



APRIL 2020

Cancer Care Durham



Volunteers Michele Hudgins, Tom Klimasz and John Terry visit with Bernadette Langhorne.

Going Above and Beyond

After moving to North Carolina in the summer of 1989, Bernadette Langhorne knew she needed to find a specialized care team to treat her rare blood disorder. She never imagined that three Duke Cancer Institute volunteers would become a critical part of her new care team.

“My earth angels,” Langhorne begins. “They are my family. The moment I met them, I knew we would have a special bond. God led me to Duke not only for the excellent medical care, but also for these relationships.”

Over the past several years, Langhorne and DCI volunteers Michele Hudgins, Tom Klimasz and John Terry formed a strong friendship. The trio always makes sure to visit Bernadette during her treatment sessions, and she carries their encouragement and kindness with her throughout her days.

“They are one of my life’s biggest blessings,” said Langhorne. “There have been so many challenging days

during treatment, but the one constant has always been those three. They always look out for me, and bring such a smile to my face every treatment session. I can’t imagine enduring these treatments without them. They truly are the best people in this world and I am so thankful they spend their time with me. How lucky am I?”

“Volunteers play a vital role in the patient and family experience,” shared Matt Pennachi, Duke Cancer Patient Support Program volunteer coordinator. “Not only do they offer comfort and companionship, but they help educate patients and their families about support resources and services that are available at no cost.”

April is Volunteer Appreciation Month. Take a moment to thank a volunteer. If you are interested in learning about volunteer opportunities email Matt.Pennachi@Duke.edu or call **919.684.3651**.



Duke Cancer Institute

dukehealth.org

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.

Due to COVID-19 precautions, support services may be limited. Please call ahead at 919.684.4497 for more information.

Education

Options For Breast Reconstruction

**Patient Resource Center, 0 Level
Tuesday, April 21 :: 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

Returning April 22

**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. To inquire or to schedule an appointment, email at Jessica.Ferry@duke.edu.

Patient Navigation Services

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. For more information or to schedule an appointment, call 919.668.3882.

FREE Legal Services

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 required. To schedule an appointment, please call 919.613.7169.



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.

Support Groups



Our support groups are designed for patients and their loved ones. For more information, please call 919.684.4497.

General Cancer Support

One Renaissance Centre
3301 Benson Drive, Raleigh
Cameron Room

Returning May 11, noon to 1:30 p.m.
Patient and caregiver group is held separately. Dinner is provided.

Teer House

4019 N Roxboro Road, Durham

Returning May 21, 5:30 to 7 p.m.
Patient and caregiver group is held separately. Dinner is provided.

Duke Cancer Center Cary Radiation
Oncology

Clinic Conference Room
Tuesday, April 21, noon to
1:30 p.m.

Duke Cancer Center Raleigh
Lower Level, Classroom 1
Thursday, April 23, 5:30 to 7 p.m.

Art Therapy at Nasher

Nasher Museum of Art
2001 Campus Drive, Durham

Returning Wednesday, May 6 and 20,
2 to 4 p.m.
No art experience is needed. To register,
call 919.668.4029.

Blood and Marrow Transplant Survivorship Support Group

Duke North Pavilion
Education Room 1001

Returning May 20, 4–6 p.m.

Breast & GYN Cancers

Duke Women's Cancer Care Raleigh
Clinic Conference Room

Returning in May. Tuesday, May 12,
5 to 7 p.m.

Thursday, May 14, 2:30 to 4 p.m.
This group is for patients only.
For more information, email
cancersupport@duke.edu.

LGBTQ+ Cancer Support

Duke Cancer Center Durham
Patient Resource Center, Level 0

Wednesday, April 22, 5:30 to 7 p.m.
This support group is for oncology patients and families. Dinner is provided.

Prostate Cancer

Duke Cancer Center Durham
Conference Room, Level 0

Monday, April 27, 4–6 p.m.
Dinner is provided.

Due to COVID-19 precautions, support services may be limited. Classes and support groups scheduled prior to April 20 have been cancelled. Please call ahead at 919.684.4497 for more information.

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 give at gifts.edu/cancersupport.

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.

Kids and teen groups focus on issues such as understanding cancer, changes in the family life, feelings, self-care, memories, cooperation, love and family. A simultaneous group is also available for parents. **The next KidsCan! takes place Monday, May 11.** This program is available in Raleigh and Durham. Registration required.

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



Monthly Patient Resource Fair

Join us on the first Wednesday of each month in the Patient Resource Center (0 Level) from 1 to 3 p.m. for our Patient Resource Fair. Due to COVID-19 precautions the April Fair has been cancelled. Hosted by our Patient Navigation Program, the event is free for patients with cancer and their caregivers. Participants are introduced to nutritionists, exercise specialists, medical family therapists, clinical social workers, legal counselors, smoking cessation consultants, research specialists, patient navigators and community resources. Parking passes are available. For more information, call 919.668.3882.

MAY
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Rest, Renew, Relax

Guided Meditation :: Quiet Room, 0 Level

Guided Meditation is a weekly drop-in group for all persons interested in spiritual health, mindful self-care, and managing stress. April 2020 sessions will be offered to individual patients, caregivers, and staff who request a personalized meditation or custom self-care plan session with our Duke Cancer Center Chaplain (M–F, 9 a.m. –4 p.m.). If in the clinic or hospital, any staff may page Chaplain Olsen for a visit. As preferred, you may email annette.olsen@duke.edu, or call 919.684.3586.

Tai Chi :: Quiet Room, 0 Level

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

Classes will resume April 24

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 cancersupport@duke.edu.



The Belk Boutique is located at Duke Cancer Center. Due to COVID-19 precautions this location will remain closed through April 20.

The boutique features a selection of retail and complimentary oncology self-image items. Private consultations are available.

Check back in May to for our salon/hair services and makeup consultation schedule.

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 \$40 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.

Quit At Duke!

Duke Cancer Institute 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 dukehealth.org/quit or call 919.613.QUIT (7848).



Shop DCI Merchandise

Duke Cancer Institute merchandise will be available for sale at the Belk Boutique at Duke Cancer Center Durham after April 20.

Items include DCI-branded awareness bands, phone fans, water bottles, socks, fleece blankets, fleece beanies, baseball caps, short sleeve and long sleeve t-shirts, journals, and a variety of insulated drink tumblers. Prices range from \$2 to \$25. The Belk Boutique at Duke Cancer Center Durham is open Monday through Friday, from 9 a.m. to 4 p.m. For more information, call 919.613.1906.