More than 900 individuals joined together in early June for Survivorship Day across 4 different DCI locations. This event, hosted by the Supportive Care & Survivorship Center, mainly focuses on education and resources to navigate life during and after cancer treatment. This year, many attendees reminded us that it is also a day of appreciation.

Clifford and Pat Chieffo, Alexa Baltazar, and Jacqueline Weatherly may not have met if it was not for this event, but they quickly found they all had a common thread. The celebration made them pause and reflect on what it’s like to be a Duke patient.

“The thing about Duke”, shared Clifford, “is that when you walk in the front door, you are not a patient with a number, you are a respected person.”

Clifford along with his wife Pat are often referred to as ambassadors. On the days of their scheduled appointments, they can be found chatting with new patients and sharing information on available cancer support and survivorship services.

All four of these individuals, connected through cancer, accessed the Duke Cancer Patient Support Program, which provides services such as medical family therapy at no cost. Jaqueline felt that therapy was key to her recovery, not just during treatment, but also through survivorship. Her therapist, Patrick Plumeri, LMFT, who also attended Survivorship Day, replied to Jaqueline’s remark, sharing that “there is no one size fits all when it comes to counseling and support groups, it really is about what the patient and their family needs and what we can do to help support them.”

This message of the patient’s and their family’s cancer experience being a top priority for DCI team members was Continued on page 2
Continued from page 1

the consistent theme for these individuals. Alexa shared, “I don’t think there are enough words to adequately thank everybody at Duke. From the doctors to the nurses, the physician assistants and nurse practitioners, to the transporters, front desk staff and the people who cleaned my room; everybody is so nice.”

Visit duke.is/4/9yjm to view a video of these individuals sharing their thanks for the comprehensive cancer care they received at DCI.

“Volunteers do not necessarily have the time; they just have the heart.”
~Elizabeth Andrew

Support services are offered both in-person and remotely. Please call 919.684.4497 for more information.
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/Survivorship-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
They help with symptoms such as shortness of breath, pain, nausea, constipation, fatigue, anxiety, depression, trouble sleeping, and other experiences keeping you from feeling your best. Palliative care works closely with you and your doctors to ensure that every choice about your medical care has you at the center and is consistent with your values, while planning for the future. 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 with families to support parents taking the lead in helping their children understand and talk about the cancer diagnosis, treatment, side effects, and changes in their family life. To learn more, visit DukeCancerInstitute.org/SupportiveCare/Child-Life.

Do you want to receive this newsletter monthly by email? Scan the QR code to subscribe today.

Scan to learn more or visit duke.is/n8h92

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 you’re going through. Registration is required. To learn more, please call 919.684.4497 or visit DukeCancerInstitute.org/Therapy and Support Groups. Scan the code to register for support groups.

Art Therapy at Nasher
Wednesday :: August 9
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/nm4gr.

General Cancer Support
Thursday :: August 17
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
Wednesday :: August 23
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 :: August 16
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 :: August 8
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 :: August 16
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 :: August 17
6 to 7 p.m.
Third Thursday of the month
To register, visit duke.is/mhc7m.

Prostate Cancer
Monday :: August 28
4 to 6 p.m.
Fourth Monday of the month
The group is for patients and caregivers. To register, visit duke.is/mhc7m.

Fertility Support Group for Women
Thursday :: August 3
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 :: August 15
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, returning September 11 at 6:30 p.m. KidsCan! Tweens and teens (ages 11–18 years) meets virtually on the third Monday of the month, returning September 18 at 6:30 p.m. To learn more or to register, call 919.684.4497, or email CancerSupport@duke.edu.

TYAO Teen and Young Adult Oncology Program
Join us for TYAO virtual meetups this month on Tuesday, August 22, from 6:30 to 7:30 p.m. for young adults (18–39 years old) and Thursday, August 24, from 6:30 to 7:30 p.m. for teens (15–17 years old).

dukecancerinstitute.org
Virtual Yoga for Cancer
Tuesdays :: August 8 & 22
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.

Explore the Power of Your Voice for Healing
Mondays :: August 7 & 21
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, will help you pay mindful attention to your heart and voice while experiencing the health benefits of sound, vibration, and self-expression. Visit duke.is/mn7m9 to learn more and to register.

Mind-Body Approaches to Coping with Cancer
Wednesdays :: August 9 & 23, 12:45 to 1:30 p.m.
Second and fourth Wednesday 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 the ability to respond rather than react to life’s stressors. For more information and to register, visit duke.is/gzsvt.

Virtual Tai Chi for Cancer
Friday :: August 4 & 18
2:30 to 3:15 p.m.
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.

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 :: August 7 & 14
Our volunteer team of expert hair stylists provide private consolations 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. Call 919.613.1906 to reserve your time slot.

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
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