



YOU'RE INVITED TO
 THE NANCY WEAVER EMERSON
34TH ANNUAL
TREE OF HOPE
 LIGHTING CEREMONY

Cancer Care NOVEMBER 2024

You are Invited: Dec 5th Tree of Hope, Garden Walk, and Ceremony

By D'Ann George

SURVIVORS WILL LIGHT CANDLE FOR FAMILY THERAPIST

If you walk through the Garden of Tranquility in front of Duke Cancer Center after sunset after November 1, hundreds of glowing luminaries will light your way. Each symbolizes a gift of hope for a loved one, a token of gratitude for that person's care team, or a reminder of someone who will not soon be forgotten.

A SEARCH FOR LIGHT

On the night of December 5, many will gather in the garden to find their luminary along the winding pathways. And they will gaze at the Tree of Hope, a living holly tree, ready to be lit for the occasion. If you come, expect to see physicians, nurses, therapists, survivors, and families—all searching for their lights. At 5:30 pm, Joe McFadden, a cancer survivor, will briefly address the crowd with his family at his side, as will Duke Cancer Institute staff members who provided them and others with compassionate care. If you can't come on December 5, we encourage you to walk the garden and find your light any night during December.

With their luminary, Joe McFadden and his wife, Stephanie, will honor Ellie Bautista, the medical family therapist at Duke Cancer Patient Support Program who helped their children, ages eight and nine, understand his cancer diagnoses and treatment plan: two months of daily radiation, nine rounds of chemo, and four surgeries. He and his family are grateful that he is now in remission.

"It was really important for Joe and me to come to Duke because we could get support for our family here. Not just him as a patient, but us as a family unit," said Stephanie McFadden.

Bautista said that some people must choose between getting supportive counseling and meeting their basic needs due to the financial realities of cancer treatment. "I wish every donor who supports this program could see the look of relief on people's face when I tell them that I can provide these services at no cost."

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Duke Cancer Institute

dukehealth.org

Cancer Support Services

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.

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Luminaries and tribute cards help to pay for services like the one Bautista provided for the McFaddens. Each displays the name of the donor's honoree.

"We sincerely hope you will join us for this very special evening that brings light to where there was darkness, and hope to where there could be despair," said Cheyenne Corbett, PhD, Senior Director of Cancer Support and Survivorship.

To purchase your luminary or tribute card in honor of someone you cherish, or to register to attend the no-cost ceremony on Dec 5 at 5:30 pm, visit duke.is/TreeOfHope.

Luminaries will be located around the Tree of Hope at Duke Cancer Center and at Duke Cancer Center Raleigh.

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

dukecancerinstitute.org

Patient and Nurse Navigation

Navigators support patients, families, and caregivers through their cancer care. They make sure you have information to make decisions and advocate for your needs. They identify barriers to care and connect you with available resources, as needed. Our navigators support you all the way from diagnosis to end of treatment. If you are interested in learning more, contact your healthcare team and ask what Navigation services are available to you.

Clinical Social Work

Oncology and palliative care social workers help patients and their loved ones cope with emotional and practical concerns. They identify and address specific needs, working to alleviate stressors and financial burdens associated with a cancer diagnosis. Then they connect you and your loved ones with resources such as disability, home health/hospice, advance directives and end-of-life care. To learn more, contact your healthcare team and ask 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, contact your healthcare team and ask about cancer nutrition services.

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 DukeCancerInstitute.org/Therapy-and-Support-Groups.

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, contact your healthcare team and ask about sexual health services.

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

They 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/CancerSurvivorship-Services.

Teen and Young Adult Oncology Program

They provide 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

This team helps with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. The team works closely with you, your loved ones, and your doctors to ensure that your medical care reflects what is most important to you. 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.

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 DukeCancerInstitute.org/SupportiveCare/Child-Life.

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SURVIVORSHIP SPECIALIST

- ✓ Cancer care
- ✓ Primary care
- ✓ Develop a plan for the whole you

Your survivorship specialist at the Duke Cancer Survivorship Clinic is here to bridge the gap between cancer treatment and life after cancer treatment. To learn more, visit duke.is/wtqpe.

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 they are going through. Registration is required. To learn more, call 919.684.4497. Scan the QR code to register for support groups.



Art Therapy at Nasher

Wednesday :: November 13
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.

General Cancer Support

Thursday :: November 21
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, visit duke.is/mhc7m.

LGBTQIA+ Cancer Support

Returning January 22
5:30 to 6:30 p.m.

Fourth Wednesday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Metastatic Cancer Support Group for Women

Wednesday :: November 20
3 to 4:30 p.m.

Third Wednesday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Breast & GYN Cancers

Tuesday :: November 12
5:30 to 7 p.m.

Second Tuesday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Blood and Marrow Transplant Survivorship Support Group

Wednesday :: November 20
4 to 5:30 p.m.

Third Wednesday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Caregiver Support Group

Thursday :: November 21
6 to 7 p.m.

Third Thursday of the month

To register, visit duke.is/mhc7m.

Prostate Cancer

Monday :: November 18
4 to 6 p.m.

Typically the Fourth Monday of the month

The **group** is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women Facing Cancer

Thursday :: November 7
5:30 to 6:30 p.m.

First Thursday of the month

The **group** is for patients only. To register, visit duke.is/mhc7m.

Parenting with Cancer Meetup

Tuesday :: November 19
7:30 to 8:30 p.m.

Third Tuesday of the month

The **group** is for parents with cancer and their caregivers, who have young children and/or teens. To register, visit duke.is/mhc7m.

KidsCAN!

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 4–10 years) meets virtually on the second Monday of the month, November 11, at 6:30 p.m. KidsCAN! Tweens and Teens (ages 11–18 years) meets virtually on the third Monday of the month, November 18, at 6:30 p.m. Registration is required. For more information, contact us by visiting <https://duke.is/m/wv4y>.



TYAO

Teen and Young Adult
Oncology Program

Join us for TYAO virtual meetup for young adults (18-39 years old) on the fourth Tuesday of the month,



November 26, from 6:30 – 7:30 p.m.

Email TYAO@Duke.edu for more information and to register.

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.



Virtual Tai Chi

Fridays :: November 8 & 22
2:30 to 3:15 p.m.

Typically the First and Third Friday of the month

Join Dr. Jay Dunbar, founder and director of The Magic Tortoise Taijiquan School, in a virtual [Tai Chi class](#) for cancer patients and survivors. Visit duke.is/8mues to learn more and to register.

Virtual Yoga

Tuesdays :: November 12 & 26, 12 to 1 p.m.

Second and Fourth Tuesday of the month

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 5 & 19, Noon to 12:45 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

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

First and Third Monday of the month

In this [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

Mondays :: November 4 & 25

First 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 5 for the 34th 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.



THE
TREE OF HOPE
AND ALL OF ITS LIGHTS
HONOR THOSE COPING
WITH THE IMPACT OF
CANCER

NOVEMBER 2024

Duke Cancer Institute Virtual Support and Activity Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information and to register, visit DukeCancerInstitute.org/SupportiveCare or call 919.684.4497</p> <p>To make a gift to support our no charge services, visit gifts.duke.edu/cancersupport</p>				1
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<p>18</p> <p>Explore the Power of Voice</p> <p>KidsCan! Tweens and Teens (11–18)</p> <p>Prostate Cancer Support</p>	<p>19</p> <p>Mind/Body Coping with Cancer</p> <p>Parenting with Cancer Meetup</p>	<p>20</p> <p>Women’s Metastatic Cancer Support</p> <p>BMT Survivorship Support</p>	<p>21</p> <p>General Cancer Support</p> <p>Caregiver Support</p>	<p>22</p> <p>Tai Chi</p>
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