



APRIL 2020

Cancer Care

Wake County



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**. For Wake County, email Kate.Gayhardt@Duke.edu or call **919.954.3133**.



Duke Cancer Institute

dukehealth.org

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



Our Patient Resource Centers offer 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

Chemotherapy Education Duke Women's Cancer Care Raleigh:

Mondays :: 2 to 3 p.m.

Returning in May

Duke Cancer Center Cary:

Tuesdays :: 2 to 3 p.m.

Returning in May

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.

LiveStrong Exercise

The YMCA offers a 12-week small group exercise program designed for adult cancer survivors. Through the support of the YMCA's Annual Campaign, the program is offered at no cost to participants. For more information, visit YMCATriangle.org.

Quit At Duke

Duke Cancer Center Raleigh:

Mondays & Wednesdays

8:30 a.m. to 4:30 p.m.

A certified tobacco treatment specialist nurse discusses techniques and programs to help cancer patients quit smoking. For more information or to schedule an appointment, visit dukehealth.org/quit or call 919.613.QUIT (7848).

FREE Legal Services Duke Cancer Center Lobby (Durham)

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

Oncology Social Work

Oncology Social Workers help patients and their loved ones cope with the emotional and practical concerns that accompany the diagnosis and treatment of cancer. Individual, family and group consultations are available. For more information or to schedule an appointment, please call 919.862.5400.

The Duke Cancer Patient Support Program provides services and resources to help support patients and their loved ones.

For a list of complimentary services, 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.

Support Groups

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.

Breast & GYN Cancers Duke Women's Cancer Care Raleigh Clinic Conference Room

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.

General Cancer Support

One Renaissance Centre
3301 Benson Drive, Raleigh
Cameron Room
Monday, May 11, Noon to 1:30 p.m.

Teer House

4019 N Roxboro Road, Durham
Thursday, May 28, 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.
These groups provide support to help patients and their families cope with the impact of cancer on their lives.
For more information, email at cancersupport@duke.edu.

Prostate Cancer
Duke Cancer Center Durham
Conference Room, Level 0
Monday, April 27 ::
4 to 6 p.m.

Duke Cancer Center Raleigh
Lower Level, Classroom 1
Returning Thursday, May 14 ::
7 to 9 p.m.

This support group is for patients and their families. For more information, email at cancersupport@duke.edu.

Art Therapy

Nasher Museum of Art
Meets the 1st and 3rd Wednesday of every month.
2001 Campus Drive, Durham
Returning Wednesday, May 6 and 20
from 2 to 4 p.m.
No art experience is needed. To register, call 919.668.4029.

DUKE CANCER CENTER VOLUNTEERS

Our volunteers contribute so much in helping to maximize the patient and family experience. They play a critical role in our day-to-day activities in our Wake County Duke Cancer Center locations.

Our volunteers provide conversation and comfort by offering refreshments, helping to locate areas and resources in our facilities and by providing a bright moment during the day with pet therapy.

For more information, email Kate.Gayhardt@Duke.edu or call 919.954.3133.

Kids Can!



Meets every 3rd Thursday of the month. Returns in May.

KidsCan! is designed to support children and teens, ages 4 to 18, who have a parent or significant caregiver living with 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. **KidsCan! will be held at Duke Cancer Center Raleigh on Thursday, May 21.**

Registration is required. To register call Hannah Sasser at 919.954.4117 or email her at hes15@duke.edu.



Pets At Duke

Tuesdays, Wednesdays, Thursdays & Fridays

Returning after April 20

Pets at Duke is available at Duke Cancer Center Raleigh and Duke Women's Cancer Care Raleigh and NOW in Radiation Oncology at Duke Cancer Center Raleigh. Pets at Duke will be at Duke Cancer Center Raleigh on Wednesdays, April 22 and 29. Pets at Duke will be at Duke Cancer Center Raleigh Radiation Oncology on Fridays, April 24. Pets at Duke will be at Duke Women's Cancer Care Raleigh on Tuesday and Thursdays, April 21 and 30.

Tai Chi :: Quiet Room

Duke Cancer Center (Durham)

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 Boutiques are located at Duke Cancer Center, Duke Cancer Center Raleigh and Duke Women's Cancer Care Raleigh. Due to COVID-19 precautions these locations will remain closed through April 20.

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

Duke Cancer Center Raleigh: Hair Salon Services (hair and wig styling and head shaves): Apr. 28, from 10 a.m. to 3 p.m. Makeup Services: Apr. 22, from 10 a.m. to 2 p.m.

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

For more information, please call 919.954.3132.

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 is now for sale at the Duke Cancer Center Raleigh boutique. 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. After April 20, the Duke Cancer Center Raleigh boutique will be open Monday through Friday, from 9 a.m. to 4 p.m. For more information, call 919.954.3132.