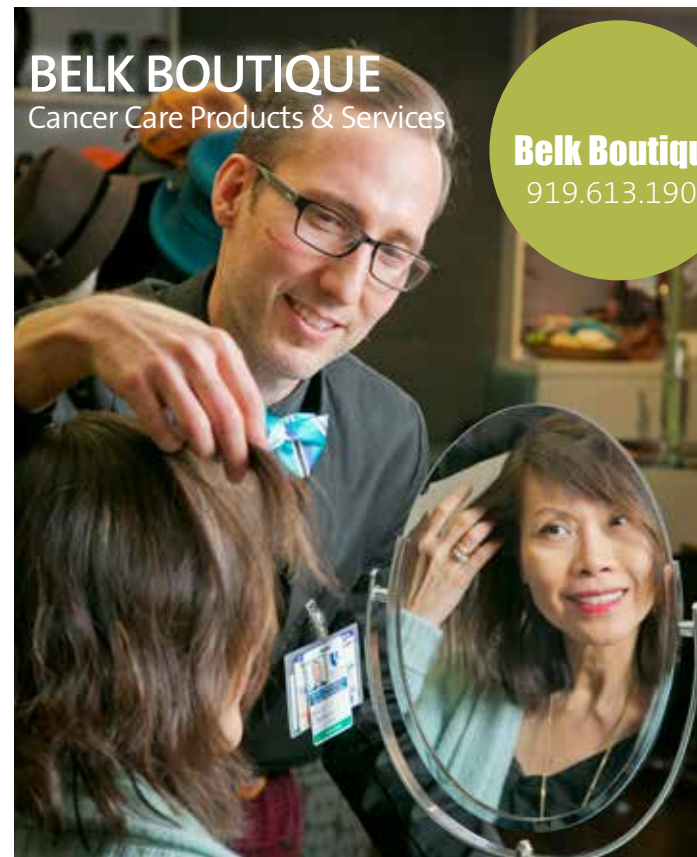
Mondays :: 12:30 to 1 p.m.

Guided meditation promotes spiritual health and stress management and explores development of inner peace. For more information or to schedule family sessions, contact Chaplain Annette Olsen by email at annette.olsen@duke.edu or call 919.684.3586.

Tai Chi :: Quiet Room, 0 Level

Fridays (seated: 2 to 2:45 p.m. & standing: 3 to 3:45 p.m.)

Tai Chi is a holistic health practice that brings the mind and body together with slow, graceful, flowing movements performed in a meditative manner. Registration is not required. Drop-ins are welcome. For more information, email John Hillson, R.N., at john.hillson@duke.edu.



BELK BOUTIQUE
Cancer Care Products & Services

Belk Boutique
919.613.1906

Open Monday through Friday, 9 a.m. to 4 p.m.
Duke Cancer Center, 0 Level :: 919.613.1906

Salon Services: June 6, 21 and 25 :: 10 a.m. to 3 p.m.

Makeup Consultations: June 6 and 13
10 a.m. to 3 p.m.

Write For You :: 0 Level Conference Room

Friday, June 8 :: 11 to 11:45 a.m.

Discover how journaling can help you express emotions and thoughts, promote healthy creativity and help organize your life. Hosted by Arts & Health at Duke, participants receive complimentary journals and more. Drop-ins are welcome. For more information, email Sharon Swanson at Sharon.Swanson@duke.edu.

Caring House



Caring House is a non-profit providing comfortable, supportive and affordable housing for adult patients receiving treatment at Duke Cancer Center. Rooms are \$35 per night. Caring House is located at 2625 Pickett Road in Durham. For more information, visit caringhouse.org.

ACS Partners With Extended Stay America

The American Cancer Society is donating 50,000 rooms each year for the next two years. Of those 50,000 rooms nationwide, 10,000 are free, 20,000 are available at a reduced rate of \$19 per night and another 20,000 rooms are available at an ACS patient rate of 25 percent off market value. For more information or to reserve a room, call 800.ACS.2345.

ART THERAPY

Tuesday

June 12 & June 26

Level 0 Conference Room

For patients with cancer interested in exploring, processing and expressing feelings through art making. Experience is not necessary. To register, call **919.668.4029**

Quit At Duke!

Duke Cancer Institute now offers Quit At Duke, a smoking cessation program to help smokers who want to quit but who do not respond to standard methods. For more information or to schedule an appointment, visit dukemedicine.org/quit or call 919.613.QUIT (7848).

JUNE 2018

Cancer Care Calendar



Supportive Care & Survivorship Day Is Close To Home

This year Duke Cancer Institute will host its annual Supportive Care and Survivorship Day on two days, at two locations — Tuesday, June 5, at Duke Cancer Center Raleigh and Wednesday, June 6, at Duke Cancer Center Durham.

“Our Supportive Care and Survivorship Day is a day set aside for rejuvenation and education,” said Cheyenne Corbett, PhD, director of the Supportive Care and Survivorship Center. “This is an opportunity to enjoy pampering while receiving some helpful tips for navigating life during and after cancer treatment.”

Each location will feature spa services such as makeup and skin care consultations and wig styling and hair trimming. Other activities include massages, gentle yoga, tai chi, live cooking demonstrations (a favorite)

and expressive arts. Educational activities will highlight supportive care services and community resources for survivorship.

Each location will host a panel discussion featuring Duke Cancer Institute faculty and staff. Discussions will revolve around groundbreaking science, care and support. Guests are invited to submit questions for discussion.

Participation in Supportive Care and Survivorship Day is available at no charge to patients, caregivers, survivors and loved ones. Duke Cancer Center Raleigh is located at 3404 Wake Forest Road, Raleigh, North Carolina. Duke Cancer Center is located at 20 Duke Medicine Circle, Durham, North Carolina. For a complete schedule of events and to register, please visit sites.duke.edu/rejuvenateandeducate.

Last year our volunteers dedicated almost 20,000 hours of service.



Our Patient Resource Center offers information on cancer risk reduction, specific diseases, nutrition, treatment and side effects, coping strategies, children's care, palliative care and grief management.

For more information on our Patient Resource Center, call 919.684.6955 or visit dukehealth.org/cancerresourcecenter.

Education

Chemotherapy Education

Patient Resource Center, 0 Level
Monday & Wednesday :: 1 to 2 p.m.
Tuesday & Thursday :: 10 to 11 a.m.
Friday: 9 to 10 a.m.

Will you be starting chemotherapy in the near future? Do you have questions about the possible side effects? Or do you just want more information about your treatment? Our Chemotherapy Education Class can address these questions and more. This class is led by a nurse or pharmacist and includes a Q&A time. Registration is not required. Family and friends are welcome.

Options For Breast Reconstruction

Patient Resource Center, 0 Level
Tuesday, June 19 :: 11 a.m. to Noon

Danielle Sherman, R.N., C.P.S.N., leads this monthly informational class on breast reconstructive surgery after mastectomy. The class is small and private. However, it is open to anyone wanting more information regarding options at Duke.

Exercise Consultations

Patient Resource Center, Level 0
Mondays :: 2 to 4 p.m.
Wednesdays :: 8:45 to 11:30 a.m.

Complimentary exercise consultations are available in the Patient Resource Center on Mondays between 2 and 4 p.m. and Wednesdays between 8:45 a.m. and 11:30 a.m. Every third Monday of the month, consultations are held at Duke Health & Fitness. For more information or to schedule an appointment, contact Stephanie Collins at stephanie.collins@duke.edu.

Quit At Duke

Patient Resource Center, 0 Level
Monday, June 18 :: 2 p.m.

A certified tobacco treatment specialist nurse discusses techniques and programs to help patients quit smoking.

FREE Legal Services

Duke Cancer Center Lobby
Friday, June 1 & June 15
10 a.m. to noon and 1 to 3 p.m.

Duke Law offers free legal services to Duke patients (NC residents only). Services include assistance with legal documents, powers of attorney, living wills and HIPAA releases. Appointments are required. To schedule an appointment, please call 919.613.7169.

Patient Navigation Services

Patient Resource Center, 0 Level
Wednesdays, 9 a.m. to 4 p.m. and
Fridays, 8 a.m. to noon

Patient navigators offer individualized assistance to patients, families and caregivers, helping them to overcome financial barriers, identify solutions to transportation and housing concerns and get access to resources, cancer education and interpreting services. Walk-ins are welcome. For more information or to schedule an appointment, call 919.684.6955.

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones. For a list of services or for more information call 919.684.4497 or visit dukehealth.org/cancersupport.

Support Groups



All support groups are held in the Level 0 Conference Room, Duke Cancer Center.

Prostate Cancer
Monday :: June 25
4 to 6 p.m.

This support group is for patients and their families. Meetings are held on the fourth Monday of every month.

Mind-Body Approaches to Coping with Cancer
Thursday :: June 7 & June 21
3 to 4:30 p.m.

Teaches patients and families mind-body approaches to coping with cancer.

Medical Questions?



Need health advice or medical support? Our oncology triage phone services are available Monday through Friday, from 8 a.m. to 5 p.m. To speak to a Duke oncology nurse, call 919.668.6608.

Duke Cancer Patient Support Program, June 2018

Art Therapy Group
Tuesday :: June 12 & June 26
2 to 3:30 p.m.

This support group is for patients with cancer who are interested in exploring, processing and expressing feelings through art making. Art experience is not necessary. Registration is requested. To register, call 919.668.4029.

Teer House :: June 21

Duke Cancer Patient Support Program now offers a cancer patient support group and a caregiver support group the third Thursday of each month. Support groups are held from 5:30 to 7 p.m. at the Teer House, 4019 N. Roxboro Road, in Durham. Parking is free. Dinner is included. For more information, email cancersupport@duke.edu.

Kids Can!



KidsCan! is a program designed to support children, ages 4 to 18, who have a parent or significant caregiver living with a diagnosis of cancer.

Kids groups focus on issues such as understanding cancer, changes in the family, feelings, self-care, memories, cooperation, love and family. A simultaneous group is also available for parents. The next Kids Can! takes place Monday, June 11, at 6 p.m. Registration required.

To register, please call Jean Hartford Todd at 919.684.2913 or email at jean.hartford.todd@duke.edu.

JUNE
06

Supportive Care And Survivorship Day

Join us Wednesday, June 6, from 10 a.m. to 3 p.m., for our annual Supportive Care and Survivorship Day at Duke Cancer Center in Durham. Rejuvenation activities include spa services such as wig and hair trims, massage therapy and makeup and skin care consultations. Gentle yoga, tai chi and live cooking demonstrations will be available. Educational activities introduce support services and resources for survivorship. The day will include a panel discussion featuring Duke Cancer Institute faculty and staff who will discuss the latest advances in research, care and support.